



	MENU ITEM	SERVING SIZE (mL/g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	FIBRE (g)	SODIUM (mg)	PITA PETE APPROVED
PITAS	Pita Bread-White	57g	160	0.5	6	33	1	270	
	Pita Bread-Whole Wheat	57g	160	1	6	32	3	280	
MEAT PETITAS™	B.L.T.	63g	80	4	5	8	0	500	✓
	Chicken Breast	42g	50	2	8	1	0	290	✓
	Chicken Crave	71g	100	4.5	13	3	0	650	✓
	Chicken Caesar	51g	90	5	11	1	0	400	✓
	Chicken Souvlaki	38g	45	2	7	0.5	0	270	✓
	Club	53g	90	4	10	2	0	650	✓
	Dagwood	66g	70	1.5	10	2	0	880	✓
	Gyros	42g	160	15	6	3	0	300	
	Ham	44g	50	1.5	8	2	0	500	✓
	Philly Steak	42g	80	4.5	9	1	0	420	✓
	BBQ Rib	56g	120	7	11	3	1	270	
	Roast Beef	44g	60	1	7	0.5	0	690	✓
	Southwestern Chicken	49g	80	4	8	2	0	350	✓
	Southwestern Steak	49g	110	6	9	3	0	480	
	Spicy Buffalo Chicken	42g	130	9	9	3	0	350	
	Tuna	49g	50	0	11	0	0	200	✓
Turkey Breast	44g	40	1	6	1	1	580	✓	
VEGETARIAN PETITAS™	Babaganoush	30mL	35	3	1	2	1	105	✓
	Cheddar	14g	60	4	3	0	0	105	✓
	Falafel	47g	110	9	1	8	1	270	
	Feta	14g	35	3.5	2	1	0	135	✓
	Garden	127g	15	0	1	5	1	220	✓
	Hummus	30mL	70	4.5	3	4	1	115	✓
	Swiss	14g	45	3.5	3	2	0	220	✓
VEGGIE TOPPINGS	Alfalfa Sprouts	6g	0	0	0	0	0	0	
	Black Olives	12g	25	2	0	0	0	90	
	Cucumbers	32g	1	0	0	1	0	0	
	Green Olives	12g	10	1	0	1	0	190	
	Green Peppers	14g	3	0	0	1	0	0	
	Hot Peppers	10g	0	0	0	0	0	80	
	Jalapeños	10g	0	0	0	0	0	80	



Petitas™ with tick marks have ≤ 450 calories & ≤ 6 g of fat when loaded up with veggies (except olives) and before adding sauces, cheese or other extras.

Due to regional taste preferences, not all Petitas™ are available at every Pita Pit.

You can never have too many veggies!

	MENU ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	FIBRE (g)	SODIUM (mg)	PITA PETE APPROVED
VEGGIE TOPPINGS	Lettuce - Iceberg	23g	3	0	0	1	0	2	
	Lettuce - Romaine	23g	4	0	0	1	0	2	
	Mushrooms	12g	2	0	0	0	0	0	
	Onions	15g	6	0	0	1	0	0	
	Pineapple	23g	10	0	0	3	0	0	
	Pickles	30g	0	0	0	0	0	240	
	Spinach	23g	5	0	0	1	1	20	
	Tomatoes	34g	6	0	0	1	0	0	
SAUCES & CONDIMENTS	Ancho Chipotle	7mL	25	2	0	2	0	60	
	BBQ Sauce	7mL	20	0	0	5	1	190	
	Honey Mustard	7mL	15	0	0	2	0	45	
	Horseradish Dijon	7mL	30	3	0	1	0	55	
	Hot Sauce	2mL	0	0	0	0	0	50	
	Light Caesar	7mL	17	1	0	2	0	90	
	Light Mayonnaise	7mL	25	2.5	0	0	0	70	
	Light Ranch	7mL	20	1	0	2	0	65	
	Mustard	4mL	0	0	0	0	0	40	
	Special Sauce	7mL	45	5	0	0	0	35	
	Teriyaki	7mL	15	0	0	4	0	125	
	Tzatziki	15mL	25	2	0	1	0	40	
EXTRAS	Babaganoush	30mL	35	3	1	2	1	105	
	Bacon	27g	120	9	9	2	0	350	
	Cheddar	28g	110	8	7	0	0	210	
	Feta	28g	70	7	4	2	0	270	
	Hummus	30mL	70	4.5	3	4	1	115	
	Parmesan	6g	24	2	2	0	0	150	
	Swiss	28g	90	7	5	3	0	430	
BREAKFAST PITAS	Awakin' With Bacon	111g	140	8	9	8	1	300	
	Ham 'N' Eggs	131g	110	4	10	9	1	500	✓
	Meat The Day	139g	220	15	12	8	1	510	
	Morning Glory	98g	80	3	4	7	1	130	✓
	Sausage Sunrise	126g	160	10	8	7	1	340	

Alas, breakfast Petitas™ are not available at every Pita Pit.

	MENU ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	FIBRE (g)	SODIUM (mg)	PITA PETE APPROVED
SALADS	Caesar (Large)	164g	90	4.5	7	6	3	230	 <p>All our salads are awesome! Add meat for an extra protein boost.</p>
	Caesar (Small)	107g	45	2.5	4	4	2	115	
	Garden (Large)	378g	170	9	11	13	4	230	
	Garden (Small)	246g	90	4.5	6	9	3	115	
	Greek (Large)	343g	150	9	6	13	3	400	
	Greek (Small)	220g	80	4.5	4	8	2	200	
SALAD DRESSINGS	French (L)	30mL	140	14	0	5	0	270	
	French (SM)	15mL	70	7	0	2	0	135	
	Italian (L)	30mL	90	8	0	3	0	490	
	Italian (SM)	15mL	45	4	0	2	0	250	
	Light Caesar (L)	30mL	70	4.5	0	6	0	360	
	Light Caesar (SM)	15mL	35	2.5	0	3	0	180	
	Light Italian (L)	30mL	25	1.5	0	2	0	470	
	Light Italian (SM)	15mL	15	1	0	1	0	240	
	Light Ranch (L)	30mL	70	4.5	0	8	0	250	
	Light Ranch (SM)	15mL	35	2.5	0	4	0	125	
	Special Greek (L)	30mL	180	20	0	0	0	130	
	Special Greek (SM)	15mL	90	10	0	0	0	65	
	Thousand Islands (L)	30mL	120	11	0	5	0	270	
Thousand Islands (SM)	15mL	60	6	0	2	0	135		
SMOOTHIES	5 Berry Immuniforce	480mL	290	2.5	2	63	5	110	 <p>You get three servings of fruit in every Smoothie!</p> <p>Alas, Smoothies are not available at every Pita Pit.</p>
	Banana Pineapple 'n' Fibre	480mL	330	2.5	3	75	4	115	
	Mango Probiotic	480mL	320	2	2	71	3	170	
	Pomberry Antioxia	480mL	290	2.5	3	65	3	130	
	Strawberry/Kiwi Omega 3	480mL	280	2.5	2	64	1	115	

Please note: The nutritional information provided is based on data provided by our suppliers and some variations may occur due to the season of the year, use of alternate suppliers, region of the country and/or small differences in product assembly. Information accurate as of May 31, 2011.