

Eat Healthy!

The Mediterranean Way

Without Sacrificing Flavor & Nutrition!

	VEGAN	VEGGIE	GLUTEN FREE
Baba Ghanouj	○	●	○
Baklava (Regular)*	○	●	○
Baklava (Chocolate)*	○	●	○
Broccoli	●	●	○
Buttered Corn	○	●	○
Chicken Shawarma	○	○	○
Chili Sauce	●	●	○
Creamed Spinach	○	●	○
Eggplant and Potato Parmesan	○	●	○
Falafel	●	●	○
Fatoush Salad	○	●	○
Feta Cheese	○	●	○
Feta Cheese Salad	○	●	○
French Fries	●	●	○
Fried Cauliflower	●	●	○
Garlic Paste	○	●	○
Grecian Sauce	○	●	○
Green Beans	●	●	○
Hummus	●	●	○
Lentil Soup	●	●	○
Macaroni and Cheese	○	●	○
Mousaka Eggplant	●	●	○
Mujadara	●	●	○
Mustard Greens	●	●	○
Okra	●	●	○
Pasta Salad	○	●	○
Pita Bread	●	●	○
Potatoes and Onions	●	●	○
Rice Pilaf	●	●	○
Salad Dressing	●	●	○
Sauteed Eggplant	●	●	○
Serop's Sauce	○	●	○
Spinach Pie	○	●	○
Steamed Cabbage	●	●	○
Stuffed Bell Pepper	○	○	○
Tabouleh Salad	●	●	○
Tomato, Onion, Cucumber Salad	●	●	○
Veggie Grape Leaves	●	●	○

*No Preservatives
No Animal Fat
No Stock
No MSG*

*Heart Smart
Low Cholesterol
Low Unsaturated Fat
Low White Carbs*

All Our Food Is Made With Fresh, All Natural Ingredients!

* Nut Allergy Alert: Contains Walnuts and/or Almonds

Serop's Express

Home of the Original Chicken Shawarma
Greek & Lebanese Food

6 CONVENIENT BATON ROUGE LOCATIONS!

JEFFERSON HWY

248.9500

MON - SAT
10:30 AM - 8:00 PM
CLOSED SUNDAY
720 JEFFERSON HWY
IN MID-CITY
DRIVE-THRU

HIGHLAND ROAD

751.1256

MON - FRI
10:30 AM - 8:00 PM
CLOSED SAT - SUN
18169 HIGHLAND RD
NEAR I-10
NO DRIVE-THRU

COURSEY BLVD

753.4044

MON - FRI
10:30 AM - 8:00 PM
CLOSED SAT - SUN
14041 COURSEY BLVD
NEAR JONES CREEK
DRIVE-THRU

MAIN STREET

338.1211

MON - FRI
10:30 AM - 2:00 PM
CLOSED SAT - SUN
535 MAIN STREET
DOWNTOWN
NO DRIVE-THRU

PERKINS ROAD

763.9399

MON - SUN
10:30 AM - 8:00 PM
OPEN 7 DAYS
9848 PERKINS ROAD
AT BLUEBONNET
DRIVE-THRU

COLLEGE DRIVE

248.6200

SUN - FRI
10:30 AM - 8:00 PM
CLOSED SATURDAY
2330 COLLEGE DRIVE
NEAR CORPORATE BLVD.
DRIVE-THRU

VISIT WWW.SEROPSEXPRESS.COM FOR TAKE-OUT AND DELIVERY OPTIONS!

Serop's Express

Home of the Original Chicken Shawarma
Greek & Lebanese Food

Looking For A More Healty Choice?



Try These Delicious Nutritious Foods!

Including Vegetarian, Vegan, and Gluten-Free Menu Options

FOLLOW US @seropsexpress



toast TakeOut

ORDER ONLINE!
NO 3RD PARTY FEES!
PICKUP IN DRIVE-THRU
PARTICIPATING LOCATIONS ONLY

www.SeropsExpress.com

#16 CHICKEN WRAP WITH GRECIAN SAUCE

SERVING SIZE: 1 WRAP - 353 G

AMOUNT PER SERVING	
CALORIES	500
TOTAL FAT	14
SATURATED FAT	6
TRANS FAT	0
POLYUNSATURATED FAT	2
MONOUNSATURATED FAT	1.5
CHOLESTEROL	150
SODIUM	720
TOTAL CARBOHYDRATE	41
DIETARY FIBER	7
TOTAL SUGARS	2
ADDED SUGARS	0
PROTEIN	49
VITAMIN D	0
CALCIUM	110
IRON	0.47
POTASSIUM	700
VITAMIN A	200
VITAMIN C	0
VITAMIN E	0
VITAMIN K	40
VITAMIN B-6	0
FOLATE	50
VITAMIN B-12	0
PHOSPHORUS	375
ZINC	0

#8 LITE MEAL CHICKEN

SERVING SIZE: 1 MEAL - 407 G

AMOUNT PER SERVING	
CALORIES	660
TOTAL FAT	32
SATURATED FAT	7
TRANS FAT	0
POLYUNSATURATED FAT	15
MONOUNSATURATED FAT	8
CHOLESTEROL	95
SODIUM	750
TOTAL CARBOHYDRATE	54
DIETARY FIBER	11
TOTAL SUGARS	6
ADDED SUGARS	0
PROTEIN	43
VITAMIN D	0
CALCIUM	150
IRON	4
POTASSIUM	900
VITAMIN A	400
VITAMIN C	5
VITAMIN E	2
VITAMIN K	120
VITAMIN B-6	0.3
FOLATE	250
VITAMIN B-12	0
PHOSPHORUS	505
ZINC	2

#5 CHICKEN SALAD JUNIOR SIZE

SERVING SIZE: 1 SALAD - 322 G

AMOUNT PER SERVING	
CALORIES	490
TOTAL FAT	25
SATURATED FAT	5
TRANS FAT	0
POLYUNSATURATED FAT	11
MONOUNSATURATED FAT	5
CHOLESTEROL	95
SODIUM	620
TOTAL CARBOHYDRATE	33
DIETARY FIBER	3
TOTAL SUGARS	5
ADDED SUGARS	0
PROTEIN	36
VITAMIN D	0.06
CALCIUM	170
IRON	1
POTASSIUM	600
VITAMIN A	400
VITAMIN C	5
VITAMIN E	2
VITAMIN K	120
VITAMIN B-6	0.1
FOLATE	120
VITAMIN B-12	0.2
PHOSPHORUS	315
ZINC	1

FETA CHEESE SALAD

SERVING SIZE: 1 SALAD - 149 G

AMOUNT PER SERVING	
CALORIES	210
TOTAL FAT	19
SATURATED FAT	4.5
TRANS FAT	0
POLYUNSATURATED FAT	9
MONOUNSATURATED FAT	3.5
CHOLESTEROL	10
SODIUM	320
TOTAL CARBOHYDRATE	7
DIETARY FIBER	2
TOTAL SUGARS	1
ADDED SUGARS	0
PROTEIN	4
VITAMIN D	0
CALCIUM	40
IRON	1
POTASSIUM	200
VITAMIN A	400
VITAMIN C	5
VITAMIN E	1
VITAMIN K	120
VITAMIN B-6	0.1
FOLATE	120
VITAMIN B-12	0
PHOSPHORUS	25
ZINC	0

TABOULEH SIDE SALAD

SERVING SIZE: 3.5 oz - 99 G

AMOUNT PER SERVING	
CALORIES	130
TOTAL FAT	12
SATURATED FAT	2
TRANS FAT	0
POLYUNSATURATED FAT	7
MONOUNSATURATED FAT	2.5
CHOLESTEROL	0
SODIUM	330
TOTAL CARBOHYDRATE	5
DIETARY FIBER	2
TOTAL SUGARS	1
ADDED SUGARS	0
PROTEIN	2
VITAMIN D	0
CALCIUM	70
IRON	3
POTASSIUM	300
VITAMIN A	200
VITAMIN C	60
VITAMIN E	1
VITAMIN K	700
VITAMIN B-6	0.1
FOLATE	70
VITAMIN B-12	0
PHOSPHORUS	30
ZINC	0

CUCUMBER-TOMATO-ONION SIDE SALAD

SERVING SIZE: 5 oz - 142 G

AMOUNT PER SERVING	
CALORIES	140
TOTAL FAT	13
SATURATED FAT	2
TRANS FAT	0
POLYUNSATURATED FAT	7
MONOUNSATURATED FAT	3
CHOLESTEROL	0
SODIUM	330
TOTAL CARBOHYDRATE	6
DIETARY FIBER	1
TOTAL SUGARS	3
ADDED SUGARS	0
PROTEIN	< 1
VITAMIN D	0
CALCIUM	20
IRON	0.26
POTASSIUM	100
VITAMIN A	7
VITAMIN C	5
VITAMIN E	1
VITAMIN K	50
VITAMIN B-6	0.1
FOLATE	10
VITAMIN B-12	0
PHOSPHORUS	20
ZINC	0

HUMMUS SMALL CUP

SERVING SIZE: 1.75 oz - 50 G

AMOUNT PER SERVING	
CALORIES	120
TOTAL FAT	6
SATURATED FAT	1
TRANS FAT	0
POLYUNSATURATED FAT	2.5
MONOUNSATURATED FAT	2
CHOLESTEROL	0
SODIUM	80
TOTAL CARBOHYDRATE	13
DIETARY FIBER	3
TOTAL SUGARS	2
ADDED SUGARS	0
PROTEIN	5
VITAMIN D	0
CALCIUM	30
IRON	2
POTASSIUM	200
VITAMIN A	1
VITAMIN C	0
VITAMIN E	0
VITAMIN K	1.6
VITAMIN B-6	0.1
FOLATE	80
VITAMIN B-12	0
PHOSPHORUS	140
ZINC	1

MUSTARD GREENS HOT SIDE ITEM

SERVING SIZE: 6 oz - 170 G

AMOUNT PER SERVING	
CALORIES	50
TOTAL FAT	2.5
SATURATED FAT	0
TRANS FAT	0
POLYUNSATURATED FAT	1
MONOUNSATURATED FAT	0.5
CHOLESTEROL	0
SODIUM	330
TOTAL CARBOHYDRATE	6
DIETARY FIBER	3
TOTAL SUGARS	2
ADDED SUGARS	0
PROTEIN	3
VITAMIN D	0
CALCIUM	120
IRON	2
POTASSIUM	400
VITAMIN A	100
VITAMIN C	70
VITAMIN E	2
VITAMIN K	250
VITAMIN B-6	0.2
FOLATE	10
VITAMIN B-12	0
PHOSPHORUS	60
ZINC	0

STEAMED CABBAGE HOT SIDE ITEM

SERVING SIZE: 6 oz - 170 G

AMOUNT PER SERVING	
CALORIES	15
TOTAL FAT	0.5
SATURATED FAT	0
TRANS FAT	0
POLYUNSATURATED FAT	0
MONOUNSATURATED FAT	0
CHOLESTEROL	0
SODIUM	110
TOTAL CARBOHYDRATE	2
DIETARY FIBER	< 1
TOTAL SUGARS	1
ADDED SUGARS	0
PROTEIN	< 1
VITAMIN D	0
CALCIUM	20
IRON	0.18
POTASSIUM	66
VITAMIN A	2
VITAMIN C	15
VITAMIN E	0
VITAMIN K	30
VITAMIN B-6	0
FOLATE	20
VITAMIN B-12	0
PHOSPHORUS	10
ZINC	0

BABA GANOUSH COLD SIDE ITEM

SERVING SIZE: 4 oz - 113 G

AMOUNT PER SERVING	
CALORIES	180
TOTAL FAT	0.16
SATURATED FAT	2.5
TRANS FAT	0
POLYUNSATURATED FAT	8
MONOUNSATURATED FAT	5
CHOLESTEROL	< 5
SODIUM	430
TOTAL CARBOHYDRATE	8
DIETARY FIBER	< 1
TOTAL SUGARS	0
ADDED SUGARS	0
PROTEIN	7
VITAMIN D	0.02
CALCIUM	30
IRON	0.78
POTASSIUM	91
VITAMIN A	8
VITAMIN C	0
VITAMIN E	1
VITAMIN K	10
VITAMIN B-6	0
FOLATE	20
VITAMIN B-12	0
PHOSPHORUS	140
ZINC	1

GREEN BEANS HOT SIDE ITEM

SERVING SIZE: 6 oz - 170 G

AMOUNT PER SERVING	
CALORIES	20
TOTAL FAT	1
SATURATED FAT	0
TRANS FAT	0
POLYUNSATURATED FAT	0.5
MONOUNSATURATED FAT	0
CHOLESTEROL	0
SODIUM	190
TOTAL CARBOHYDRATE	3
DIETARY FIBER	< 1
TOTAL SUGARS	1
ADDED SUGARS	0
PROTEIN	< 1
VITAMIN D	0
CALCIUM	10
IRON	0.35
POTASSIUM	83
VITAMIN A	14
VITAMIN C	5
VITAMIN E	0
VITAMIN K	10
VITAMIN B-6	0.1
FOLATE	10
VITAMIN B-12	0
PHOSPHORUS	15
ZINC	0

MUJADARA HOT SIDE ITEM

SERVING SIZE: 6 oz - 170 G

AMOUNT PER SERVING	
CALORIES	350
TOTAL FAT	20
SATURATED FAT	3
TRANS FAT	0
POLYUNSATURATED FAT	11
MONOUNSATURATED FAT	4.5
CHOLESTEROL	0
SODIUM	350
TOTAL CARBOHYDRATE	36
DIETARY FIBER	6
TOTAL SUGARS	3
ADDED SUGARS	0
PROTEIN	10
VITAMIN D	0
CALCIUM	30
IRON	2
POTASSIUM	300
VITAMIN A	2
VITAMIN C	5
VITAMIN E	2
VITAMIN K	40
VITAMIN B-6	0.3
FOLATE	150
VITAMIN B-12	0
PHOSPHORUS	145
ZINC	1

**What Is Ochsner Eat Fit?**

OCHSNER EAT FIT COLLABORATES WITH YOUR FAVORITE LOCAL RESTAURANTS, MARKETS, AND BEYOND TO SPOTLIGHT NUTRITIOUS AND DELICIOUS MEAL OPTIONS.

THE EAT FIT NUTRITION GUIDELINES ARE DEVELOPED FOR THOSE WHO WANT TO EAT CLEAN, WATCH THEIR WEIGHT, AND MANAGE DIABETES, BLOOD PRESSURE AND CHOLESTEROL.

OCHSNER EAT FIT TAKES THE GUESSWORK OUT OF DINING OUT HEALTHFULLY, TO MAKE THE HEALTHY CHOICE THE EASY CHOICE.

For More Information and a Full List of Ochsner Eat Fit Partners, Visit OchsnerEatFit.com

Eat Fit BR items meet nutritional criteria designated by Ochsner Health System with support by the Blue Cross and Blue Shield of Louisiana Foundation. Visit EatFitBR.com plus download the Eat Fit app for full nutrition facts.