<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Total Fibre (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vitamin C (mg)</th>
<th>Calcium (mg)</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Beginning</strong></td>
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<tr>
<td>Greek Salad Small</td>
<td>Each</td>
<td>123</td>
<td>1.89</td>
<td>2.624</td>
<td>8</td>
<td>251</td>
<td>6.36</td>
<td>1.8</td>
<td>2.86</td>
<td>2.96</td>
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<tr>
<td>Grilled Pita And Hummus</td>
<td>Each</td>
<td>684</td>
<td>37.88</td>
<td>5.887</td>
<td>0</td>
<td>624</td>
<td>64.70</td>
<td>6.9</td>
<td>0.74</td>
<td>10.07</td>
<td>3.5</td>
<td>97</td>
<td>5.53</td>
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<td><strong>Mains</strong></td>
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<tr>
<td>Chicken Shawarma Plate</td>
<td>Each</td>
<td>650</td>
<td>32.83</td>
<td>6.581</td>
<td>6</td>
<td>1,598</td>
<td>59.87</td>
<td>9.2</td>
<td>8.26</td>
<td>10.06</td>
<td>56.6</td>
<td>159</td>
<td>5.18</td>
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<tr>
<td>Chicken Shawarma Wrap</td>
<td>Each</td>
<td>477</td>
<td>19.46</td>
<td>3.288</td>
<td>2</td>
<td>989</td>
<td>59.74</td>
<td>5.6</td>
<td>4.66</td>
<td>7.96</td>
<td>16.2</td>
<td>96</td>
<td>4.20</td>
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<tr>
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<td>Each</td>
<td>1,026</td>
<td>33.78</td>
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<td>6</td>
<td>2,146</td>
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<td>12.02</td>
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<tr>
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<td>5.13</td>
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