Smoothies
- Strawberry banana 130 / 250 Cals
- Very berry 120 / 240 Cals
- Tropical storm 140 / 280 Cals
- Peach berry sunset 120 / 220 Cals
- Chocolate banana 210 / 350 Cals

Sensations
- Cookies 'n' cream 300 / 540 Cals
- Strawberry cheesecake 210 / 340 Cals
- Tropical storm sorbet 270 / 530 Cals
- Banana chocolate swirl 240 / 480 Cals
- Build your own frozen dessert

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.

Menu

**Dine in. Take out. Call us.**

View our complete menu at pitapit.ca/menu
Find a Pita Pit near you at pitapit.ca/locations

**Want more information?**

To ask about current pricing, please check with store.
For the latest nutrition & allergen info, visit pitapit.ca and download our PDF.
For our catering menu, visit pitapit.ca/catering.

Contact your Pita Pit to ask about availability.
### Your Creation

#### 1. Choose your favourite filling.

<table>
<thead>
<tr>
<th>Item</th>
<th>Petita® Cals</th>
<th>Pita Cals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Petita®</td>
<td>60</td>
<td>110</td>
</tr>
<tr>
<td>Southwest Chicken</td>
<td>90</td>
<td>170</td>
</tr>
<tr>
<td>Beef Brisket</td>
<td>100</td>
<td>200</td>
</tr>
<tr>
<td>Bacon</td>
<td>70</td>
<td>140</td>
</tr>
<tr>
<td>Chicken Caesar</td>
<td>100</td>
<td>190</td>
</tr>
<tr>
<td>Halloumi</td>
<td>45</td>
<td>90</td>
</tr>
<tr>
<td><strong>Vegan</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Souvlaki</td>
<td>45</td>
<td>80</td>
</tr>
<tr>
<td>Black Bean</td>
<td>80</td>
<td>160</td>
</tr>
<tr>
<td>Chicken Shawarma</td>
<td>80</td>
<td>160</td>
</tr>
<tr>
<td>Falafel</td>
<td>100</td>
<td>190</td>
</tr>
<tr>
<td>Buffalo Chicken</td>
<td>90</td>
<td>170</td>
</tr>
<tr>
<td>Deli Club</td>
<td>80</td>
<td>150</td>
</tr>
<tr>
<td>Deli Turkey</td>
<td>40</td>
<td>80</td>
</tr>
<tr>
<td>Deli Ham</td>
<td>50</td>
<td>90</td>
</tr>
</tbody>
</table>

**Add 130 Cals for a Petita® / 180 Cals for a White or Whole Wheat Pita**

#### 2. Choose your favourite toppings.

- Alfalfa Sprouts: 4-10 Cals
- Avocado: 45-70 Cals
- Banana Peppers: 2-3 Cals
- Black Olives: 15-25 Cals
- Cheddar: 120 Cals
- Cucumber: 2-4 Cals
- Feta Cheese: 90 Cals
- Green Olives: 10-15 Cals
- Green Pepper: 3-10 Cals
- Hummus: 60-100 Cals
- Iceberg Lettuce: 2-4 Cals
- Jalapeno Peppers: 2-4 Cals
- Mushrooms: 4-10 Cals
- Onion: 5-10 Cals
- Parmesan: 30-60 Cals
- Pickle: 2-3 Cals
- Pineapple: 5-10 Cals
- Romaine Lettuce: 3-5 Cals
- Spinach: 4-10 Cals
- Swiss Cheese: 90 Cals
- Tomato: 3-5 Cals

### Don't Forget

#### 3. Choose your favourite sauces & spices.

- Ancho Chipotle: 30-60 Cals
- Balsamic: 20-35 Cals
- BBQ: 15-30 Cals
- Caesar: 45-90 Cals
- Donair: 15-30 Cals
- Garlic Aioli: 15-30 Cals
- Honey Garlic: 15-30 Cals
- Honey Mustard: 20-35 Cals
- Hot Sauce: 5-10 Cals
- LEMON Zaatar: 10-20 Cals
- Light Mayo: 20-40 Cals
- Mustard: 0 Cals
- Ranch: 35-70 Cals
- Special Sauce: 50-100 Cals
- Spicy Mayo: 40-80 Cals
- Spicy Thai: 20-40 Cals
- Teriyaki: 15-25 Cals
- Tzatziki: 20-40

### Pitapit Kids Menu

- Kids under 10 get their choice of a PITA OR RICE BOWL*, A KID'S DRINK (90-170 CALS) AND A COOKIE (160-170 CALS).

#### 4. Choose add-ons to complete your meal.

- Pita Chips: ADD 320 Cals
- Drinks: ADD 0-260 Cals
- Chips: ADD 120-320 Cals
- 2 Cookies: ADD 320-340 Cals

**PITA CHIPS**

**PITA BREAD, RICE, TOPPINGS + SAUCE NOT INCLUDED**

- **EXTRA CHEESE**: ADD 30-120 Cals
- **EXTRA BACON**: ADD 30-120 Cals
- **DOUBLE MEAT**: ADD 40-320 Cals
- **EXTRA BACON**: ADD 70 Cals
- **GLUTEN FREE PITA**: ADD 300 Cals
- **RICE**: ADD 90-180 Cals
- **PITA CHIPS**: ADD 320 Cals
- **DRINKS**: ADD 0-260 Cals
- **2 COOKIES**: ADD 320-340 Cals

**ADD 130 Cals for a Petita® / 180 Cals for a White or Whole Wheat Pita**

**DON’T FORGET**

- Not all items are available at every Pita Pit location.
- Not all items are included in calorie counts.
- *Additional charges apply.

**Swap your drink for a small smoothie**

- *Very Berry*: 120 Cals as shown

**Kid's Chicken**

- Petita® 350 Cals as shown

**Additional Toppings are not included in calorie counts.**

**Pita Pit Kids Menu**

- Kids under 10 get their choice of a PITA OR RICE BOWL*, A KID'S DRINK (90-170 CALS) AND A COOKIE (160-170 CALS).

**Chicken**

- 190 Cals

**Deli Ham**

- 180 Cals

**Deli Turkey**

- 170 Cals

**Bacon**

- 200 Cals

**Cheese**

- 250 Cals

Additional toppings are not included in calorie counts.

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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.**