



Nutritional Chart

	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
European Flatbread (Adult)	1 ea.	270	25	2.5	1	0	0	870	56	3	3	9	0	2	15	20
European Flatbread (Kids)	1 ea.	130	10	1	0	0	0	420	27	1	2	4	0	0	6	8
Whole Wheat Tortilla	1 ea.	310	80	8	2.5	0	0	640	49	3	2	9	0	0	15	15
Small Flour Tortilla	1 ea.	210	50	6	1.5	0	0	460	34	2	1	5	0	0	10	10
Beef	3 oz.	260	160	18	8	1	60	450	4	0	0	20	0	0	0	0
Chicken	3 oz.	190	60	7	2	0	140	230	0	0	0	32	0	0	0	0
Pork	3 oz.	280	170	19	7	0	60	520	5	0	0	22	0	0	0	0
Tuna	3 oz.	100	25	3	0.5	0	15	330	< 1	0	0	16	4	0	2	4
Falafel, Fried	1 ea.	160	45	5	0	0	0	340	20	5	1	8	0	0	4	10
Feta	4 oz.	240	140	16	10	0	40	1010	4	0	0	20	0	0	0	0
Swiss	1 slice	80	50	6	3.5	0	20	45	0	0	0	6	4	0	20	0
Tomatoes	1/2 oz.	0	0	0	0	0	0	0	< 1	0	0	0	2	4	0	0
Lettuce (Shredded Iceberg)	3 oz.	10	0	0	0	0	0	10	2	< 1	2	< 1	6	6	2	2
Lettuce (Salad Field Greens)	3 oz.	10	0	0	0	0	0	10	2	< 1	2	< 1	6	6	2	2
Cucumbers	1/2 oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cabbage	1 oz.	5	0	0	0	0	0	5	2	< 1	< 1	0	0	15	2	0
Onions	1/2 oz.	5	0	0	0	0	0	0	1	0	< 1	0	0	2	0	0
Sauerkraut	2 oz.	10	0	0	0	0	0	340	2	2	0	0	0	8	0	0
Nutella	1 oz.	150	80	8	2.5	0	0	10	17	< 1	16	2	0	0	4	4
Light Creamy Feta Sauce	2 oz.	160	140	15	2	0	30	360	3	0	0	< 1	0	0	0	0
Light Roasted Red Pepper Sauce	2 oz.	140	130	14	1.5	0	30	330	3	0	0	0	0	0	0	0
Light Spicy Chipotle Sauce	2 oz.	130	120	13	1.5	0	25	330	4	0	< 1	0	0	0	0	0
Black Olive Sauce	2 oz.	360	360	39	5	0	35	380	4	0	0	0	0	0	0	0
Creamy Feta Sauce	2 oz.	360	360	39	6	0	35	400	4	0	0	< 1	2	0	2	2
Curry Up Sauce	2 oz.	320	310	35	4.5	0	30	450	5	0	1	0	2	2	0	0
KEBA Sauce	2 oz.	80	60	6	1	0	10	115	4	3	4	3	0	0	0	0
Pesto Magnifico Sauce	2 oz.	360	360	39	5	0	35	430	4	0	0	0	0	0	0	0
Roasted Red Pepper Sauce	2 oz.	280	280	31	4	0	30	310	3	0	0	0	2	4	0	0
Spicy Chipotle Sauce	2 oz.	320	310	34	4.5	0	30	390	5	0	< 1	0	2	2	0	0
Tangy Mayo Sauce	2 oz.	300	300	33	4.5	0	30	380	4	0	1	0	0	2	0	0
Zesty BBQ Sauce	2 oz.	300	290	32	4.5	0	30	450	5	0	2	0	2	0	0	0
Balsamic Vinaigrette Dressing	2 oz.	110	110	12	1.5	0	0	280	1	0	1	0	0	0	0	0
Creamy Italian Dressing	2 oz.	80	60	6	1	0	10	115	4	3	4	3	0	0	0	0
Belgian Fries (Kids)	3 oz.	240	120	13	2	0	0	15	28	3	0	3	0	0	0	0
Belgian Fries (Regular)	5 oz.	400	190	21	3.5	0	0	20	47	4	0	5	0	0	0	0
Belgian Fries (Large)	8 oz.	640	310	34	5	0	0	35	75	7	0	8	0	0	0	0
Gelato (Chocolate)	3 oz.	130	45	5	4.5	0	0	45	18	< 1	18	3	3	0	13	0
Gelato (Cookies & Cream)	3 oz.	175	63	7	6	0	0	65	22	0.5	22	4	0	0	12	1
Gelato (Tiramisu)	3 oz.	163	63	7	6	0	0	0	22	0	22	5	3	1	12	0
Milk	8 oz.	110	20	2.5	1.5	0	10	130	13	0	12	8	10	0	30	0

KEBA Spitfire Grill Nutritional Information

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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
European Flatbread (Adult)	1 ea. 270	25	2.5	1	0	0	870	56	3	3	9	0	2	15	20
European Flatbread (Kids)	1 ea. 130	10	1	0	0	0	420	27	1	2	4	0	0	6	8
Flour Tortilla (Adult)	1 ea. 300	70	8	2.5	0	0	740	50	6	0	9	0	0	25	0.15
Beef															
Chicken															
Pork															
Tuna	160	45	5	1	0	25	550	1	0	0	27	6	0	2	8
Falafel	130	20	2	0	0	0	340	20	5	1	8	0	0	4	10
Feta	60	35	4	2.5	0	10	250	1	0	0	5	0	0	0	0
Swiss	80	50	6	3.5	0	20	45	0	0	0	6	4	0	20	0
Tomatoes	200	100	11	3.5	0	0	15	22	1	21	3	0	0	4	4
Lettuce (Shredded Iceberg)	10	0	0	0	0	0	10	2	1	2	1	6	6	2	2
Lettuce (Salad Field Greens)	10	0	0	0	0	0	10	2	1	2	1	6	6	2	2
Cucumbers	2	0	0	0	0	0	10								
Cabbage	7	0	0	0	0	0	5	2	0	1	0	28	10	11	0
Onions	6	0	0	0	0	0	0	1	0	0	0	0	1	3	0
Sauerkraut	5	0	0	0	0	0	180	1	1	0	0	0	4	0	0
Nutella	200	100	11	3.5	0	0	11.5	22	1	21	3	0	0	4	4
KEBA Sauce	80	60	6	1	0	10	115	4	3	4	3	0	0	0	0
Balsamic Vinaigrette	110	110	12	1.5	0	0	280	1	0	1	0	0	0	0	0
Creamy Italian Dressing	80	60	6	1	0	10	115	4	3	4	3	0	0	0	0
Belgian Fries (Kids)	240	120	13	2	0	0	15	28	3	0	3	0	0	0	0
Belgian Fries (Regular)	400	190	21	3.5	0	0	20	47	4	0	5	0	0	0	0
Belgian Fries (Large)	640	310	34	5	0	0	35	75	7	0	8	0	0	0	0
Gelato (Chocolate)	130	45	5	4.5	0	0	45	18	<1	18	3	3	0	13	0
Gelato (Cookies & Cream)	175	63	7	6	0	0	65	22	0.5	22	4	0	0	12	1
Gelato (Tiramisu)	163	63	7	6	0	0	0	22	0	22	5	3	1	12	0
Milk															

**KEBA Spitfire Grill
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