### Nutritional Values and Allergen Information

**NUTRITIONAL SYMBOLS & NOTES**

- **V** Vegan
- Suitable for gluten avoiders but not for those with celiac disease because Pita Pit cannot guarantee a gluten free environment.

- **ALLERGEN SYMBOLS & NOTES**
  - **MSG** Monosodium glutamate
  - **1** May contain (Example: S1 – May contain Soy)
  - **2** Present in products produced on the same line.
  - **3** Present in products produced in the same facility.
  - **4** Corn starch/modified corn starch
  - **5** High fructose corn syrup
  - **6** Fish: anchovy
  - **7** Fish: anchovy
  - **8** Sunflower
  - **9** Sesame
  - **10** Macadamia
  - **11** Coconut
  - **12** Peanut
  - **G** Gluten
  - **S** Soy
  - **E** Egg
  - **D** Dairy (milk products)
  - **M** Mustard/mustard flour
  - **F** Fish (also see note 7)
  - **SN** Seeds/Nuts (Also see notes 8-12)
  - **C** Corn (Also see notes 4-6)

**FILLINGS**

- **SUPPLIER INFO, CCPMA.CA**

**INFORMATION SOURCES & ALLERGY NOTE**

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**REMINDER:** If you have food allergy concerns, please notify Pita Pit staff before placing your order.
**Suitable for gluten avoiders but not for those with celiac disease because Pita Pit cannot guarantee a gluten-free environment.**

**ALLERGEN SYMBOLS & NOTES**

- **Gluten Free**
  - **G** Gluten
  - **S** Soy
  - **E** Egg
  - **D** Dairy (milk products)
  - **M** Mustard/mustard flour
  - **F** Fish (Also see note 7)
  - **SM** Seeds/Nuts (Also see notes 8-12)
  - **Sul** Sulfites
  - **C** Corn (Also see notes 4-6)
  - **Ch** Chives
  - **MSG** Monosodium glutamate

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### NUTRITIONAL VALUES AND ALLERGEN INFORMATION

**UPDATED SEPTEMBER 22, 2020 – PAGE 3 OF 7**

Check for further updates on pitapit.ca

Not all items are available at every Pita Pit.

#### Nutritional Symbols & Notes

**Vegan**

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Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

#### Allergen Symbols & Notes

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<th>Allergens (see notes)</th>
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#### Information Sources & Allergy Note

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---

#### Nutritional Values

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<th>Sat. Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbs (g)</th>
<th>Fibre (g)</th>
<th>Sugars (g)</th>
<th>Protein (% DVA)</th>
<th>Vit. A (% DVA)</th>
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**锨**

- May contain (Example: S1 = May contain Soy)
- Present in products produced on the same line.
- Present in products produced in the same facility.
- High fructose corn syrup
- Corn syrup/corn syrup solids
- Corn starch/modified corn starch
- Dairy (milk products)
- Fish: anchovy
- Fish (Also see note 7)
- Chickpeas
- Sulfites
- Corn (Also see notes 4-6)
- Macadamia
- Coconut
- Peanut

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**NUTRITIONAL VALUES AND ALLERGEN INFORMATION**

**UPDATED SEPTEMBER 22, 2020 – PAGE 4 OF 7**

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### ALERGEN SYMBOLS & NOTES

- **G** Gluten
- **S** Soy
- **E** Egg
- **D** Dairy (milk products)
- **M** Mustard/mustard flour
- **F** Fish (also see note 7)
- **SN** Seeds/Nuts (also see notes 8-12)
- **Sul** Sulfites
- **C** Corn (also see notes 4-6)
- **Ch** Chickpeas
- **MSG** Monosodium glutamate
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### NUTRITIONAL SYMBOLS & NOTES

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---

### EXTRAS

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<th>Serving (mL/g)</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
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<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vit. A (% DVA)</th>
<th>Vit. C (% DVA)</th>
<th>Calcium (% DVA)</th>
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- **Chipotle Mango** | 0 - 0 - 0 - 0 - 0 - 0 - 0 - 100 - 1 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - | | | | | | | | | | | | | | | |
- **Garlic Plus** | 0 - 0 - 0 - 0 - 0 - 0 - 0 - 55 - 1 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - | | | | | | | | | | | | | | | |
- **Steak Spice–No Salt** | 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 1 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - | | | | | | | | | | | | | | | |
- **Tex Mex** | 0 - 0 - 0 - 0 - 0 - 0 - 0 - 75 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - | | | | | | | | | | | | | | | |

### SEASONINGS

- **Cajun** | | | | | | | | | | | | | | | | |
- **Chipotle Mango** | | | | | | | | | | | | | | | | C9
- **Garlic Plus** | | | | | | | | | | | | | | | |
- **Steak Spice–No Salt** | | | | | | | | | | | | | | | |
- **Tex Mex** | | | | | | | | | | | | | | | |

### PITA CHIPS

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<th>Serving (mL/g)</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbs (g)</th>
<th>Fibre (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vit. A (% DVA)</th>
<th>Vit. C (% DVA)</th>
<th>Calcium (% DVA)</th>
<th>Iron (% DVA)</th>
<th>Allergens (see notes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pita Chips (bag)</td>
<td>113 - 312 - 17.9 - 1.3 - 0.3 - 0 - 1057 - 45 - 2 - 1 - 6.9 - 0.1 - 34.1 - 8 - 15</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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**INFORMATION SOURCES & ALLERGY NOTE**

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**REMEMBER:** If you have food allergy concerns, please notify Pita Pit staff BEFORE placing your order.
**Suitable for gluten avoiders but not for those with celiac disease because Pita Pit cannot guarantee a gluten free environment.**

**ALLERGEN SYMBOLS & NOTES**

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>Gluten Free*</td>
<td>Suitable for gluten avoiders but not for those with celiac disease because Pita Pit cannot guarantee a gluten free environment.</td>
</tr>
<tr>
<td>G</td>
<td>Gluten</td>
</tr>
<tr>
<td>S</td>
<td>Soy</td>
</tr>
<tr>
<td>E</td>
<td>Egg</td>
</tr>
<tr>
<td>D</td>
<td>Dairy (milk products)</td>
</tr>
<tr>
<td>M</td>
<td>Mustard/mustard flour</td>
</tr>
<tr>
<td>F</td>
<td>Fish (Also see note 7)</td>
</tr>
<tr>
<td>SN</td>
<td>Seeds/Nuts (Also see notes 8-12)</td>
</tr>
<tr>
<td>Sul</td>
<td>Sulphites</td>
</tr>
<tr>
<td>C</td>
<td>Corn (Also see notes 4-6)</td>
</tr>
<tr>
<td>Ch</td>
<td>Chilli/paprika</td>
</tr>
<tr>
<td>MSG</td>
<td>Monosodium glutamate</td>
</tr>
</tbody>
</table>

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### Nutritional Values and Allergen Information

**Serving (mL/g)** | Calories (kcal) | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fibre (g) | Sugars (g) | Protein (g) | Vit. A (% DVA) | Vit. C (% DVA) | Calcium (% DVA) | Iron (% DVA) | Allergens (see notes) | Supplier info
---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
**Yogurt/Sorbet**
- Low Fat Vanilla Yogurt
  - 92 | 120 | 2.5 | 1.5 | 0 | 12 | 65 | 21 | 0 | 21 | 3.2 | 3 | 0 | 10 | 0 | 0 | D
- Low Fat Choc. Yogurt
  - 92 | 110 | 2.5 | 1.5 | 0 | 6 | 50 | 20 | 0 | 19 | 3 | 0 | 2 | 2 | 0 | 0 | D
- Vanilla Sorbet
  - 110 | 120 | 0 | 0 | 0 | 5 | 31 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
**Juice & Milk**
- Cranberry Juice
  - 240 | 55 | 0 | 0 | 3 | 14 | 0 | 12.5 | 0 | 50 | 0 | 0 | D
- Orange Juice
  - 250 | 55 | 0 | 0 | 3 | 13.5 | 0 | 11.5 | 1 | 60 | 1 | 0 | D
- Pineapple Juice
  - 240 | 65 | 0 | 0 | 3 | 16 | 0.5 | 15 | 0.5 | 5 | 60 | 2 | 2 | D
- White Milk
  - 250 | 130 | 5 | 3 | 0.2 | 20 | 110 | 12 | 0 | 11 | 15 | 0 | 30 | 0 | 0 | D
**Fruit**
- Banana
  - 28 | 20 | 0.1 | 0 | 0 | 0 | 6.4 | 0.5 | 3.4 | 0.3 | 2.2 | 13.4 | 0 | 0 | D
- Blackberries
  - 28 | 14 | 0.1 | 0 | 0 | 0 | 2.7 | 1.5 | 1.4 | 0.4 | 0.4 | 9.7 | 0.9 | 1.3 | D
- Blueberries
  - 28 | 16 | 0.2 | 0.1 | 0 | 0 | 3.4 | 0.9 | 2.4 | 0.1 | 0 | 6 | 2 | 2 | D
- Cherries
  - 28 | 20 | 0.1 | 0 | 0 | 0 | 4.5 | 0.6 | 3.6 | 0.3 | 0 | 15 | 2 | 4 | D
- Mango
  - 28 | 18 | 0.1 | 0 | 0 | 0 | 4.2 | 0.4 | 3.8 | 0.2 | 2.2 | 13.4 | 0.5 | 0.5 | D
- Peach
  - 28 | 10 | 0 | 0 | 0 | 0 | 2.6 | 0.2 | 2 | 0.2 | 4 | 15 | 0 | 2 | D
- Pineapple
  - 28 | 26 | 0 | 0 | 0 | 1 | 6.2 | 0.3 | 5.9 | 0.1 | 0 | 20 | 2 | 4 | D
- Raspberries
  - 28 | 16 | 0.2 | 0 | 0 | 0 | 3.3 | 1.8 | 1.2 | 0.3 | 0 | 12.5 | 0.5 | 1.5 | D
- Strawberries
  - 28 | 10 | 0 | 0 | 0 | 1 | 2.6 | 0.6 | 1.3 | 0.2 | 0 | 20 | 0.4 | 1.6 | D

### Nutritional Symbols & Notes
- **V** Vegan
- **Gluten Free**
  - Suitable for gluten avoiders but not for those with celiac disease because Pita Pit cannot guarantee a gluten-free environment.

**Information Sources & Allergy Note**

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### Signature Nuts

| Serving (mL/g) | Calories (kcal) | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fibre (g) | Sugars (g) | Protein (g) | Vit. A (% DVA) | Vit. C (% DVA) | Calcium (% DVA) | Iron (% DVA) | Allergens (see notes) |
|---------------|-----------------|---------------|--------------|---------------|-----------------|--------------|-----------|----------|----------|-----------|----------------|---------------|-----------------|--------------|----------------|------------------|
| BBQ Bacon C-Burger | 264 | 132 | 368 | 194 | 23 | 11.5 | 8.8 | 4.4 | 0.4 | 0.2 | 100.3 | 50.2 | 1717 | 858 | 14.6 | 7.3 | 1.8 | 7.7 | 3.8 | 31.4 | 15.7 | 15.8 | 7.9 | 12.9 | 6.4 | 23.6 | 11.8 | 17.5 | 8.6 | S, E, D, M, C3, 4, 5 |
| Canadian Breakfast | 241 | 120.5 | 383 | 192 | 28.5 | 14.2 | 7.4 | 3.7 | 0.5 | 0.3 | 285 | 142.5 | 802 | 401 | 13.4 | 6.7 | 2.7 | 1.3 | 6.9 | 3.5 | 19.6 | 9.8 | 44.5 | 22.2 | 25.5 | 12.7 | 17.3 | 8.6 | 17.9 | 9 |
| Chicken Crewe 2.0 | 349 | 174 | 309 | 155 | 10.2 | 5.1 | 4.5 | 2.3 | 0.2 | 0.1 | 102.4 | 51.2 | 1169 | 584 | 26.7 | 13.3 | 2.8 | 1.4 | 11.8 | 5.9 | 31.3 | 15.6 | 55.6 | 27.8 | 131 | 65.5 | 13.2 | 6.6 | 18.2 | 9.1 | D |
| Mighty Chicken Caesar | 232 | 116 | 422 | 211 | 15.3 | 7.6 | 4.9 | 2.5 | 0.2 | 0.1 | 120.3 | 60.2 | 1081 | 541 | 21 | 10.5 | 2.2 | 1.1 | 7.8 | 3.8 | 33.6 | 16.8 | 61.1 | 30.6 | 8.5 | 4.3 | 23.3 | 11.6 | 14.6 | 7.3 | G, S, E, D, M, F7 |
| The Spicy Greek | 368 | 184 | 399 | 200 | 25.9 | 12.9 | 11.2 | 5.6 | 0.8 | 0.4 | 129.1 | 64.5 | 2382 | 1191 | 19.2 | 9.6 | 6 | 3 | 6 | 3 | 27.9 | 14 | 59.8 | 29.9 | 122.2 | 61.1 | 21.7 | 10.8 | 28.6 | 14.3 | S, E, D, M, C4 |
| The Western | 291 | 146 | 476 | 238 | 34.3 | 17.1 | 10.3 | 5.2 | 0.7 | 0.4 | 308 | 154 | 1198 | 599 | 14.3 | 7.1 | 4.2 | 2.1 | 6.9 | 3.5 | 28.4 | 14.2 | 48.9 | 24.5 | 44.7 | 22.3 | 27.8 | 13.9 | 22.9 | 11.4 | S, E, D, M, C4, 5 |
| The Superhero | 288 | 144 | 417 | 208 | 28.7 | 14.3 | 8.3 | 4.2 | 0.2 | 0.1 | 104 | 52 | 2439 | 1191 | 9 | 4.5 | 1 | 0.5 | 1.9 | 3.1 | 2 | 1 | 14.8 | 5.7 | 21 | 8.8 | 14.8 | 5.7 | S, E, D, M, C4, 5 |
| Steak & Egg Breakfast | 346 | 173 | 488 | 244 | 38.9 | 19.4 | 8.5 | 4.3 | 0.7 | 0.4 | 297.5 | 148.8 | 1400 | 745 | 9.1 | 4.6 | 1.5 | 5 | 2.5 | 31.5 | 15.6 | 42.2 | 21.1 | 61.4 | 30.7 | 26 | 13 | 26.5 | 13.3 | E, D, M |
| Twisted Spicy Chicken | 356 | 181 | 532 | 234 | 34.7 | 17 | 8.8 | 4.4 | 0.4 | 0.2 | 70.2 | 35.1 | 2557 | 1278 | 33.2 | 16.6 | 9.7 | 4.8 | 5 | 2.5 | 27.8 | 13.8 | 68.4 | 34.2 | 151.6 | 75.8 | 38 | 19 | 23.9 | 12 | G, S, E, D, M, C4, 5 |
| Smoky BBQ Beef Brisket | 398 | 194 | 421 | 210 | 26 | 13 | 9.4 | 4.7 | 0.6 | 0.3 | 65.8 | 32.9 | 1511 | 756 | 26.3 | 13.1 | 2.3 | 1.2 | 18 | 9 | 24.9 | 12.4 | 27.6 | 13.8 | 61.3 | 30.6 | 22.6 | 11.3 | 17.1 | 8.6 | E, D, M, C4, 5 |

**Vegan**

* Suitable for gluten avoiders but not for those with celiac disease because Pita Pit cannot guarantee a gluten free environment.

**Allergens**

- **S**: Soy
- **E**: Egg
- **D**: Dairy (milk products)
- **M**: Mustard/mustard flour
- **F**: Fish (also see note 7)
- **G**: Fish: anchovy
- **Coconut**: High fructose corn syrup
- **Sul**: Sulphites
- **C**: Corn (also see notes 4-6)
- **Ch**: Chickpeas
- **MSG**: Monosodium glutamate

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### Rice Bowls

<table>
<thead>
<tr>
<th>Supplier info</th>
</tr>
</thead>
</table>

**Not all items are available at every Pita Pit.**

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### Nutritional Symbols & Notes

- **Vegan**
- **Gluten Free**
- **Monosodium glutamate**

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### Allergen Symbols & Notes

**Shrimp**

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