### Nutritional Symbols & Notes

**Vegan**

- Suitable for vegan diets but not those with milk claims.
- Because Pita Pit cannot guarantee a gluten-free environment.

<table>
<thead>
<tr>
<th>MONOSODIUM GLUTAMATE</th>
<th>MSG</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monosodium glutamate</strong></td>
<td>MSG</td>
</tr>
</tbody>
</table>

- High fructose corn syrup

- Corn (Also see notes 4-6)

- Mustard/mustard flour

- Seeds/Nuts (Also see notes 8-12)

- Fish: anchovy

- Dairy (milk products)

- Egg

- Gluten Free

- **Gluten Free**

- Milk

<table>
<thead>
<tr>
<th><strong>WARNING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Present in products produced in the same facilities.</td>
</tr>
<tr>
<td>Present in products produced in the same line.</td>
</tr>
<tr>
<td>Present in products produced in the same equipment.</td>
</tr>
<tr>
<td>Present in products produced in the same kitchen.</td>
</tr>
<tr>
<td>Present in products produced in the same facility.</td>
</tr>
<tr>
<td>Present in products produced in the same equipment.</td>
</tr>
<tr>
<td>Present in products produced in the same kitchen.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>NOTES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Present in products produced in the same line.</td>
</tr>
<tr>
<td>Present in products produced in the same equipment.</td>
</tr>
<tr>
<td>Present in products produced in the same kitchen.</td>
</tr>
</tbody>
</table>

### Allergen Symbols & Notes

**Vegan**

- Suitable for vegan diets but not those with milk claims.
- Because Pita Pit cannot guarantee a gluten-free environment.

<table>
<thead>
<tr>
<th><strong>WARNING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Present in products produced in the same facilities.</td>
</tr>
<tr>
<td>Present in products produced in the same line.</td>
</tr>
<tr>
<td>Present in products produced in the same equipment.</td>
</tr>
<tr>
<td>Present in products produced in the same kitchen.</td>
</tr>
<tr>
<td>Present in products produced in the same facility.</td>
</tr>
<tr>
<td>Present in products produced in the same equipment.</td>
</tr>
<tr>
<td>Present in products produced in the same kitchen.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>NOTES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Present in products produced in the same line.</td>
</tr>
<tr>
<td>Present in products produced in the same equipment.</td>
</tr>
<tr>
<td>Present in products produced in the same kitchen.</td>
</tr>
</tbody>
</table>

### Information Sources & Allergy Note

The information in these charts is based on product information provided by Pita Pit®-accredited food suppliers. Every reasonable effort has been made to update this information, however it is possible that ingredient changes and substitutions may occur without our knowledge, or consent before these charts can be updated. Accordingly, no warranty is expressed or implied regarding its accuracy. Specific promotional and regional items are not included as ingredients vary. During food preparation, ingredient changes and substitutions may occur without our knowledge or consent. No warranty is expressed or implied regarding the accuracy of the information presented. Present in products produced in the same facilities. Present in products produced in the same line. Present in products produced in the same equipment. Present in products produced in the same kitchen. Present in products produced in the same facility. Present in products produced in the same equipment. Present in products produced in the same kitchen.

- Pita Pit® is a restaurant environment serving prepared products that are not in a meal package.

- Therefore, we recommend consumers to consult the menu at the time of ordering, or to notify Pita Pit staff before placing your order.

- **REMEMBER:** If you have food allergy concerns, please notify Pita Pit staff BEFORE placing your order.

- Present in products produced in the same line. Present in products produced in the same equipment. Present in products produced in the same kitchen. Present in products produced in the same facility. Present in products produced in the same equipment. Present in products produced in the same kitchen.
### Cranberry Juice
- Serving size: 240 ml
- Calories: 55
- Total Fat: 0 g
- Sat. Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 1 mg
- Carbs: 14 g
- Fiber: 0 g
- Sugars: 0 g
- Protein: 0 g
- % Daily Value: 1%

### Pineapple Juice
- Serving size: 240 ml
- Calories: 65
- Total Fat: 0.5 g
- Sat. Fat: 0.5 g
- Trans Fat: 0 g
- Cholesterol: 15 mg
- Sodium: 50 mg
- Carbs: 60 g
- Fiber: 2 g
- Sugars: 32 g
- Protein: 7 g
- % Daily Value: 12%

### White Milk
- Serving size: 250 ml
- Calories: 130
- Total Fat: 5 g
- Sat. Fat: 4 g
- Trans Fat: 0 g
- Cholesterol: 120 mg
- Sodium: 110 mg
- Carbs: 11 g
- Fiber: 0 g
- Sugars: 12 g
- Protein: 8 g
- % Daily Value: 2%

### Raspberry Blast Smoothie
- Serving size: 472 ml
- Calories: 235
- Total Fat: 152 mg
- Sat. Fat: 2.9 g
- Trans Fat: 1.6 g
- Cholesterol: 1.5 g
- Sodium: 0.8 g
- Carbs: 12 g
- Fiber: 6 g
- Sugars: 34 g
- Protein: 35.3 g
- % Daily Value: 32%

### Strawberry Banana Smoothie
- Serving size: 472 ml
- Calories: 235
- Total Fat: 152 mg
- Sat. Fat: 2.8 g
- Trans Fat: 1.6 g
- Cholesterol: 0.8 g
- Sodium: 0 g
- Carbs: 12 g
- Fiber: 6 g
- Sugars: 35 g
- Protein: 47 g
- % Daily Value: 26%

### Peach Berry Sunset Smoothie
- Serving size: 472 ml
- Calories: 229
- Total Fat: 119 mg
- Sat. Fat: 2.6 g
- Trans Fat: 1.3 g
- Cholesterol: 0 g
- Sodium: 0 g
- Carbs: 12 g
- Fiber: 6 g
- Sugars: 33 g
- Protein: 45.7 g
- % Daily Value: 27%

### Chocolate Raspberry Smoothie
- Serving size: 386 ml
- Calories: 207
- Total Fat: 141 mg
- Sat. Fat: 8 g
- Trans Fat: 4 g
- Cholesterol: 4 g
- Sodium: 13.6 mg
- Carbs: 168 g
- Fiber: 84 g
- Sugars: 84 g
- Protein: 36.1 g
- % Daily Value: 19%

### Low Fat Vanilla Yogurt
- Serving size: 92 ml
- Calories: 120
- Total Fat: 2.5 g
- Sat. Fat: 1.5 g
- Trans Fat: 0 g
- Cholesterol: 120 mg
- Sodium: 65 mg
- Carbs: 21 g
- Fiber: 0 g
- Sugars: 21 g
- Protein: 3.2 g
- % Daily Value: 4%

### Cherry Cheesecake
- Serving size: 308 ml
- Calories: 177
- Total Fat: 544 mg
- Sat. Fat: 177 mg
- Trans Fat: 99 mg
- Cholesterol: 52.8 mg
- Sodium: 282 mg
- Carbs: 831 g
- Fiber: 32.8 g
- Sugars: 33 g
- Protein: 68.6 g
- % Daily Value: 15%

### Whey Protein (Scoop)
- Serving size: 30 g
- Calories: 100
- Total Fat: 0 g
- Sat. Fat: 25 g
- Trans Fat: 0 g
- Cholesterol: 0 g
- Sodium: 3 g
- Carbs: 0 g
- Fiber: 0 g
- Sugars: 0 g
- Protein: 27.3 g
- % Daily Value: 5%

### Blueberry Breeze Smoothie
- Serving size: 472 ml
- Calories: 235
- Total Fat: 156 mg
- Sat. Fat: 3 mg
- Trans Fat: 1.7 mg
- Cholesterol: 1.8 mg
- Sodium: 0 mg
- Carbs: 12 g
- Fiber: 6 g
- Sugars: 33 g
- Protein: 46.4 g
- % Daily Value: 15%

### Oatmeal Raisin
- Serving size: 38 g
- Calories: 160
- Total Fat: 7 g
- Sat. Fat: 4 g
- Trans Fat: 0 g
- Cholesterol: 13 mg
- Sodium: 2 g
- Carbs: 10 g
- Fiber: 13 mg
- Sugars: 0 g
- Protein: 4 g
- % Daily Value: 4%

### Pita Chips (Bag)
- Serving size: 113 g
- Calories: 289
- Total Fat: 98 g
- Sat. Fat: 26 g
- Trans Fat: 14 g
- Cholesterol: 0 mg
- Sodium: 545 mg
- Carbs: 33 g
- Fiber: 8 g
- Sugars: 3 g
- Protein: 2 g
- % Daily Value: 5%

### BBQ Bacon C-Burger
- Serving size: 264 g
- Calories: 132
- Total Fat: 388 g
- Sat. Fat: 194 g
- Trans Fat: 23 mg
- Cholesterol: 102 mg
- Sodium: 863 mg
- Carbs: 172 g
- Fiber: 15 g
- Sugars: 0 g
- Protein: 102 g
- % Daily Value: 65%

### Tex-Mex Seasoning
- Serving size: 1 g
- Calories: 0
- Total Fat: 0
- Sat. Fat: 0
- Trans Fat: 0
- Cholesterol: 0
- Sodium: 0
- Carbs: 0
- Fiber: 0
- Sugars: 0
- Protein: 0
- % Daily Value: 0

### Blueberries
- Serving size: 28 g
- Calories: 16
- Total Fat: 0.2 g
- Sat. Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 g
- Sodium: 3 g
- Carbs: 2 g
- Fiber: 2 g
- Sugars: 2 g
- Protein: 6 g
- % Daily Value: 1%

### Pineapple
- Serving size: 28 g
- Calories: 26
- Total Fat: 0 g
- Sat. Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 g
- Sodium: 1 g
- Carbs: 6 g
- Fiber: 1 g
- Sugars: 2 g
- Protein: 2 g
- % Daily Value: 1%

### Strawberries
- Serving size: 28 g
- Calories: 10
- Total Fat: 0 g
- Sat. Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 g
- Sodium: 0 g
- Carbs: 2 g
- Fiber: 1 g
- Sugars: 1 g
- Protein: 1 g
- % Daily Value: 1%