VILLA EXPRESS
MEDITERRANEAN KITCHEN

		Nutritional Information															Allergens									
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sesame	Sulphites	Mustard
Main Dishes (protein only)	Chicken Shawarma	170 g	230	10	2	0	125	410	3	0	0	32	10	8	2	10										
	Beef Shawarma	170 g	270	14	5	0	60	280	3	0	0	32	0	0	2	20			✔					✔		
	Shish Taouk (1 skewer)	85g	120	4.5	0.5	0.1	45	150	0	0	0	18	2	2	0	4										✔
	Shish Taouk (2 skewers)	170g	240	9	1	0.2	90	290	1	0	0	36	4	4	2	6										✔
	Kefta (1 skewer)	120g	290	17	7	0	95	1110	2	1	1	29	6	6	2	20										
	Kefta (2 skewers)	240g	570	35	13	0.1	190	2220	4	2	1	57	15	10	4	40										
	Vine Leaves	100 g	290	20	2	0	0	1040	25	5	0	4	35	6	4	0										
	Falafel (4 pcs)	120 g	240	12	0.5	0	0	620	26	6	4	6	0	4	15	20										
	Chicken Shawarma & Falafel	230 g	350	16	2	0	125	720	16	3	2	35	10	10	10	20										
	Beef Shawarma & Falafel	230 g	390	20	5	0	60	590	16	3	2	35	0	2	10	30			✔					✔		
	Shish Taouk (1 skewer) & Falafel	145g	240	10.5	0.75	0.1	45	460	13	3	2	21	2	4	7.5	14										✔
	Shish Taouk (2 skwewers) & Falafel	230g	360	15	1.25	0.2	90	600	14	3	2	39	4	6	9.5	16										
	Kefta (1 skewer) & Falafel	180g	410	23	7.25	0	95	1420	15	4	3	32	6	8	9.5	30										
	Kefta (2 skewers) & Falafel	300g	690	41	13.3	0.1	190	2530	17	5	3	60	15	12	11.5	50										
Sandwich	Chicken Shawarma	315 g	440	16	2.5	0.1	60	990	49	5	3	26	50	30	10	30							✔			
	Beef Shawarma	315 g	470	19	4	0.2	35	920	49	5	3	26	45	30	10	35			✔				✔			
	Chicken & Beef Shawarma	315g	460	18	3.5	0.2	50	960	49	5	3	26	45	30	10	30										
	Shish Taouk	315g	450	16	2	0.1	45	930	48	6	3	28	45	30	10	25										✔
	Kefta	355g	630	30	8	0.1	95	1910	50	6	4	39	50	35	10	45										
	Falafel	290g	400	12	1.5	0	0	1090	60	8	5	13	45	30	15	35							✔			
Super Sandwich	Chicken Shawarma	413g	550	20	3	0.1	80	1370	61	7	4	33	60	45	15	40										
	Beef Shawarma	416g	590	23	5	0.3	45	1280	61	7	4	33	50	40	15	50			✔							
	Shish Taouk	428g	580	20	2.5	0.2	70	1310	59	7	4	39	60	40	15	40										✔
	Kefta	460g	780	37	10	0.1	130	2570	62	8	5	50	60	45	20	60										
	Falafel	380g	500	15	1.5	0	0	1500	76	11	6	15	50	40	25	50										
Poutine	Chicken Shawarma (Regular)	421g	700	41	9	0	70	1550	64	2	1	21	0	0	25	15			✔			✔	✔			
	Chicken Shawarma (Super)	651g	1050	61	15	0	120	2300	93	3	2	35	0	0	45	20			✔			✔	✔			
	Beef Shawarma (Regular)	421g	720	42	10	0	55	1500	64	2	1	21	0	0	25	15			✔			✔	✔			
	Beef Shawarma (Super)	651g	1070	64	17	0.5	95	2240	93	3	2	35	0	0	45	30			✔			✔	✔			
	Chicken & Beef Shawarma (Regular)	421g	710	41	9	0	60	1520	64	2	1	21	0	0	25	15			✔			✔	✔			
	Chicken & Beef Shawarma (Super)	651g	1060	63	16	0	110	2270	93	3	2	35	0	0	45	20			✔			✔	✔			
Sides	Garlic Potatoes	125 g	140	5	0.4	0	0	470	23	3	0	3	6	45	2	8										
	Saffron Rice	125 g	250	11	1	0	0	570	34	0	0	4	0	2	0	10										
	Lentil Rice	125 g	250	11	0.5	0	0	30	34	1	0	4	0	0	2	15										
	Vegetable Couscous	125 g	200	10	0.5	0	0	520	27	2	3	4	30	15	2	10										
Salads	Tabouleh	125 g	120	9	1	0	0	480	8	2	3	2	25	120	6	20										
	Cabbage Salad	125 g	70	3.5	0.3	0	0	350	9	3	5	2	80	70	6	8										
	Red Beet Salad	125 g	130	9	0.5	0	0	520	13	2	2	2	15	15	2	6										
	Chick Pea Salad	125 g	190	9	0.5	0	0	480	24	5	0	5	2	30	4	15										
	Couscous Salad	125 g	200	10	0.5	0	0	520	27	2	3	4	30	15	2	10										
	Fattoush	125 g	90	5	0.4	0	0	60	10	2	3	2	20	70	2	6							✔			
	Greek Salad (no dressing)	125 g	60	4	2.5	0.1	10	230	6	2	3	3	15	35	8	10			✔							
	Chef Salad (no dressing)	125 g	20	0.3	0.1	0	0	15	4	0	2	1	10	40	4	10										
Sauces & Dips	Hummus	15 g	35	2.5	0.4	0	0	60	2	1	0	1	0	0	0	4								✔		
	Garlic Sauce	15 g	20	1.5	0.1	0	0	70	2	0	0	0.2	0	0	0	0										
	Tahini	15 g	40	3.5	0.5	0	0	45	2	0	0	1	0	0	0	2										
	Hot Sauce	15 g	20	1.5	0.1	0	0	40	3	1	0	1	10	6	0	2						✔			✔	
	Renee's Greek Feta Salad Dressing	43 ml	260	28	2.5	0.4	20	220	1	0	0	1	0	2	2	2			✔	✔		✔			✔	✔
	Renee's Caesar Salad Dressing	43 ml	230	25	2	0	20	200	1	0	0	1	0	4	0	4										
Condiments	Hot Pickled Peppers	15 g	5	0	0	0	0	230	1	0	0	0	4	0	0	0										
	Turnips	10 g	3	0	0	0	0	95	1	0	0	0	0	2	0	0										
	Cucumber Pickles	15 g	3	0	0	0	0	130	1	0	0	0	0	0	4	0										
	Pita Bread - white (regular size)	1 ea	170	0.5	0.1	0	0	320	33	1	0	5	0	0	4	10							✔			
	Pita Bread - whole wheat (regular size)	1 ea	170	1.5	0.3	0	0	340	35	5	0	6	0	0	0	15							✔			