### Nutritional Symbols & Notes

#### Gluten-Free
- Suitable for gluten-free diets but not for those with celiac disease (Because Pita Pit cannot guarantee a gluten-free environment).

#### Nutritional Values

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Vit.A (mcg)</th>
<th>Vit.D (mcg)</th>
<th>Calcium (mg)</th>
<th>Iron (mg)</th>
<th>Allergies (see notes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza</td>
<td></td>
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<td></td>
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<tr>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>M,C4</td>
</tr>
<tr>
<td>Special/Greek 15</td>
<td>175</td>
<td>8</td>
<td>97</td>
<td>49</td>
<td>13.8</td>
<td>6.9</td>
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<td>E,C4</td>
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<tr>
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<td>49</td>
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<td>M,C4</td>
</tr>
<tr>
<td>Pickles</td>
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</tbody>
</table>

### Additional Notes

- All food items may come into contact with each other, which is not reflected in these charts. If you have a food allergy, please notify Pita Pit staff before placing your order.
- PITA PIT® is a restaurant environment serving whole and prepared foods that are not in sealed packages. Therefore, we cannot guarantee that ingredients and allergens are always consistent or free from all possible allergens (e.g., soy, gluten, etc.).

### Nutritional Values

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12 g</td>
</tr>
<tr>
<td>Carbs</td>
<td>9 g</td>
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<tr>
<td>Fat</td>
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</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>100 mg</td>
</tr>
</tbody>
</table>

### Food Items

- BBQ
- Special/Greek
- Honey Garlic
- Light Mayonnaise
- Balsamic
- Coleslaw
- Pickles
- Onions
- Mushrooms

### Allergens

- Soy (S)
- Gluten (G)
- Milk (M)
- Eggs (E)
- Nut (N)
- Fish (F)
- Shellfish (S)
- Tree Nut (T)
- Peanut (P)

### UPDATE JULY 8, 2020 – PAGE 1 OF 2

For further updates on pitapit.ca

### Vulnerable Populations

- Adults and youth ages 13 and older: 2000 calories a day; children (ages 4 to 12): 1300 calories a day. However, individual needs vary.

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<th>Serving</th>
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- Fish (F)
- Shellfish (S)
- Tree Nut (T)
- Peanut (P)
### Nutritional Values & Allergen Information

**Nutritional Symbols & Notes**

- **G:** Garlic
- **S:** Soy
- **D:** Dairy (milk products)
- **M:** Mustard/mustard flour
- **E:** Eggs
- **C:** Crustaceans
- **F:** Fish (also see note 7)
- **N:** Nuts
- **R:** Seeds/Nuts (also see notes 8-12)
- **Sul:** Sulphites
- **Ch:** Cholesterol
- **Monosodium glutamate (MSG)**
- **Gluten**
- **Fibres**
- **Fats**
- **Carbohydrates**

**Ingredients:**

- **Allergen Symbols & Notes:** Symbols in parentheses identify ingredients that are present in products produced on the same facility.

- **Notes:**
  - **1:** Suitable for gluten avoiders but not for those with celiac disease.
  - **2:** May contain (example: S1 = May contain Soy).
  - **3:** Present in products produced on the same facility.

**Allergen Information**

- **NUTRITIONAL SYMBOLS & NOTES**
  - Present in products produced on the same facility.
  - May contain (example: S1 = May contain Soy).
  - Suitable for gluten avoiders but not for those with celiac disease.

**Supplementary Info:**

- **ALLERGEN SYMBOLS & NOTES**
  - Symbols in parentheses identify ingredients that are present in products produced on the same facility.

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**SUPPLEMENTAL INFORMATION:**

- **Allergen Information:**
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**Information Sources & Allergy Note**

The information in these charts is based on product information provided by Pita Pit’s approved food suppliers. Every reasonable effort is made to keep the information current; however, it is possible that ingredient changes or 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, individual food items may come into contact with each other, which is not reflected in these charts. If you have a food allergy, please advise the Pita Pit staff before placing your order. For your safety, if you have a food allergy, please advise the Pita Pit staff before placing your order. For your safety, if you have a food allergy, please advise the Pita Pit staff before placing your order.