

GYRO SUB

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
REGULAR															
Gyros	243.50	187.25	32.00	5.75	0.00	56.25	505.50	5.75	2.00	0.00	22.50	0.00	0.00	3.75	15.00
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Cucumber Sauce	50.00	40.00	4.50	1.00	1.50	0.00	150.00	2.00	0.00	1.00	1.00	0.00	0.00	2.00	0.00
Regular French	280.00	50.00	6.00	2.50	0.00	0.00	520.00	47.00	2.00	2.00	9.00	0.00	0.00	8.00	4.00
Gyro on White:	595.50	278.75	42.65	9.25	1.50	56.25	1,185.75	60.00	5.00	6.75	33.00	10.50	15.75	16.00	22.00
Gyros	243.50	187.25	32.00	5.75	0.00	56.25	505.50	5.75	2.00	0.00	22.50	0.00	0.00	3.75	15.00
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Cucumber Sauce	50.00	40.00	4.50	1.00	1.50	0.00	150.00	2.00	0.00	1.00	1.00	0.00	0.00	2.00	0.00
Regular Wheat	300.00	35.00	4.00	0.50	0.00	0.00	470.00	56.00	5.00	7.00	14.00	0.00	0.00	2.00	25.00
Gyro on Wheat:	616	263.75	40.65	7.25	1.50	56	1,135.75	69	8	11.75	38	10.50	15.75	10	43

**cheese & condiments are not included in these totals, please add them from the chart below as necessary.*

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KING															
Gyros	382.50	294.25	50.00	9.00	0.00	88.25	794.50	9.00	3.00	0.00	35.25	0.00	0.00	6.00	23.50
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
Cucumber Sauce	75.00	60.00	6.75	1.50	2.25	0.00	225.00	3.00	0.00	1.50	1.50	0.00	0.00	3.00	0.00
King French	550.00	110.00	12.00	5.00	0.00	0.00	1,040.00	95.00	3.00	4.00	18.00	0.00	0.00	15.00	10.00
Gyro on White:	1,042.75	466.50	69	15.50	2.25	88.25	2,075.50	115.25	7.75	11.50	55.75	16.50	24.25	27.75	38.25
Gyros	382.50	294.25	50.00	9.00	0.00	88.25	794.50	9.00	3.00	0.00	35.25	0.00	0.00	6.00	23.50
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
Cucumber Sauce	75.00	60.00	6.75	1.50	2.25	0.00	225.00	3.00	0.00	1.50	1.50	0.00	0.00	3.00	0.00
King Wheat	430.00	50.00	6.00	1.00	0.00	0.00	680.00	81.00	7.00	11.00	21.00	0.00	0.00	4.00	35.00
Gyro on Wheat:	922.75	406.50	63	11.50	2.25	88.25	1,715.50	101.25	11.75	18.50	58.75	16.50	24.25	16.75	63.25

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CHEESE & CONDIMENTS															
REG. Cheese Slice	230	220	25	4	0	0	170	2	0	1	0	0	0	0	0
REG. Sub Dressing	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
REG. Mayo	50	40	4.5	1	1.5	0	150	2	0	1	1	0	0	2	0
REG. Mustard	70	0	0	0	0	0	270	16	1	14	0	2	8	0	0
KING Cheese Slice	60	45	5	0.75	0	5	150	3	0	2	0	0	0	0	0
KING Sub Dressing	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0
KING Mayo	75	60	6.75	1.5	2.25	0	225	3	0	1.5	1.5	0	0	3	0
KING Mustard	105	0	0	0	0	0	405	24	1.5	21	0	3	12	0	0



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