



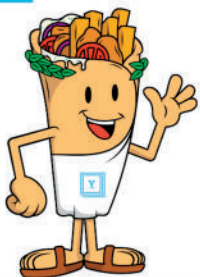
The Yiros Shop
flavours of greece

NUTRITIONAL INFORMATION





The Yiros Shop
flavours of greece



Did you know?

"Kalimera!" It means
"Good Morning" in Greek!

BREKKIE MENU

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
BACON & EGG YIROS	1984	482	21.5	24	9.1	0	0	0	43.2	0.5	2152
VEGGIE BREKKIE YIROS	2223	538	19.7	16.1	5	4.2	2.6	0.1	76.6	11.9	1272
BACON & EGG BENNY YIROS	2507	607	22.9	37.3	16.9	3.8	0.8	0	43.7	14.3	2149
BACON & EGG DOUBLE YIROS	2697	653	32.8	38.2	14.4	0	0	0	43.9	11.9	1601
SNAG & EGG YIROS	1893	459	31.5	16.7	6	0	0	0	43.7	12.1	2232
THE BIG BREAKFAST YIROS	3270	790	44.1	42.2	14.4	0	0	0	55.4	12.1	2679
THE ULTIMATE YIROS	3145	759	32.5	43.1	17	0	0	0	57.5	9.1	1716
THE HASH SANDY	2249	538	14.8	39.5	11.9	2.6	0.5	0	31	9	2348
BREKKIE LIGHT PLATE	3606	869	48.6	48	15.5	0	0	0	59.5	12.5	3044
BREKKIE PLATE	2021	483	23.8	36.7	11.3	0	0	0	16.5	0.6	1403
ONION ADD ON	31	7	0.2	0	0	0	0	0	1.6	0	0
TOMATO ADD ON	594	142	1.3	8.2	0.7	0	0	0	15	0.2	343
HASHBROWN ADD ON	62	15	0.5	0.1	0	0	0	0	3.2	0	0
BACON (2) ADD ON	262	63	0	0	0	0	0	0	15	13.2	205
EGG ADD ON	26	5	0.3	0.1	0	0	0	0	1.2	0.8	2
TOMATO RELISH ADD ON	812	195	9.1	17.6	7	0	0	0	0.1	0.1	910
SMOKEY BBQ ADD ON	307	73	6.7	5.4	1.8	0	0	0	0.7	0.2	75
HOLLANDAISE ADD ON	248	59	0.6	0.1	0	0	0	0	14	12.8	948
GRILLED ONION ADD ON	698	167	1.9	17.7	10.4	5.1	1	0	0.7	0	110



Tzatziki, onion, tomato,
parsley & crispy golden chips,
wrap in a pita.

TRADITIONAL YIROS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
MINI CHICKEN YIROS	1239	296	15.1	8.0	2.0	3.4	1.6	0.1	40.6	4.2	830
MINI LAMB YIROS	1406	336	14.6	12.4	5.2	4.9	1.3	0.1	41.3	4.3	846
MINI VEGETARIAN YIROS	1291	308	9.1	7.7	2.0	3.1	1.7	0.1	50.3	4.7	721
MINI HALLOUMI YIROS	1382	330	13.9	12.3	6.3	1.8	0.9	0.0	40.8	4.0	913
MINI PORK YIROS	1337	319	16.4	10.0	3.1	1.8	0.9	0.0	40.5	4.1	851
MINI BEEF YIROS	1350	322	17.8	9.8	3.4	1.8	0.9	0.0	40.4	4.0	845
REGULAR BEEF YIROS	2485	593	33.9	19.5	6.8	3.8	4.8	0.1	70.1	6.9	1538
REGULAR PORK YIROS	2458	586	31.2	19.8	6.1	3.8	4.8	0.1	70.4	7.1	1551
REGULAR CHICKEN YIROS	2481	592	35.4	18.4	4.7	8.2	6.8	0.1	70.9	7.7	1688
REGULAR LAMB YIROS	2956	706	33.8	31.1	13.6	12.7	6	0.2	72.8	8	1736
REGULAR HALLOUMI YIROS	2954	705	33.1	32	17.7	3.8	4.8	0.1	71.3	7.1	1974
REGULAR VEGETARIAN	2788	665	19.4	19.2	5.1	8	7.4	0.2	103.3	9.3	1436
LARGE BEEF YIROS	3233	772	55.7	29.5	11.4	3.8	4.8	0.1	70.4	7	2002
LARGE PORK YIROS	3179	758	50.3	30.1	10	3.8	4.8	0.1	71	7.4	2028
LARGE CHICKEN YIROS	2962	707	50.4	24.2	6.4	11.1	8.1	0.2	71.6	8.2	2086
LARGE LAMB YIROS	3744	895	47.9	45	21	18.4	6.8	0.3	74.8	8.8	2164
LARGE HALLOUMI YIROS	3765	899	47.2	47	28	3.8	4.8	0.1	72.3	7.3	2574
LARGE VEGETARIAN YIROS	3313	791	23	24	6.5	10.1	8.7	0.2	120	10.6	1617



HEALTHY YIROS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
REGULAR BEEF HEALTHY YIROS	1725	419	30.7	14.3	6.7	1.4	0.6	0.1	39	6.6	1176
REGULAR PORK HEALTHY YIROS	1698	412	28	14.6	6	1.4	0.6	0.1	39.3	6.8	1189
REGULAR CHICKEN HEALTHY YIROS	1721	418	32.2	13.3	4.6	5.8	2.5	0.1	39.8	7.4	1327
REGULAR LAMB HEALTHY YIROS	2196	532	30.7	25.9	13.4	10.2	1.8	0.2	41.8	7.7	1375
REGULAR HALLOUMI HEALTHY YIROS	2194	531	30	26.8	17.5	1.4	0.6	0.1	40.3	6.8	1612
REGULAR VEGETARIAN HEALTHY YIROS	2028	491	16.2	14	5	5.6	3.2	0.2	72.2	9	1074
LARGE BEEF HEALTHY YIROS	2473	598	52.5	24.3	11.3	1.4	0.6	0.1	39.3	6.7	1640
LARGE PORK HEALTHY YIROS	2419	584	47.1	24.9	9.9	1.4	0.6	0.1	39.9	7.1	1666
LARGE CHICKEN HEALTHY YIROS	2202	533	47.3	19	6.3	8.7	3.8	0.2	40.6	7.9	1725
LARGE LAMB HEALTHY YIROS	2984	720	44.7	39.9	20.8	16	2.5	0.3	43.8	8.5	1803
LARGE HALLOUMI HEALTHY YIROS	3005	725	44	41.8	27.9	1.4	0.6	0.1	41.3	7	2212
LARGE VEGETARIAN HEALTHY YIROS	2553	617	19.9	18.9	6.4	7.7	4.5	0.2	89	10.3	1255



HEALTHY YIROS

Tzatziki, onion, tomato, fresh crispy lettuce, topped with your choice of protein and wrapped in fluffy low-carb pita. No Chips!

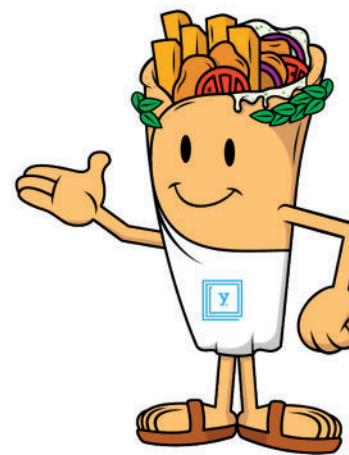


DELUXE RANGE GLUTEN-FRIENDLY YIROS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
BEEF GF TRADITIONAL YIROS	2006	479	27.8	19.1	7.2	1.4	0.6	0.1	45.9	7.5	1387
PORK GF TRADITIONAL YIROS	1979	472	25.1	19.4	6.5	1.4	0.6	0.1	46.2	7.7	1400
CHICKEN GF TRADITIONAL YIROS	2466	589	30.7	22.1	5.2	8.2	3.9	0.1	63.3	7.2	1717
LAMB GF TRADITIONAL YIROS	2941	703	29.2	34.8	14	12.7	3.1	0.2	65.3	7.5	1765
HALLOUMI GF TRADITIONAL YIROS	2939	702	28.5	35.7	18.1	3.8	1.9	0.1	63.8	6.6	2003
VEGETARIAN GF TRADITIONAL YIROS	2774	662	14.7	22.9	5.5	8	4.5	0.2	95.7	8.8	1465
BEEF GF HEALTHY YIROS	2003	478	27.8	19.1	7.2	1.4	0.6	0.1	45.8	7.4	1386
PORK GF HEALTHY YIROS	1976	471	25.1	19.4	6.5	1.4	0.6	0.1	46.1	7.6	1399
CHICKEN GF HEALTHY YIROS	1999	477	29.2	18.1	5.2	5.8	2.5	0.1	46.6	8.2	1537
LAMB GF HEALTHY YIROS	2474	591	27.7	30.7	14	10.2	1.8	0.2	48.5	8.5	1584
HALLOUMI GF HEALTHY YIROS	2472	590	27	31.6	18.1	1.4	0.6	0.1	47	7.6	1822
VEGETARIAN GF HEALTHY YIROS	2306	550	13.3	18.8	5.5	5.6	3.2	0.2	79	9.8	1284

GLUTEN-FRIENDLY YIROS

Tzatziki, onion, tomato, parsley, your choice of protein, crispy golden chips for traditional or crispy lettuce for healthy, all wrapped in a gluten-friendly pita bread.





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DELUXE YIROS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
DOUBLE BEEF YIROS & CHEESE	3809	910	65.5	40.4	18.6	3.8	4.8	0.1	70.4	7	2270
DOUBLE PORK YIROS & CHEESE	3755	896	60.1	41	17.2	3.8	4.8	0.1	71	7.4	2296

KIDS MENU

REGULAR } KIDS YIROS	1452	347	14.9	8.6	1.2	4	4	0	52.1	5.5	991
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BUILD A SALAD

CHICKEN	2001	440	36.6	39.5	13.3	5.8	2.6	0.1	18.7	8.7	1882
LAMB	2476	554	35	52.2	22.1	10.2	1.8	0.2	20.6	9.1	1930
HALLOUMI	2474	553	34.3	53.1	26.2	1.4	0.6	0.1	19.1	8.1	2168
VEGETARIAN	2308	514	20.6	40.3	13.6	5.6	3.2	0.2	51.1	10.4	1630

PLATES

CHICKEN	3891	907	46.2	49.3	13.6	11.1	8.5	0.1	100.1	10.2	2836
LAMB	4367	1021	44.6	62	22.4	15.5	7.7	0.2	102	10.6	2884
HALLOUMI	4364	1021	43.9	62.9	26.5	6.7	6.5	0.1	100.5	9.7	3122
VEGETARIAN	4724	1106	33.8	55	15.4	13	10.4	0.2	149.2	13.1	2765



SNACKBOXES

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY- UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
SMALL CHICKEN SNACKBOX	2728	651	28.5	31.9	3.6	10.6	5.5	0.1	62	13	1476
SMALL LAMB SNACKBOX	3203	765	27	44.6	12.4	15	4.7	0.2	63.9	13.3	1523
LARGE CHICKEN SNACKBOX	4893	1167	34.5	56.4	4.6	17.6	9.5	0.1	129.4	25.1	2404
LARGE LAMB SNACKBOX	5368	1281	32.9	69.1	13.5	22	8.7	0.2	131.4	25.4	2452
CHICKEN SWEET POTATO SNACKBOX	3468	826	26.6	40.7	6.3	4.4	2	0.1	87	35.2	1689

FAVOURITE GREEK SIDES

SMALL CHIPS	902	216	3.5	7.5	0	4.4	2.5	0	33.2	0	337
MEDIUM CHIPS	1443	346	5.6	12	0	7	4	0	53.1	0	539
LARGE CHIPS	1714	410	6.7	14.3	0	8.4	4.8	0	63.1	0	640
FAMILY CHIPS	2977	713	11.6	24.8	0	14.5	8.3	0	109.6	0	1112
FETA CHIPS	2346	562	12.7	24	5.2	9.7	5.5	0	73.1	0	1381
FAMILY FETA CHIPS	3881	929	24.1	43.5	13	14.5	8.3	0	109.7	0.1	2712
SWEET POTATO CHIPS	2609	622	3.4	34.9	4	0	0	0	72.9	23.2	903
HALLOUMI CHIPS	1189	500	20.1	44.9	17	12	4.3	0.1	5.7	3.7	1573
5PC HALLOUMI	2040	488	35.2	37.5	25.8	0	0	0	3.5	0.7	1500
PITA CHIPS	1162	278	9.2	4.5	1.8	1.1	3.4	0	49.5	5.6	839
TZATZIKI DIP	2504	598	20.9	12.2	5.3	3.5	7.1	0.1	100.3	13.8	1901
GREEK SALAD	1048	213	10.6	27.3	8.9	0	0.1	0	15.1	5	1015
BAKLAVA	1376	329	4.7	12.2	3.6	0	0	0	49.8	22.4	182



GREEK DONUTS (LOUKOUMADES)

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
THE ORIGINAL GREEK 3PCS	695	166	3.6	4.4	1	0.1	1.3	0	28.7	10.6	170
THE ORIGINAL GREEK 8PCS	1834	438	9.6	11.6	2.7	0.1	3.5	0	75.4	27.2	454
THE ORIGINAL GREEK 12PCS	2751	657	14.4	17.4	4	0.2	5.2	0	113	40.8	682
CHOC TOPPED 3PCS	867	207	4.5	8.9	2	0.1	1.3	0	27.9	10.4	181
CHOC TOPPED 8PCS	2265	541	11.9	22.9	5.1	0.1	3.5	0	73.5	26.6	481
CHOC TOPPED 12PCS	3278	783	17.5	32.5	7.3	0.2	5.2	0	107.8	37.5	717
CHOC OREO CRUNCH 3PCS	1139	272	5.4	12.7	3	0.1	1.3	0	34.8	16	210
CHOC OREO CRUNCH 8PCS	2507	599	12.5	25.3	6.2	0.1	3.5	0	82	31.7	547
CHOC OREO CRUNCH 12PCS	3642	869	18.4	36	8.8	0.2	5.2	0	120.5	45.1	816
VEGAN FRIENDLY 3 PCS	695	166	3.6	4.4	1	0.1	1.3	0	28.7	10.6	170
VEGAN FRIENDLY 8PCS	1834	438	9.6	11.6	2.7	0.1	3.5	0	75.4	27.2	454
VEGAN FRIENDLY 12PCS	2751	657	14.4	17.4	4	0.2	5.2	0	113	40.8	682
WHITE CHOC TOPPED 3PCS	869	207	4.5	6.6	1.5	0.1	1.3	0	25.1	7.6	182
WHITE CHOC TOPPED 8PCS	2268	541	11.8	17.2	3.9	0.1	3.5	0	66.4	19.8	482
WHITE CHOC TOPPED 12PCS	3282	783	17.3	24.9	5.7	0.2	5.2	0	98.3	28.4	719
WHITE CHOC OREO CRUNCH 3PCS	1141	272	5.3	8.9	2.2	0.1	1.3	0	30	11.4	211
WHITE CHOC OREO CRUNCH 8PCS	2510	599	12.4	19.6	5	0.1	3.5	0	74.9	24.8	549
WHITE CHOC OREO CRUNCH 12PCS	3646	870	18.2	28.4	7.2	0.2	5.2	0	111	35.9	818





GREEK DONUTS (LOUKOUMADES)

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
CHOC SWIRL 3PCS	1155	276	5.5	12.6	2.8	0.1	1.3	0	33	15.3	192
CHOC SWIRL 8PCS	2553	610	12.9	25.2	5.6	0.1	3.5	0	76.6	29.8	492
CHOC SWIRL 12PCS	3280	783	17.4	28.7	6.5	0.2	5.2	0	103	33	718

SIDE SAUCES

SIDE SAUCE SPECIAL	665	157	0.4	15.8	1.3	0	0	0	4	2.9	298
SIDE SAUCE AIOLI	808	193	0.5	20.8	1.7	0	0	0	1.8	1.2	291
SIDE SAUCE TOMATO	168	40	0.5	0	0	0	0	0	9.4	8.5	500
SIDE SAUCE BBQ	236	57	0	0	0	0	0	0	13.5	11.8	185
SIDE SAUCE HOT CHILLI	125	30	0.6	0.8	0.2	0	0	0	5.1	3	316
SIDE SAUCE SWEET CHILLI	340	81	0.4	0	0	0	0	0	19.6	16.4	432
SIDE SAUCE MUSTARD	179	43	1.4	1.6	0.1	0	0	0	5.8	3.1	513
SIDE SAUCE TZATZIKI	171	41	2.1	2.5	1.4	1.1	0.4	0	2.4	2.2	192

PITA

REGULAR PITA	971	232	7	2	0.4	0	2.9	0	46.2	3.3	634
LOWC-CARB PITA	678	170	5.2	0.9	0.3	0	0	0	31.9	2	453





ADD-ONS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLY-UNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATE (G)	SUGARS (G)	SODIUM (G)
TASTY CHEESE ADD ON	720	172	12.3	13.7	9.1	0	0	0	0	0	336
FETA ADD ON	452	108	6.3	9.4	6.5	0	0	0	0.1	0.1	800
HALLOUMI ADD ON	811	194	14	15	10.3	0	0	0	1	0.2	600
CHICKEN ADD ON	481	115	15.1	5.8	1.7	2.9	1.3	0.1	0.7	0.6	398
LAMB ADD ON	789	189	14.1	14	7.4	5.7	0.8	0.1	2	0.8	428
BEEF ADD ON	748	179	21.8	10	4.6	0	0	0	0.3	0.1	464
PORK ADD ON	721	172	19.1	10.3	3.9	0	0	0	0.6	0.3	477
VEGE ADD ON	1051	251	7.3	9.7	2.9	4.2	2.6	0.1	33.5	2.5	362
ONION ADD ON	31	7	0.2	0	0	0	0	0	1.6	0	0
TOMATO ADD ON	26	5	0.3	0.1	0	0	0	0	1.2	0.8	2
GREEK SALAD ADD ON	125	19	1.2	0.9	0.1	0	0	0	3.5	1.4	65
LETTUCE ADD ON	17	4	0.3	0	0	0	0	0	0.9	0.6	3
CHIPS ADD ON	451	108	1.8	3.8	0	2.2	1.3	0	16.6	0	169

