

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
9" Cheese															
9" Garlic Parmesan Crust	92.4	240.8	10.2	23.9	1.5	2.5	11.7	4.1	0.3	17.3	57.4	0.2	156.5	1.5	606.1
9" BBQ Chicken															
9" Garlic Parmesan Crust	103.4	244.1	11.2	25.5	1.1	4.6	11.0	3.3	0.2	26.7	53.0	1.4	110.7	2.8	642.1
9" Canadian															
9" Garlic Parmesan Crust	119.3	280.9	12.7	25.2	1.5	2.9	14.5	4.5	0.2	35.9	45.7	0.6	127.7	2.1	923.5
9" Donair															
9" Garlic Parmesan Crust	117.5	285.0	12.4	28.2	1.7	5.7	13.5	4.5	0.3	25.8	53.7	1.8	146.0	1.9	611.0
9" Spicy Chicken															
9" Garlic Parmesan Crust	110.5	274.2	11.3	25.4	1.1	4.2	14.2	3.8	0.2	29.1	54.4	3.3	110.5	2.8	705.7
9" Greco Works															
9" Garlic Parmesan Crust	138.8	324.9	14.2	26.2	1.6	3.0	18.1	5.7	0.3	45.9	50.8	3.9	134.0	2.0	1060.8
9" Super Works															
9" Garlic Parmesan Crust	149.4	338.1	15.2	26.8	1.7	3.4	18.9	6.1	0.3	47.9	50.8	4.1	135.3	2.0	1101.5
9" Mighty Meaty															
9" Garlic Parmesan Crust	140.9	349.9	15.8	26.3	1.7	3.0	20.2	6.5	0.3	50.8	50.9	0.8	137.1	2.1	1144.4
9" Hawaiian Deluxe															
9" Garlic Parmesan Crust	95.8	234.5	9.0	25.1	1.6	3.6	10.9	3.3	0.2	15.2	40.7	0.9	111.2	1.5	584.1
9" Pepperoni															
9" Garlic Parmesan Crust	110.6	292.5	13.6	24.5	1.6	2.7	15.7	5.6	0.4	33.7	65.0	0.3	169.8	1.8	873.9
9" Veggie															
9" Garlic Parmesan Crust	104.4	223.3	8.5	24.9	1.7	3.3	10.0	3.0	0.2	11.6	47.9	4.5	112.1	1.5	536.4
9" Hawaiian BBQ Chicken															
9" Garlic Parmesan Crust	102.7	257.0	11.9	26.1	1.1	5.1	11.8	3.6	0.2	30.2	47.8	0.9	110.3	2.8	688.1
9" Chipotle Donair															
9" Garlic Parmesan Crust	117.5	296.4	12.1	27.5	1.6	5.1	15.2	4.7	0.3	26.7	56.6	2.8	132.4	2.0	659.7

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
12" Cheese															
12" Garlic Parmesan Crust	89.7	231.1	10.1	24.8	1.4	2.2	10.3	3.8	0.2	16.5	53.1	0.1	147.9	1.5	569.5
12" BBQ Chicken															
12" Garlic Parmesan Crust	104.6	238.8	11.3	27.0	1.2	4.6	9.7	3.1	0.2	26.2	49.5	1.4	105.3	2.9	627.3
12" Canadian															
12" Garlic Parmesan Crust	106.4	253.2	11.4	25.7	1.4	2.5	11.8	3.8	0.2	27.8	40.4	0.4	115.2	1.9	768.2
12" Donair															
12" Garlic Parmesan Crust	115.3	274.8	12.3	28.6	1.7	4.8	12.3	4.3	0.3	25.1	50.2	1.8	132.9	2.0	593.4
12" Spicy Chicken															
12" Garlic Parmesan Crust	108.2	258.3	11.3	26.2	1.2	3.6	12.1	3.4	0.2	27.9	49.4	2.8	104.2	2.9	663.7
12" Greco Works															
12" Garlic Parmesan Crust	129.4	300.5	13.4	26.8	1.5	2.6	15.6	5.1	0.3	40.2	45.9	3.7	123.4	2.0	947.4
12" Super Works															
12" Garlic Parmesan Crust	140.1	313.7	14.3	27.4	1.7	3.1	16.4	5.4	0.3	42.2	45.9	4.0	124.8	2.0	988.1
12" Mighty Meaty															
12" Garlic Parmesan Crust	131.6	325.5	14.9	26.9	1.6	2.6	17.6	5.9	0.3	45.1	46.0	0.6	126.5	2.0	1031.0
12" Hawaiian Deluxe															
12" Garlic Parmesan Crust	99.0	230.6	9.7	26.2	1.5	3.4	9.7	3.1	0.2	16.8	37.2	0.8	104.6	1.6	605.7
12" Pepperoni															
12" Garlic Parmesan Crust	106.3	278.5	13.2	25.4	1.5	2.3	14.0	5.2	0.3	31.5	59.9	0.2	159.3	1.8	815.1
12" Veggie															
12" Garlic Parmesan Crust	102.1	214.5	8.5	25.8	1.7	2.9	8.7	2.7	0.2	11.0	44.4	4.5	105.5	1.6	502.8
12" Hawaiian BBQ Chicken															
12" Garlic Parmesan Crust	103.9	251.7	12.0	27.5	1.2	5.2	10.6	3.4	0.2	29.7	44.2	0.9	105.0	2.9	673.3
12" Chipotle Donair															
12" Garlic Parmesan Crust	118.8	291.1	12.1	29.0	1.6	5.1	13.9	4.5	0.3	26.1	53.1	2.7	127.1	2.0	644.9

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
15" Cheese															
15" Garlic Parmesan Crust	95.4	245.7	10.7	26.0	1.5	2.4	11.1	4.1	0.2	17.6	56.0	0.1	158.0	1.6	596.0
15" BBQ Chicken															
15" Garlic Parmesan Crust	116.7	259.8	11.8	30.1	1.3	6.6	10.4	3.3	0.2	26.9	55.8	1.8	114.9	3.0	672.8
15" Canadian															
15" Garlic Parmesan Crust	108.8	257.6	11.3	26.9	1.5	2.6	11.8	3.8	0.2	26.1	42.3	0.4	122.5	2.0	759.7
15" Donair															
15" Garlic Parmesan Crust	123.8	289.2	12.8	30.2	1.8	5.3	12.9	4.4	0.3	25.9	53.5	2.1	142.3	2.1	609.8
15" Spicy Chicken															
15" Garlic Parmesan Crust	116.7	274.6	11.8	27.7	1.3	4.0	13.1	3.7	0.2	28.9	53.2	3.3	111.3	3.0	688.2
15" Greco Works															
15" Garlic Parmesan Crust	139.0	321.8	14.3	28.2	1.6	2.8	16.9	5.5	0.3	43.6	48.3	4.2	131.7	2.1	1007.3
15" Super Works															
15" Garlic Parmesan Crust	152.2	338.2	15.5	29.0	1.8	3.4	17.9	5.9	0.3	46.0	48.3	4.6	133.3	2.1	1057.6
15" Mighty Meaty															
15" Garlic Parmesan Crust	142.3	352.4	16.2	28.3	1.7	2.8	19.4	6.4	0.3	49.6	48.6	0.6	135.4	2.2	1109.1
15" Hawaiian Deluxe															
15" Garlic Parmesan Crust	107.8	248.6	10.6	27.6	1.6	3.8	10.6	3.4	0.2	19.0	38.9	0.9	111.6	1.7	653.3
15" Pepperoni															
15" Garlic Parmesan Crust	112.6	294.3	13.8	26.6	1.6	2.5	14.9	5.5	0.3	33.2	62.2	0.2	167.7	1.9	852.3
15" Veggie															
15" Garlic Parmesan Crust	111.7	228.6	9.0	27.3	1.8	3.3	9.4	2.9	0.2	11.8	48.0	5.3	112.8	1.7	524.6
15" Hawaiian BBQ Chicken															
15" Garlic Parmesan Crust	114.9	275.5	12.7	30.7	1.2	7.3	11.5	3.7	0.2	31.3	48.9	1.0	114.3	3.0	730.4
15" Chipotle Donair															
15" Garlic Parmesan Crust	126.1	303.8	12.6	30.2	1.7	5.3	14.6	4.7	0.3	26.9	56.4	3.1	133.9	2.1	660.3

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Party Cheese															
Party Garlic Parmesan Crust	70.0	173.6	7.6	20.6	1.2	1.8	6.9	3.0	0.7	11.5	34.2	0.1	104.0	1.3	428.3
Party BBQ Chicken															
Party Garlic Parmesan Crust	83.8	181.5	8.4	22.9	1.0	4.3	6.4	2.5	0.7	17.8	34.2	1.3	75.5	2.2	471.3
Party Canadian															
Party Garlic Parmesan Crust	75.1	178.2	7.7	20.9	1.2	2.0	7.2	2.8	0.7	14.5	23.7	0.2	76.0	1.4	482.8
Party Donair															
Party Garlic Parmesan Crust	89.7	203.0	9.1	23.4	1.3	3.9	8.1	3.3	0.8	17.1	33.2	1.5	95.1	1.6	434.6
Party Spicy Chicken															
Party Garlic Parmesan Crust	86.1	197.4	8.4	21.9	1.0	3.1	8.6	2.8	0.7	19.3	33.6	2.5	74.0	2.2	498.6
Party Greco Works															
Party Garlic Parmesan Crust	84.6	190.9	8.2	21.4	1.3	2.1	8.1	3.1	0.7	17.6	26.5	3.2	78.4	1.4	527.8
Party Super Works															
Party Garlic Parmesan Crust	90.7	196.4	8.6	21.8	1.4	2.5	8.4	3.3	0.7	16.4	25.6	3.4	76.9	1.4	515.5
Party Mighty Meaty															
Party Garlic Parmesan Crust	87.4	215.5	9.8	21.5	1.3	2.1	10.1	3.9	0.7	22.4	26.6	0.3	81.4	1.5	609.5
Party Hawaiian Deluxe															
Party Garlic Parmesan Crust	81.1	179.3	7.8	21.9	1.3	2.9	6.8	2.6	0.7	13.4	23.2	0.7	74.1	1.3	485.1
Party Pepperoni															
Party Garlic Parmesan Crust	84.0	212.9	10.3	21.3	1.2	1.9	9.7	4.1	0.8	24.8	39.2	0.2	119.9	1.5	612.9
Party Veggie															
Party Garlic Parmesan Crust	83.2	163.2	6.5	21.5	1.4	2.5	5.8	2.3	0.7	7.7	29.9	4.2	75.0	1.3	382.1
Party Hawaiian BBQ Chicken															
Party Garlic Parmesan Crust	83.2	194.2	9.1	23.5	1.0	4.8	7.3	2.8	0.7	21.3	29.3	0.8	75.2	2.2	517.4
Party Chipotle Donair															
Party Garlic Parmesan Crust	90.9	212.2	8.9	23.3	1.3	3.7	9.2	3.5	0.8	17.7	35.2	2.2	88.7	1.6	468.0

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
XXL Cheese															
XXL Garlic Parmesan Crust	65.8	159.7	7.4	18.5	1.0	1.7	6.3	3.0	0.6	12.0	35.9	0.0	106.4	1.1	388.1
XXL BBQ Chicken															
XXL Garlic Parmesan Crust	77.7	169.0	8.3	20.7	0.9	4.1	6.1	2.6	0.6	18.4	37.2	1.0	84.1	2.0	434.5
XXL Donair															
XXL Garlic Parmesan Crust	80.4	182.6	8.6	20.6	1.1	3.3	7.3	3.2	0.6	16.7	35.4	1.2	100.0	1.3	385.1
XXL Spicy Chicken															
XXL Garlic Parmesan Crust	77.7	177.8	8.3	19.2	0.9	2.5	7.7	2.8	0.6	19.6	35.7	1.9	81.9	2.0	443.7
XXL Pepperoni															
XXL Garlic Parmesan Crust	77.1	189.9	9.4	18.9	1.1	1.8	8.7	3.8	0.6	22.0	39.5	0.1	112.3	1.3	553.0
XXL Hawaiian BBQ Chicken															
XXL Garlic Parmesan Crust	82.2	179.7	8.8	21.3	0.9	4.6	6.7	2.8	0.6	21.1	37.5	1.3	84.3	2.0	469.3

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Jumbo Meats															
Jumbo Garlic Parmesan Crust	276.0	695.7	31.9	64.9	4.1	6.5	34.5	11.6	0.6	71.8	99.2	0.5	284.8	4.2	1937.5
Jumbo Works															
Jumbo Garlic Parmesan Crust	291.3	625.6	26.7	66.4	4.2	8.2	28.3	9.2	0.5	54.3	105.9	15.9	286.1	4.4	1633.4
Jumbo Donair															
Jumbo Garlic Parmesan Crust	341.8	748.9	33.6	79.2	4.8	18.1	32.8	11.5	0.8	69.2	141.4	6.9	391.3	5.2	1543.4
Jumbo Veggie															
Jumbo Garlic Parmesan Crust	291.3	557.7	21.9	66.7	4.6	8.7	22.7	7.1	0.5	29.1	129.3	20.9	280.5	4.1	1269.8
Jumbo Pepperoni															
Jumbo Garlic Parmesan Crust	228.7	613.6	25.7	63.1	3.8	5.8	28.8	9.5	0.6	50.2	104.3	0.2	276.2	4.2	1611.9
Jumbo Hawaiian															
Jumbo Garlic Parmesan Crust	269.2	582.6	24.8	68.1	4.0	10.7	23.4	7.4	0.5	40.0	96.3	3.3	275.2	4.0	1540.1

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
12" Mozza Stuffed Crust Only	68.0	180.6	8.3	22.8	1.0	1.1	6.6	2.2	0.1	10.6	31.9	0.0	93.5	1.4	382.4
15" Mozza Stuffed Crust Only	160.9	944.6	8.1	23.9	1.1	1.1	90.9	8.4	0.9	9.6	28.8	0.0	85.1	1.4	382.1
Party Mozza Stuffed Crust Only	54.3	146.2	6.2	19.0	0.8	0.9	5.3	2.0	0.6	7.1	21.3	0.0	63.3	1.1	297.4

Greco Menu Item Nutritional Summary (per donair)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
1/4 lb.	258.0	519.7	26.8	53.0	3.9	18.7	21.1	8.4	0.6	75.0	57.9	6.0	201.1	4.6	1009.8
1/4 lb. with cheese	292.0	610.4	34.8	53.0	3.9	18.7	27.9	12.9	0.9	97.7	125.9	6.0	388.2	4.6	1293.3
1/2 lb.	436.6	878.2	47.4	71.8	6.6	29.7	41.8	16.7	1.2	148.6	115.6	12.0	314.2	7.6	1777.0
1/2 lb. with cheese	486.2	1010.5	59.0	71.8	6.6	29.7	51.7	23.3	1.6	181.7	214.9	12.0	587.1	7.6	2190.5
3/4 lb.	578.3	1227.1	67.6	88.5	8.9	39.1	62.5	25.0	1.9	222.2	156.9	14.5	421.9	10.5	2541.9
3/4 lb. with cheese	646.4	1408.6	83.5	88.5	8.9	39.1	76.1	34.0	2.3	267.5	293.0	14.5	796.1	10.5	3108.9
Donair Burger	176.2	378.5	17.3	46.4	2.7	14.6	13.0	4.3	0.3	37.5	20.6	2.1	153.2	3.8	746.2

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Gluten Free Works															
Gluten Free Crust	76.0	170.0	5.6	17.7	0.5	1.6	8.3	2.8	0.1	15.8	21.3	0.4	66.4	0.4	333.1
Gluten Free Meats															
Gluten Free Crust	76.0	187.6	7.0	17.4	0.5	1.3	9.7	3.3	0.1	21.0	23.4	0.1	68.5	0.5	433.4
Gluten Free Veggie															
Gluten Free Crust	76.0	139.9	3.7	17.9	0.6	1.8	5.7	1.8	0.1	6.6	26.3	4.4	65.5	0.3	192.5
Gluten Free Hawaiian															
Gluten Free Crust	72.8	156.1	5.0	18.2	0.5	2.2	6.7	2.2	0.1	12.3	19.1	0.7	64.6	0.3	295.4
Gluten Free Donair															
Gluten Free Crust	85.5	195.3	7.3	19.6	0.6	2.7	9.3	3.3	0.2	20.5	32.1	1.7	85.1	0.7	280.3
Gluten Free Pepperoni															
Gluten Free Crust	60.7	155.7	4.7	17.0	0.4	1.1	7.4	2.4	0.1	12.3	21.3	0.0	64.9	0.3	285.6

Greco Menu Item Nutritional Summary (per slice)	Weight (g)	Calories (kcal)	Protein (g)	Carbohy- drates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
9" Garlic Finger	25.3	77.1	2.8	7.3	0.3	0.3	4.1	1.4	0.1	4.5	33.0	0.0	39.7	0.4	151.6
9" Garlic Finger with Bacon	28.0	84.4	3.3	7.4	0.3	0.4	4.6	1.6	0.1	6.8	33.0	0.0	39.8	0.4	181.8
12" Garlic Finger	25.0	75.2	2.6	7.9	0.3	0.4	3.7	1.2	0.1	3.6	30.3	0.0	32.3	0.5	146.2
12" Garlic Finger with Bacon	27.7	82.4	3.1	7.9	0.3	0.4	4.3	1.4	0.1	5.8	30.3	0.0	32.4	0.5	176.0
15" Garlic Finger	17.0	51.8	1.7	5.5	0.2	0.3	2.6	0.8	0.1	2.2	19.5	0.0	19.8	0.3	97.4
15" Garlic Finger with Bacon	18.8	56.5	2.0	5.5	0.2	0.3	2.9	0.9	0.1	3.6	19.5	0.0	19.9	0.3	117.0
Party Garlic Finger	19.6	58.7	2.0	6.5	0.3	0.3	2.8	1.0	0.2	2.4	20.2	0.0	21.8	0.4	111.6
Party Garlic Finger with Bacon	21.4	63.5	2.3	6.6	0.3	0.3	3.1	1.1	0.2	3.9	20.2	0.0	21.9	0.4	131.4

Greco Menu Item Nutritional Summary (per wing)	Weight (g)	Calories (kcal)	Protein (g)	Carbohy- drates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Greco Chicken Wing - Plain	25.0	52.5	5.3	0.3	0.0	0.3	3.3	0.9	0.1	35.0	10.0	0.0	11.0	0.0	200.0

Greco Menu Item Nutritional Summary (per 6" sandwich)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Donair															
6" White Bun	502.5	1129.4	62.4	121.2	7.2	23.9	41.8	20.6	1.3	148.4	292.0	43.9	726.2	11.6	2645.6
6" Wheat Bun	467.5	1051.1	58.5	100.5	8.4	22.7	42.4	20.5	1.3	148.4	216.4	32.4	643.1	8.9	2413.4
6" GlutenGone Bun	554.9	1265.1	49.6	135.4	24.2	19.4	55.8	21.9	1.2	126.4	210.7	9.5	774.2	10.0	2204.7
Assorted															
6" White Bun	501.1	985.8	47.6	104.1	5.4	12.1	41.7	16.7	0.8	101.1	263.8	53.6	574.7	9.2	2940.5
6" Wheat Bun	466.1	922.5	43.7	88.4	7.7	11.3	42.9	16.5	0.8	101.1	248.2	46.6	557.6	7.6	2708.3
Veggie															
6" White Bun	457.5	864.6	38.4	106.3	5.9	16.3	31.5	13.2	0.7	52.1	254.0	56.1	548.8	8.6	2102.6
6" Wheat Bun	422.5	801.3	34.5	90.6	8.1	15.5	32.7	13.0	0.7	52.1	238.5	49.1	531.7	7.0	1870.4
6" GlutenGone Bun	495.4	928.1	29.9	118.8	22.6	9.3	36.4	13.8	0.6	52.1	177.0	18.7	641.0	7.4	1984.0
Pizza															
6" White Bun	416.9	1065.4	46.9	107.2	6.3	11.0	47.9	19.5	1.0	103.5	459.2	45.6	589.1	9.6	2816.5
6" Wheat Bun	381.1	987.1	43.0	86.5	7.5	9.7	48.5	19.3	1.0	103.5	383.6	34.1	506.0	6.9	2584.3
6" GlutenGone Bun	489.5	1096.3	39.3	122.0	23.5	10.2	48.8	18.1	0.9	92.5	159.7	10.8	649.2	8.4	2378.9
Italian															
6" White Bun	416.1	1150.0	46.1	103.1	4.7	8.9	60.5	21.5	1.1	103.5	460.3	46.7	571.8	9.1	3107.5
6" Wheat Bun	381.1	1071.6	42.2	82.4	5.9	7.6	61.1	21.4	1.1	103.5	384.7	35.2	488.7	6.4	2875.3
Bacon Cheese Burger															
6" White Bun	451.2	1126.0	54.3	108.0	7.5	13.1	51.3	21.9	1.3	96.4	438.8	35.6	558.7	8.9	2815.9
6" Wheat Bun	416.2	1062.7	50.4	92.3	9.7	12.3	52.4	21.7	1.3	96.4	423.2	28.6	541.6	7.2	2583.7
Hawaiian															
6" White Bun	505.1	1042.2	48.7	120.0	7.0	25.3	38.4	16.2	0.9	86.1	443.9	43.9	564.3	9.2	2876.6
6" Wheat Bun	470.1	963.9	44.8	99.4	8.3	24.0	39.0	16.1	0.9	86.1	368.4	32.4	481.2	6.6	2644.4
6" GlutenGone Bun	600.1	1126.9	43.6	137.2	24.2	24.8	42.8	15.9	0.6	101.0	141.6	9.9	663.33	8.31	2785.49
BBQ Chicken															
6" White Bun	474.1	984.7	61.9	119.4	4.6	30.1	28.1	14.1	0.7	173.2	301.2	41.6	572.0	19.5	2959.1
6" Wheat Bun	439.1	906.4	58.0	98.8	5.8	28.8	28.7	14.0	0.7	173.2	225.6	30.1	488.9	16.8	2726.9
6" GlutenGone Bun	569.1	1155.3	53.0	137.5	21.7	28.4	42.8	16.0	0.6	132.0	237.2	7.6	703.5	7.9	2140.4
Steak															
6" White Bun	474.1	1076.4	59.4	105.4	4.7	11.6	44.6	18.6	0.9	122.5	450.8	48.3	540.1	10.8	2951.1
6" Wheat Bun	439.1	1013.1	55.6	89.7	7.0	10.8	45.7	18.4	0.9	122.5	435.3	41.3	523.0	9.2	2718.9

Greco Menu Item Nutritional Summary (per Calzone)	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Works	421.3	835.1	38.6	105.0	6.4	11.4	28.8	11.1	0.5	91.2	95.3	11.3	292.11	7.12	2632.56
Meats	437.2	959.6	47.9	105.5	6.7	11.5	38.3	15.0	0.7	120.1	89.0	0.9	292.7	7.1	3126.7
Donair	472.6	920.9	45.3	119.0	6.6	23.8	29.1	12.4	0.7	99.5	140.8	9.1	416.1	8.2	2284.9
Chicken	437.2	806.0	41.6	119.6	4.8	30.3	18.4	7.5	0.4	100.6	156.4	7.6	273.7	12.9	2379.4
Hawaiian	476.8	821.5	38.5	117.9	7.3	25.8	21.4	8.6	0.3	71.0	80.0	9.9	268.7	6.8	2467.1
Pepperoni Duo	395.3	874.8	42.7	103.8	6.3	10.9	32.3	12.6	0.7	112.6	104.7	0.9	306.8	8.1	3078.2

Greco Menu Item Nutritional Summary	Weight (g)	Calories (kcal)	Protein (g)	Carbohy- drates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Chicken Caesar Salad	293.3	487.4	22.8	17.9	3.5	4.4	36.9	10.2	0.4	105.2	1323.9	6.4	242.2	7.7	1561.7
Caesar Salad	236.6	389.6	10.6	17.2	3.5	3.8	31.8	8.6	0.4	44.7	1313.6	6.4	241.5	2.2	1015.6
Garden Salad	282.1	123.5	7	11.7	4.1	6.1	6.1	2.9	0.2	13.7	1297.1	15.8	176	1.7	889.3