

BUILD YOUR OWN!

PROTEINS

CHICKEN
60 Cals / 110 Cals

BUFFALO CHICKEN
90 Cals / 170 Cals

BLACK BEAN
80 Cals / 160 Cals

SOUTHWEST CHICKEN
90 Cals / 170 Cals

DELI CLUB
80 Cals / 150 Cals

FALAFEL
100 Cals / 190 Cals

GYRO
160 Cals / 320 Cals

STEAK
60 Cals / 120 Cals

CHICKEN CAESAR
100 Cals / 190 Cals

DELI TURKEY
40 Cals / 80 Cals

BACON
70 Cals / 140 Cals

DELI HAM
50 Cals / 90 Cals

CHICKEN SOUVLAKI
45 Cals / 90 Cals

HALLOUMI
45 Cals / 90 Cals

CHICKEN SHAWARMA
80 Cals / 160 Cals

SMOKY BBQ
BEEF BRISKET
100 Cals / 200 Cals




Chicken Caesar
390 Cals as depicted


TOPPINGS

 HUMMUS
60-100 Cals

 AVOCADO
45-70 Cals

 ALFALFA SPROUTS
4-10 Cals


 GREEN PEPPER
3-10 Cals


 CUCUMBER
2-4 Cals

 JALAPEÑO
2-4 Cals

 CHEDDAR
120 Cals

 SPINACH
4-10 Cals

 ROMAINE LETTUCE
3-5 Cals

 ICEBERG LETTUCE
2-4 Cals


 PICKLE
2-3 Cals

 GREEN OLIVES
10-15 Cals

 PINEAPPLE
5-10 Cals


 SWISS
90 Cals

 ONION
5-10 Cals

 MUSHROOMS
4-10 Cals

 TOMATO
3-5 Cals

 HOT PEPPERS
2-3 Cals

 BLACK OLIVES
15-25 Cals

 PARMESAN
30-60 Cals

 FETA
90 Cals

SAUCES & SPICES

ANCHO CHIPOTLE 30-60 Cals

BALSAMIC 20-35 Cals

BBQ 15-30 Cals

CAESAR 45-90 Cals

DONAIR 15-30 Cals

GARLIC AIOLI 15-30 Cals

HONEY GARLIC 15-30 Cals

HONEY MUSTARD 20-35 Cals

HOT SAUCE 5-10 Cals

LEMON ZA'ATAR 10-20 Cals

LIGHT MAYO 20-40 Cals

MUSTARD 0 Cals

RANCH 35-70 Cals


SPECIAL SAUCE 50-100 Cals

SPICY MAYO 40-80 Cals


SPICY THAI 20-40 Cals

TZATZIKI 20-40 Cals

Pro Tip: Choose up to 3 sauces
for the perfect flavour!

 SALT+PEPPER
0 Cals

 TEX-MEX
0 Cals

 CARIBBEAN JERK
0 Cals

 GREEK
0 Cals

 GARLIC PLUS
0 Cals

 CHIPOTLE MANGO
0 Cals

kids' PIT

Kids under 10 get a choice of a Petita®
+ kid's drink (170-420 Cals) & cookie (160-170 Cals)

DELI TURKEY 170 Cals

BACON 200 Cals

CHEESE 250 Cals

DELI HAM 180 Cals

CHICKEN 190 Cals

MAKE IT EXTRA

GLUTEN-FREE PITA | 300 Cals

PITA CHIPS | 320 Cals

DOUBLE MEAT | 80-320 Cals

EXTRA BACON | 70 Cals

EXTRA CHEESE | 30-120 Cals