

Casa GRECQUE

Nutrition Facts

DV: Recommended Daily Value
g: gramme mg: milligramme

Menu

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturés & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Appetizers																						
Calamari (regular, with sauce)	528g	1130	61	81	6	0.1	31	65	0	0	21	21	66	830	3960	172	300	6	100	8	5	28
Calamari (large, with sauce)	928g	2160	122	163	11	0.2	56	120	0	0	23	23	129	1660	6810	296	450	10	175	13	9.5	53
Shrimp au gratin	120g	300	22	29	9	1	50	3	0	0	1	1	24	120	690	30	200	4	450	35	0.4	2
Snails au gratin	172g	670	62	83	12	2	70	6	1	4	1	1	22	185	720	31	150	3	550	42	1	6
Garlic bread au gratin	226g	880	63	84	12	2	70	55	2	7	0	0	24	70	1200	52	200	4	450	35	3.5	19
Pikilia	860g	1690	114	152	27	2.5	148	91	7	25	20	20	67	210	5260	229	1800	38	750	58	5.5	31
Smoked salmon	203g	340	21	28	3	0	15	10	2	7	5	5	29	50	1210	53	900	19	40	3	0.75	4
Spanakopita	250g	360	21	28	7	1	40	31	4	14	4	4	15	45	1170	51	550	12	300	23	3.5	19
Taramosalata	250g	780	55	73	3	1	20	50	2	7	1	1	12	0	1890	82	350	7	75	6	2	11
Tzatziki	250g	590	38	51	12	1	65	47	2	7	3	3	17	55	850	37	450	10	350	27	2.25	13
Salads																						
Greek salad (small)	194g	300	24	32	10	0.4	52	12	2	7	3	3	12	45	1120	49	350	7	225	17	0.75	4
Grilled shrimp salad	498g	1320	121	161	9	2.5	58	18	4	14	7	7	43	325	810	35	900	19	175	13	6.5	36
Grilled chicken Caesar salad	542g	1130	89	119	12	2.5	73	25	5	18	4	4	66	225	1900	83	1350	29	300	23	4.5	25
Greek salad	389g	590	47	63	19	0.5	98	24	4	14	7	7	25	95	2240	97	700	15	450	35	1.5	8
From the grill (with rice, potatoes and house salad)																						
Pork souvlaki plate	586g	1110	74	99	13	1.5	73	58	6	21	9	9	55	170	1080	47	1600	34	250	19	3.5	19
Chicken souvlaki plate	616g	1090	69	92	12	1.5	68	58	6	21	9	9	64	220	1530	67	1650	35	250	19	3	17
Chicken brochette	671g	880	47	63	4.5	0.5	25	68	10	36	11	11	51	150	1120	49	1600	34	175	13	6.5	36
Marinated chicken breast	619g	870	47	63	4.5	0.5	25	61	9	32	8	8	58	170	1400	61	1600	34	150	12	6.5	36
Rib steak (16 oz)	705g	1260	78	104	18	0.5	93	60	9	32	7	7	80	240	480	21	1800	38	175	13	10	56
Filet mignon (7 oz)	596g	920	52	69	9	1	50	60	9	32	7	7	55	115	430	19	1450	31	150	12	10.5	58
Bacon-wrapped pork tenderloin medallions	684g	1180	70	93	12	1	65	62	10	36	7	7	78	200	1130	49	1850	39	150	12	9	50
Steak Casa Grecque	642g	1010	58	77	11	0.5	58	60	9	32	7	7	63	170	440	19	1550	33	175	13	9	50
Fish and seafood (with rice, potatoes and house salad)																						
Grilled shrimp brochette	655g	1430	106	141	10	1.5	58	58	7	25	7	7	61	435	1370	60	1300	28	225	17	9	50
Butterfly shrimp	629g	1140	89	119	7	1.5	43	53	6	21	7	7	37	320	2110	92	850	18	150	12	2.25	13
Grilled salmon fillet	703g	1650	130	173	14	1.5	78	54	6	21	7	7	69	225	830	36	1900	40	150	12	3.5	19
Grilled salmon fillet & grilled shrimp	784g	1750	131	175	15	1.5	83	55	6	21	7	7	89	370	970	42	2100	45	200	15	6	33
Surf 'n turf duos (with rice, potatoes and house salad)																						
Filet mignon brochette and grilled shrimp brochette	792g	1580	111	148	16	2	90	65	10	36	8	8	81	310	1060	46	1650	35	200	15	13.5	75
Grilled chicken breast and grilled shrimp brochette	700g	980	49	65	5	0.5	28	62	9	32	8	8	78	315	1550	67	1800	38	200	15	9	50
Filet mignon and butterfly shrimp	764g	1420	101	135	13	2	75	61	9	32	7	7	71	285	1430	62	1500	32	175	13	11	61
Pork tenderloin medallions and butterfly shrimp	852g	1690	120	160	16	2	90	63	10	36	7	7	94	370	2140	93	1900	40	200	15	9.5	53
Steak Casa and butterfly shrimp	688g	1300	95	127	12	1.5	68	60	9	32	6	6	57	250	1190	52	1350	29	175	13	8	44

Notes: Nutrition facts are based on laboratory analysis, supplier's information and databases.
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Nutrition Facts

Menu

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Sharing platters (for 2) (with rice, potatoes and house salad)																						
Classic	1599g	2770	177	236	23	3	130	122	18	64	14	14	181	675	3820	166	3750	80	350	27	16.5	92
Brochette feast	1697g	2910	180	240	30	3.5	168	136	21	75	21	21	191	635	2590	113	3850	82	400	31	26.5	147
The Poseidon	1734g	3810	274	365	26	3.5	148	145	12	43	33	33	180	1430	6120	266	3150	67	400	31	13.5	75
Pasta (with house salad)																						
3 cheese cannelloni	626g	1040	57	76	16	1.5	88	90	8	29	14	14	42	130	1270	55	1450	31	850	65	4.5	25
Lasagna with meat sauce	776g	1240	58	77	15	2	85	129	11	39	12	12	48	90	1590	69	1100	23	600	46	7.5	42
Chicken parmesan	501g	950	52	69	12	1	65	47	5	18	6	6	74	210	1590	69	1150	24	550	42	3.5	19
Spaghetti with meat sauce	549g	860	54	72	14	1.5	78	61	7	25	11	11	33	80	1530	67	1000	21	550	42	5	28
Lunch (with house salade, without side dish)																						
Pork souvlaki plate	297g	660	57	76	10	1	55	12	2	7	5	5	29	100	590	26	750	16	200	15	1.75	10
Chicken souvlaki plate	312g	650	54	72	9	1	50	12	2	7	5	5	33	125	810	35	800	17	200	15	1.5	8
Pork souvlaki pita plate	408g	820	54	72	8	1	45	53	5	18	7	7	35	90	880	38	900	19	250	19	4.5	25
Chicken souvlaki pita plate	423g	810	51	68	8	1	45	53	5	18	7	7	39	120	1100	48	950	20	250	19	4	22
Spanakopita plate	427g	810	65	87	15	2	85	40	6	21	7	7	22	85	1100	48	900	19	500	38	4.5	25
Butterfly shrimp	309g	800	80	107	6	1.5	38	8	2	7	3	3	17	180	1120	49	300	6	75	6	1.25	7
Chicken tenders	388g	630	47	63	5	0.5	28	31	7	25	3	3	27	70	770	33	400	9	100	8	5.5	31
Fish'n chips	341g	800	61	81	6	1	35	44	2	7	10	10	20	75	1410	61	600	13	75	6	2.5	14
Hamburger steak	402g	810	63	84	14	2	80	14	5	18	4	4	48	165	380	17	900	19	125	10	8	44
Kids menu																						
Chicken tenders with french fries and honey	307g	750	24	32	2.5	0.1	13	119	4	14	71	71	19	40	500	22	350	7	10	1	1.75	10
Fish 'n chips with french fries	298g	650	38	51	3.5	0.5	20	63	3	11	11	11	13	50	1430	62	500	11	30	2	1.25	7
Lasagna with meat sauce, au gratin	311g	450	13	17	6	0.4	32	61	4	14	5	5	22	35	700	30	400	9	250	19	3.5	19
3 cheese pizza	226g	470	21	28	12	1	65	46	3	11	3	3	26	60	1130	49	400	9	550	42	2.5	14
Pork souvlaki (without side dish)	130g	300	21	28	6	0.4	32	4	0	0	2	2	25	85	410	18	450	10	100	8	0.75	4
Chicken souvlaki (without side dish)	145g	290	18	24	5	0.4	27	3	0	0	1	1	30	110	640	28	500	11	125	10	0.5	3
Spaghetti with meat sauce, au gratin	261g	370	12	16	6	0.4	32	45	3	11	4	4	19	35	700	30	400	9	250	19	2.5	14
Extra																						
Sauteed mushrooms	85g	140	14	19	1.5	0.2	9	5	1	4	2	2	2	5	430	19	200	4	10	1	1	6
Butterfly shrimp (3)	81g	45	0.4	1	0.2	0	1	0	0	0	0	0	11	105	580	25	20	1	20	2	0	0
Grilled shrimp (3)	81g	100	1.5	2	0.3	0	2	1	0	0	0	0	20	150	140	6	175	4	50	4	2.25	13
French fries	113g	280	13	17	0.5	0.1	3	37	3	11	1	1	4	0	60	3	300	6	10	1	0.5	3
Pita bread (1)	92g	210	2.5	3	0.4	0	2	39	2	7	1	1	7	0	350	15	100	2	75	6	2	11
Potatoes (2 pieces)	94g	80	1	1	0.2	0	1	16	3	11	2	2	2	0	30	1	400	9	10	1	0.75	4
Rice	113g	190	7	9	1	0.1	6	27	1	4	1	1	3	0	180	8	100	2	30	2	0.3	2
House salad	142g	300	30	40	2	0.5	13	7	2	7	3	3	2	5	115	5	250	5	40	3	1	6
Garlic sauce	57g	420	46	61	3.5	1	23	1	0	0	0	0	1	30	210	9	20	1	10	1	0.2	1
Tzatziki	113g	270	25	33	8	1	45	6	0	0	2	2	7	45	280	12	250	5	200	15	0.1	1

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