

MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN
Large Buffalo Chicken Philly	1030	460	52g	14g	165mg	2500mg	83g	4g	12g	46g
Large Teriyaki Chicken Philly	1000	260	29g	12g	155mg	8780mg	104g	3g	33g	56g
Baja Bowl over Lettuce	430	250	27g	8g	95mg	1340mg	17g	3g	3g	30g
Baja Bowl over Seasoned Rice	570	260	29g	8g	95mg	1920mg	46g	3g	3g	32g
Greek Bowl over Lettuce	550	430	48g	22g	90mg	790mg	15g	3g	2g	22g
Greek Bowl over Seasoned Rice	660	410	46g	19g	90mg	1310mg	42g	3g	1g	23g
Greek Bowl with Falafel over Lettuce	430	270	30g	9g	20mg	1000mg	30g	10g	3g	15g
Greek Bowl with Falafel over Seasoned Rice	580	290	32g	9g	20mg	1580mg	58g	10g	3g	17g
Gyro Plate	850	580	65g	21g	80mg	1180mg	52g	4g	3g	22g
Falafel Plate	770	450	50g	11g	10mg	1450mg	69g	11g	5g	16g
Chicken Strips Plate	1150	680	76g	12g	50mg	1990mg	77g	6g	<1g	33g
So-Cal Salad	260	100	12g	4.5g	80mg	710mg	12g	3g	3g	29g
Side Greek Salad	60	30	3.5g	2g	10mg	170mg	5g	3g	2g	4g
Side Garden Salad	80	40	4.5g	2.5g	15mg	100mg	5g	2g	2g	5g
Kurly Fries	420	230	25g	5g	0mg	520mg	43g	4g	<1g	4g
Feta Fries	720	510	57g	14g	20mg	840mg	46g	7g	4g	6g
Cheese Fries	490	270	30g	7g	0mg	1080mg	43g	4g	2g	5g
Bacon & Ranch Cheese Fries	790	530	59g	14g	45mg	2140mg	45g	4g	3g	17g
Hummus & Pita	460	210	23g	2g	0mg	850mg	58g	8g	5g	12g
Greek Salad	120	60	6g	4g	20mg	340mg	9g	4g	4g	7g
Garden Salad	150	80	8g	5g	30mg	200mg	9g	3g	4g	9g
Caesar Salad	250	110	12g	5g	20mg	660mg	25g	2g	10g	5g
Kids Chicken Strips Meal	580	340	38g	6g	25mg	990mg	39g	3g	0g	16g
Chicken Strips	730	460	51g	7g	50mg	1470mg	35g	2g	0g	29g
Small Strawberry (12 oz)	190	25	3g	3g	0mg	95mg	42g	<1g	36g	0g
Medium Strawberry (20 oz)	260	35	3.5g	3.5g	0mg	130mg	58g	1g	51g	<1g
Large Strawberry (32 oz)	430	60	6g	6g	0mg	230mg	96g	2g	84g	<1g
Small Banana Berry (12 oz)	250	25	3g	3g	0mg	100mg	56g	2g	48g	<1g
Medium Banana Berry (20 oz)	380	35	3.5g	3.5g	0mg	140mg	86g	3g	74g	<1g
Large Banana Berry (32 oz)	590	60	6g	6g	0mg	240mg	134g	5g	116g	1g
Small Mango Berry (12 oz)	250	25	3g	3g	0mg	100mg	56g	1g	49g	<1g
Medium Mango Berry (20 oz)	380	35	3.5g	3.5g	0mg	140mg	86g	2g	76g	<1g
Large Mango Berry (32 oz)	590	60	6g	6g	0mg	240mg	134g	3g	117g	1g
Small Caribbean Kiwi (12 fl oz)	260	25	3g	3g	0mg	95mg	58g	<1g	52g	0g
Medium Caribbean Kiwi (20 oz)	400	35	3.5g	3.5g	0mg	130mg	90g	1g	83g	<1g
Large Caribbean Kiwi (32 oz)	620	60	6g	6g	0mg	230mg	140g	2g	128g	<1g
Small Island Mango (12 oz)	290	25	3g	3g	0mg	110mg	64g	2g	55g	0g
Medium Island Mango (20 oz)	440	35	3.5g	3.5g	0mg	150mg	98g	3g	84g	0g
Large Island Mango (32 oz)	680	60	6g	6g	0mg	260mg	150g	4g	129g	0g
Small Tropicolada (12 oz)	300	45	5g	5g	0mg	120mg	92g	3g	74g	1g
Medium Tropicolada (20 oz)	470	60	7g	7g	0mg	170mg	144g	5g	115g	2g
Large Tropicolada (32 oz)	700	90	10g	10g	0mg	270mg	207g	6g	166g	3g



## 2017 NUTRITIONAL INFORMATION

for questions or comments please visit us at  
[greatwraps.com](http://greatwraps.com)

2000 calories a day is used for general nutrition advice, but calorie needs vary.

MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN
Small Gyro Wrap®	430	220	24g	9g	40mg	450mg	40g	2g	1g	15g
Small Super Gyro	510	270	30g	12g	55mg	640mg	40g	3g	2g	20g
Small Chicken Wrap®	610	330	37g	8g	65mg	1140mg	41g	3g	2g	26g
Small Steak Wrap®	500	250	28g	9g	50mg	780mg	40g	5g	4g	22g
Small Philly Cheesesteak	310	80	9g	3.5g	40mg	840mg	38g	2g	3g	12g
Small Chicken Philly	570	300	34g	7g	60mg	1210mg	42g	2g	4g	19g
Gyro Wrap®	660	420	47g	17g	70mg	750mg	44g	3g	2g	21g
Super Gyro	780	500	56g	21g	95mg	1020mg	45g	3g	3g	30g
Chicken Wrap®	890	550	61g	13g	100mg	1770mg	47g	4g	4g	38g
Steak Wrap®	750	440	49g	15g	85mg	1290mg	45g	6g	7g	35g
Santa Fe Chicken	790	390	43g	15g	95mg	1630mg	62g	9g	5g	40g
Spicy Chipotle with Grilled Chicken	730	320	35g	9g	90mg	1980mg	70g	8g	5g	38g
Spicy Chipotle with Crispy Chicken	1000	530	59g	13g	70mg	2260mg	84g	9g	5g	32g
Buffalo Chicken with Grilled Chicken	670	300	34g	9g	85mg	2890mg	59g	6g	3g	37g
Buffalo Chicken with Crispy Chicken	940	520	58g	12g	65mg	2040mg	74g	7g	3g	31g
Falafel Hummus	700	270	30g	4.5g	0mg	1430mg	93g	16g	10g	21g
Hummus Veggie	460	140	15g	2.5g	0mg	1040mg	72g	11g	6g	14g
California Turkey	660	460	52g	12g	55mg	1840mg	59g	8g	6g	28g
Cheesy Chicken	700	380	42g	10g	85mg	1460mg	48g	3g	10g	34g
Chicken Caesar	790	370	41g	11g	80mg	1970mg	68g	6g	9g	33g
Spicy Chicken	850	460	51g	9g	45mg	2050mg	74g	7g	3g	25g
Philly Cheesesteak	470	150	17g	7g	75mg	1170mg	49g	1g	2g	28g
Chicken Philly	830	460	51g	11g	95mg	1570mg	55g	2g	3g	35g
Chipotle Bacon Cheesesteak	670	330	37g	11g	105mg	1710mg	51g	2g	3g	31g
Buffalo Chicken Philly	710	340	38g	10g	115mg	1500mg	54g	3g	7g	36g
Teriyaki Chicken Philly	590	190	21g	9g	105mg	1950mg	56g	1g	8g	36g
Large Gyro Wrap®	820	480	54g	21g	105mg	1120mg	61g	3g	3g	30g
Large Super Gyro	1030	620	69g	29g	145mg	1570mg	63g	3g	4g	45g
Large Chicken Wrap®	1140	650	72g	17g	155mg	2650mg	64g	4g	5g	58g
Large Steak Wrap®	950	500	56g	19g	130mg	1940mg	61g	7g	11g	52g
Large Santa Fe Chicken	1040	560	62g	21g	150mg	2160mg	66g	10g	7g	55g
Large Spicy Chipotle with Grilled Chicken	890	410	45g	12g	130mg	2420mg	74g	8g	6g	51g
Large Spicy Chipotle with Crispy Chicken	1290	730	82g	18g	100mg	2840mg	95g	10g	6g	43g
Large Buffalo Chicken with Grilled Chicken	820	400	44g	12g	130mg	4540mg	62g	6g	3g	50g
Large Buffalo Chicken with Crispy Chicken	1220	720	80g	17g	95mg	4960mg	82g	7g	3g	42g
Large Falafel Hummus	870	360	40g	6g	0mg	1730mg	109g	20g	13g	26g
Large Hummus Veggie	520	170	19g	2.5g	0mg	1220mg	80g	13g	8g	16g
Large California Turkey	850	670	75g	17g	85mg	2460mg	62g	10g	7g	39g
Large Cheesy Chicken	870	410	45g	12g	130mg	2190mg	65g	3g	13g	52g
Large Chicken Caesar	970	470	52g	15g	120mg	2480mg	70g	6g	14g	43g
Large Spicy Chicken	1080	620	69g	12g	65mg	2550mg	84g	8g	4g	32g
Large Philly Cheesesteak	720	220	25g	11g	115mg	2120mg	77g	3g	7g	36g
Large Chicken Philly	1220	640	71g	16g	140mg	2670mg	85g	4g	7g	47g
Large Chipotle Bacon Cheesesteak	980	470	52g	16g	155mg	2870mg	79g	3g	7g	41g

2000 calories a day is used for general nutrition advice, but calorie needs vary.

# GREAT! WRAPS

EAT GREAT · FEEL GREAT™



Great Wraps starts at the intersection of Flavor & Health, and YOU control where it goes from there. Savor our unique chef created recipes featuring all-natural white meat chicken, fresh grilled sirloin, fresh cut veggies, hand-crafted sauces, and every item is served HOT so the flavors explode on your very first bite. That's how we roll at Great Wraps!

**FOR FRANCHISE INFORMATION  
PLEASE CALL 404-248-9900**

2000 calories a day is used for general nutrition advice, but calorie needs vary.