




	MENU ITEM	SERVING SIZE (mL/g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	FIBRE (g)	SODIUM (mg)	PITA PETE APPROVED
PITAS	Pita Bread-White	71g	200	0.5	7	41	2	330	
	Pita Bread-Whole Wheat	71g	200	1	8	40	4	340	
MEAT PITAS	B.L.T.	127g	250	18	19	6	1	700	
	Chicken Breast	84g	110	4	16	2	0	580	✓
	Chicken Crave	142g	210	9	26	5	0	1290	
	Chicken Caesar	102g	190	10	22	3	0	810	
	Chicken Souvlaki	76g	90	4	13	1	0	540	✓
	Club	106g	170	8	20	4	1	1310	
	Dagwood	132g	150	3.5	21	4	1	1760	✓
	Gyros	85g	330	29	11	6	0	590	
	Ham	88g	100	3	15	4	0	1000	✓
	Philly Steak	84g	170	9	18	3	0	830	
	BBQ Rib	112g	250	15	22	7	2	540	
	Roast Beef	88g	110	2	14	1	0	1380	✓
	Southwestern Chicken	98g	150	8	16	5	0	700	
	Southwestern Steak	98g	210	13	19	6	0	950	
	Spicy Buffalo Chicken	84g	170	8	11	15	1	1010	
Tuna	98g	100	0	23	0	0	390	✓	
Turkey Breast	88g	80	2	13	3	1	1150	✓	
VEGETARIAN PITAS	Babaganoush	60mL	70	6	2	4	2	210	
	Cheddar	28g	110	8	7	0	0	210	
	Falafel	94g	220	18	3	16	3	530	
	Feta	28g	70	7	4	2	0	270	
	Garden	190g	25	0	2	7	2	330	✓
	Hummus	60mL	130	9	6	7	2	230	
	Swiss	28g	90	7	5	3	0	430	
VEGGIE TOPPINGS	Alfalfa Sprouts	8g	0	0	0	0	0	0	
	Black Olives	15g	30	2.5	0	1	0	110	
	Cucumbers	42g	5	0	0	2	0	0	
	Green Olives	15g	15	1	0	1	0	240	
	Green Peppers	18g	4	0	0	1	0	0	
	Hot Peppers	20g	0	0	0	1	1	160	
	Jalapeños	20g	0	0	0	0	0	160	

Pitas 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 pitas are available at every Pita Pit.

You can never have too many veggies!

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VEGGIE TOPPINGS	Lettuce - Iceberg	30g	4	0	0	1	0	3	
	Lettuce - Romaine	30g	5	0	0	1	1	2	
	Mushrooms	15g	3	0	0	0	0	0	
	Onions	20g	8	0	0	2	0	0	
	Pineapple	30g	15	0	0	4	0	0	
	Pickles	40g	0	0	0	1	0	320	
	Spinach	30g	5	0	0	1	1	25	
	Tomatoes	45g	10	0	0	2	1	0	
SAUCES & CONDIMENTS	Ancho Chipotle	15mL	45	3.5	0	3	0	125	
	BBQ Sauce	15mL	40	0	0	9	2	370	
	Honey Mustard	15mL	30	0	0	3	0	90	
	Horseradish Dijon	15mL	60	6	0	2	0	115	
	Hot Sauce	5mL	0	0	0	0	0	100	
	Light Caesar	15 mL	35	2.5	0	3	0	180	
	Light Mayonnaise	15mL	45	4.5	0	1	0	140	
	Light Ranch	15mL	35	2.5	0	4	0	125	
	Mustard	7mL	0	0	0	0	0	85	
	Special Sauce	15mL	90	10	0	0	0	65	
	Teriyaki	15mL	30	0	0	7	0	250	
	Tzatziki	30mL	45	4	0	2	0	75	
EXTRAS	Babaganoush	60mL	70	6	2	4	2	210	
	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	60mL	130	9	6	7	2	230	
	Parmesan	6g	24	2	2	0	0	150	
	Swiss	28g	90	7	5	3	0	430	
BREAKFAST PITAS	Awakin' With Bacon	222g	270	15	17	16	2	600	 <p>Breakfast pitas packed with protein are a delicious way to start your day.</p> <p>Alas, breakfast pitas are not available at every Pita Pit.</p>
	Ham 'N' Eggs	261g	230	8	20	18	2	1010	
	Meat The Day	278g	440	30	25	16	2	1020	
	Morning Glory	195g	150	6	8	15	2	260	
	Sausage Sunrise	251g	320	21	16	15	2	670	

	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.