



# JIMMY THE GREEK®

## MEALS

Meals include Greek salad, rice and roasted potatoes

|                            |       | Cals  |
|----------------------------|-------|-------|
| Chicken Souvlaki           | 13.49 | 850   |
| Chicken Fillet             | 13.49 | 840   |
| Pork Souvlaki              | 11.99 | 900   |
| Gyros                      | 13.49 | 1,070 |
| Roast Chicken              | 11.74 | 1,140 |
| Chicken Schnitzel          | 13.49 | 1,070 |
| Spinach Cheese Pie         | 10.99 | 990   |
| Cheese Pie                 | 10.99 | 970   |
| Roast Lamb                 | 15.99 | 1,200 |
| Grilled Lamb Chops         | 15.99 | 970   |
| Moussaka                   | 12.24 | 1,430 |
| Grilled Vegetable Souvlaki | 11.79 | 740   |
| Shrimp Griller             | 14.24 | 700   |
| Fried Calamari             | 14.24 | 1,010 |
| Grilled Salmon Fillet      | 15.99 | 860   |
| Rice Dolmades              | 10.75 | 840   |
| Vegetable                  | 10.49 | 630   |
| Falafel                    | 11.79 | 990   |

## PITAS

Topped with tomatoes, onions & tzatziki

|                      | WITH SALAD | Cals      |
|----------------------|------------|-----------|
| Chicken Souvlaki     | 8.49/12.99 | 550/830   |
| Chicken Fillet       | 8.49/12.99 | 540/820   |
| Pork Souvlaki        | 6.99/11.49 | 600/890   |
| Gyros                | 8.49/12.99 | 770/1,050 |
| Falafel              | 6.79/11.29 | 680/970   |
| Grilled Veg.Souvlaki | 6.79/11.29 | 460/710   |

## GREEK SALADS

|                       |            | Cals    |
|-----------------------|------------|---------|
| Greek Salad           | 8.49/10.49 | 250/570 |
| Chicken Fillet        | 13.49      | 780     |
| Shrimp Griller        | 14.24      | 640     |
| Fried Calamari        | 14.24      | 950     |
| Grilled Salmon Fillet | 15.99      | 800     |

## EXTRAS

|                       |      | Cals |
|-----------------------|------|------|
| Chicken Souvlaki      | 4.99 | 220  |
| Pork Souvlaki         | 4.74 | 270  |
| Spinach Cheese Pie    | 4.49 | 360  |
| Oven Baked Rice       | 4.99 | 580  |
| Oven Roasted Potatoes | 4.99 | 200  |
| Rice Dolmades (4 pcs) | 3.99 | 150  |
| Pita Bread            | 1.99 | 230  |
| Tzatziki              | 1.25 | 70   |
| Feta Cheese           | 1.25 | 130  |

## BEVERAGES

|                               |      | Cals    |
|-------------------------------|------|---------|
| Can Pop                       | 1.79 | 0-160   |
| Bottle Pop                    | 2.99 | 0-220   |
| Large Juices                  | 3.15 | 200-230 |
| Small Ice Tea                 | 2.15 | 0-110   |
| Large Ice Tea                 | 3.15 | 0-160   |
| Ioli Spring Water             | 2.99 | 0       |
| Souroti Natural Mineral Water | 3.35 | 0       |
| Vitamin Water                 | 3.39 | 0-130   |
| Small Milk                    | 2.15 | 130-150 |
| Large Milk                    | 3.15 | 260-300 |

## DESSERT

|         |      | Cals per piece |
|---------|------|----------------|
| Baklava | 3.99 | 370            |

## PARTY TRAYS

| ITEM                  | 1/2 TRAY<br>(12 SERVINGS) | FULL/TRAY<br>(24 SERVINGS) | Cals per serving |
|-----------------------|---------------------------|----------------------------|------------------|
| Greek Salad           | \$60                      | \$85                       | 250              |
| Oven Baked Rice       | \$50                      | \$75                       | 580              |
| Oven Roasted Potatoes | \$50                      | \$75                       | 200              |
| Moussaka              | \$75                      | \$115                      | 800              |

### SOLD BY THE PIECE

|                        |      | Cals |
|------------------------|------|------|
| Chicken Souvlaki stick | 4.99 | 220  |
| Chicken Fillet         | 4.99 | 210  |
| Pork Souvlaki stick    | 4.74 | 270  |
| Spinach Cheese Pie     | 4.49 | 360  |
| Grilled Salmon Fillet  | 9.99 | 230  |

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.