

Zoës Kitchen

Starter

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Hummus – Harissa Red Pepper	320	2.5	620	26	7	10
Hummus – Basil Pesto	410	4	600	24	6	11

Soups & Salads

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Chicken & Orzo Soup Cup	70	0	640	8	1	7
Mediterranean Lentil Soup Cup	170	0	610	28	5	10
Quinoa Salad	320	2.5	850	42	8	10

Kabobs

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Shrimp Kabob	170	1	630	4	1	23
Chicken Kabob	290	2	780	5	1	41
Salmon Kabob	330	2.5	420	3	1	40

Bowls & Classics

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Mediterranean Chicken	260	1.5	790	7	1	34
PowerGrain Bowl No Protein	380	2	1280	67	6	13
PowerGrain Bowl Harissa Salmon	580	3.5	1370	68	6	39
Protein Power Plate	520	7	1280	18	5	41
Mediterranean Salad Trio – No Protein	480	6	870	45	5	13

Pitas & Piadinas

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Baked Falafel Pita	460	4.5	1150	63	10	17
Greek Chicken Pita	460	4.5	1190	44	4	36
Harissa Salmon Pita	450	5	1020	42	4	30

Live Med Kids

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Kids Grilled Chicken Fingers	230	1.5	600	4	1	34
Kids Salmon Kabob	170	1	45	4	1	20
Kids Shrimp Kabob	90	0	150	2	1	12
Kids Greek Salad	35	1.5	125	2	1	2
Kids Hummus	150	1	270	15	3	5

Fresh Sides

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Braised White Beans	240	0.5	540	35	11	14
Pita Bread	100	0.5	170	16.5	1	3.5
Pita Chips	180	0	250	34	2	5
Roasted vegetables	110	0.5	280	10	4	2
Turmeric Rice	190	0	400	39	1	4