

KYKUS

MEDITERRANEAN GRILL

MENU ITEM	Cals (kcal)	Citrus	Dairy	Eggs	Fish	Peanuts	Soy	Wheat	Vegetarian	Vegan
Avocado "Chunks"	80								✓	✓
Baby Spinach	35								✓	✓
Baklava	230	✓				✓		✓	✓	✓
Basmati Rice	121	✓							✓	✓
Black Lentils	300								✓	✓
Brown Rice & Quinoa	111								✓	✓
Cabbage Slaw	64			✓			✓		✓	✓
Cherry Tomatoes	18								✓	✓
Crunchy Chickpeas	93						✓		✓	✓
Curry Chickpeas	115						✓		✓	✓
Dressing - California French	140	✓					✓		✓	✓
Dressing - Lite Italian	40						✓		✓	✓
Dressing - Golden Italian	120	✓					✓		✓	✓
Dressing - Greek	150	✓	✓				✓		✓	✓
Dressing - Honey Lime	130	✓		✓			✓		✓	
Dressing - Cucumber Wasabi	150		✓	✓			✓		✓	
Falafel	120	✓					✓	✓	✓	✓
Feta Crumbles	70		✓						✓	
Fiber Bowl	1093	✓	✓	✓			✓	✓	✓	
Fire Roasted Broccoli	228	✓							✓	✓
Golden Veggie Signature Bowl	784	✓	✓				✓		✓	
Harissa Sauce	180	✓							✓	✓
Honey Spicy Chicken	310	✓	✓				✓			
Hummus, Red Pepper	81	✓							✓	✓
Hummus, Traditional	98								✓	✓
Italian Carrots	48								✓	✓
Italian Eggplant	42						✓		✓	✓
Kalamata Olives	50								✓	✓
Kale	5								✓	✓
KYKUS Signature Bowl	1165	✓	✓				✓			
Lamb Meatball	236	✓		✓			✓	✓		
Lemon Chicken	332	✓								
Mediterranean Pasta	443						✓	✓	✓	✓
Persian Cucumber	56								✓	✓
Pita Chips	280						✓	✓	✓	✓
Pita Wrap	320							✓	✓	✓
Purple Feta	194		✓						✓	
Roasted Corn	56								✓	✓
Roasted Sweet Potatoes	90								✓	✓
Roasted Vegetables	77								✓	✓
Romaine Lettuce	29								✓	✓
Sliced Steak	366									
Spicy Signature Bowl	1594	✓	✓	✓			✓			
Spinach	7								✓	✓
Sunflower Seeds	110								✓	✓
Super Greens	24								✓	✓
Tabbouleh Salad	69	✓						✓	✓	✓
Tzatziki	81	✓	✓						✓	
Turmeric Couscous	182	✓							✓	✓
DRINK ITEMS	Cals (kcal)									
Fountain	0-160									
Tractor Organic - Mango	90									
Tractor Organic - Strawberry Dragonfruit	120									
Tractor Organic - Farmer's Punch	120									
Tractor Organic - Unsweet Black Tea	0									

KYKUS does its best to be sensitive to dietary restriction and accurately state calories. However, suppliers and your specific serving size may impact your actual caloric intake. We are reliant on supplier information and there is always a potential for cross-contamination or ingredient substitutions for various reasons.