



IF YOU HAVE FOOD ALLERGY CONCERNS. PLEASE NOTIFY PITA PIT STAFF BEFORE PLACING YOUR ORDER.

Not all items are available at every Pita Pit.

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		ving L/g)	Calo (kc		Tota	l Fat		. Fat g)	Tran: ((Chole (n	esterol ng)		l ium ng)		rbs g)		ore g)	Sug ((Prot (g		Vi t (%	t . A DVA)		t. C DVA)		cium DVA)		on DVA)	Allergens (see notes)
PITAS	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	Supplier info, cpma.ca
White 🕥	75	55	180	130	1	1	0	0	0	0	0	0	180	125	37	25	0	0	0	0	7	5	0	0	0	2	0	6	15	10	G
Whole Wheat	75	55	180	130	1.5	1	0	0	0	0	0	0	170	125	34	25	0	0	0	0	7	5	0	0	0	0	2	0	10	6	G
Gluten Free * 🛛 💟	112	-	300	-	6	-	0.5	-	0	-	0	-	460	-	57	-	8	-	0	-	6	-	0	-	0	-	10	-	15	-	C (
FILLINGS																															
Bacon	30	15	131	66	10.3	5.2	3.7	1.8	0	0	25.9	13	356	178	0.8	0.4	0	0	0.6	0.3	8.8	4.4	0	0	0	0	0	0	0.6	0.3	٢
Beef Brisket	85	42.5	196	98	12.8	6.4	5.1	2.6	0.4	0.2	46.8	23.4	680	340	4.3	2.1	0	0	2.6	1.3	15.3	7.7	0	0	0	0	0	0	8.5	4.3	۲
Black Bean 🕥	76	38	160	80	3.3	1.7	0.7	0.3	0	0	0	0	293	147	18.7	9.3	5.3	2.7	2.7	1.3	5.3	2.7	2.7	1.3	13.3	6.7	2.7	1.3	13.3	6.7	👔 S3,SN3,C,9
Buffalo Chicken	85	43	170	85	7.7	3.8	0.9	0.4	0	0	25.5	12.8	1020	510	15.3	7.7	0.9	0.4	0	0	11	5.5	1.7	0.9	0	0	1.7	0.9	5.1	2.6	G,S,D2,M2,Sul2
Chicken	85	43	102	51	2.6	1.3	0.9	0.4	0	0	68	34	255	128	0.9	0.4	0	0	0	0	20	10	1.7	0.9	1.7	0.9	0	0	1.7	0.9	۲
Chicken Caesar	95	48	146	73	6	3	2.1	1	0	0	76.6	38.3	374	187	1.1	0.6	0	0	0.2	0.1	22.5	11.2	1.7	0.9	1.7	0.9	0	0	2	1	۲
Chicken Shawarma	85	43	153	77	8.5	4.3	2.6	1.3	0	0	93.5	46.8	451	225	2.6	1.3	0	0	1.7	0.9	17.9	8.9	1.7	0.9	0	0	1.7	0.9	8.5	4.3	۲
Chicken Souvlaki	85	43	85	43	3	1.5	0.9	0.4	0	0	63.8	31.9	519	259	1.7	0.9	0	0	0	0	12.8	6.4	0	0	3.4	1.7	1.7	0.9	5.1	2.6	🗶 C4
Deli Club	87	44	121	61	5.2	2.6	1.8	0.9	0	0	38.5	19.3	586	293	2.8	1.4	0	0	1.1	0.6	15.7	7.9	0.9	0.5	1.3	0.7	0.5	0.3	3.3	1.7) C5
Deli Ham	77	39	83	41	2.7	1.3	0.9	0.5	0	0	31.5	15.8	474	237	2.4	1.2	0	0	1	0.5	12.2	6.1	1.2	0.6	1.5	0.7	0.3	0.3	3.6	1.8) C5
Deli Turkey	77	39	72	36	0.8	0.4	0.3	0.1	0	0	28.3	14.2	458	230	2.8	1.4	0	0	0.8	0.4	13.4	6.7	0.7	0.3	1.2	0.6	0.5	0.3	2.6	1.3	🌒 C5
Falafel 🔍	76	38	187	93	8	4	0.7	0.3	0	0	0	0	387	193	24	12	6.7	3.3	4	2	6.7	3.3	0	0	2.7	1.3	13.3	6.7	20	10	S3,SN3,Ch,9
Gyro	110	55	320	160	26	13	10	5	1	0.5	70	35	880	440	10	5	0	0	2	1	16	8	0	0	4	2	4	2	16	8	S S
Halloumi	85	42.5	85	43	6.8	3.4	4.3	2.1	0.3	0.1	25.5	12.8	306	153	0.9	0.4	0	0	0	0	6	3	0	0	0	0	14.5	7.2	0	0	D D
Southwest Chicken	85	42.5	162	81	7.1	3.5	1.6	0.8	0	0	70.5	35.3	385	193	4.9	2.4	0	0	3	1.5	19.8	9.9	1.7	0.9	3.7	1.9	0	0	2.7	1.4	S,E,D,M,C4
Steak	85	42.5	119	60	5.1	2.6	2.1	1.1	0.2	0.1	42.5	21.3	570	285	1.7	0.9	0	0	0.9	0.4	16.2	8.1	0	0	0	0	0.9	0.4	9.4	4.7	G,S,C4/2
	1		1				1		1				1		1				1		1		1				1		1		

May contain (Example: S1 = May contain Soy)

2 Present in products produced on the same line.

Corn starch/modified corn starch

Corn syrup/corn syrup solids

High fructose corn syrup

Fish: anchow

Sesame

9 Sunflower

3 Present in products produced in the same facility.

NUTRITIONAL SYMBOLS & NOTES

Vegar

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

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

- Gluten Free*
- G Gluten S Soy

SN

Sul

C

Ch

- E Egg Dairy (milk products) D
 - Mustard/mustard flour М F Fish (Also see note 7)

Chickpeas

MSG Monosodium glutamate

- Seeds/Nuts (Also see notes 8-12) Sulfites
- 8 10 Macadamia Corn (Also see notes 4-6 and 13)

1

4

5

6

7

- 11 Coconut
- Peanut 12
- 13 Corn flour

INFORMATION SOURCES & ALLERGY NOTE

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		ving L/g)	Calc (kc			il Fat g)	Sat.	. Fat		s Fat g)	Chole (m	sterol 1g)	Sod (m		Ca		Fil (Sug ((jars g)	Pro (!	tein g)	Vit (%	t . A DVA)		t. C DVA)	Calc (%			on DVA)	Allergens (see notes)
TOPPINGS	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	Supplier info, cpma.ca
Alfalfa Sprouts 🛛 🔍	28	14	7	3.5	0	0	0	0	0	0	0	0	0	0	0	0	0.7	0.4	0	0	0	0	0.4	0.2	5.9	2.9	1	0.5	2.5	1.3	۲
Avocado 🔍	40	25	67	42	6.7	4.2	0.7	0.4	0	0	0	0	0	0	4	2.5	2.7	1.7	0	0	1.3	0.8	0	0	8	5	0	0	0	0	۲
Black Olives	15	7.5	25	13	2.5	1.3	0.4	0.2	0	0	0	0	110	55	1	0.5	0	0	0	0	0.1	0.1	0	0	0	0	0	0	0	0	👔 F3
Cucumber 🔍	28	14	3	2	0	0	0	0	0	0	0	0	40	20	0.7	0.3	0.3	0.2	0.3	0.2	0.3	0.2	0.7	0.3	2.6	1.3	0.7	0.3	0.7	0.3	۲
Green Olives	15	7.5	15	7.5	1	0.5	0.2	0.1	0	0	0	0	240	120	1	0.5	0	0	0	0	0.2	0.1	0	0	0	0	2	1	1	0.5	G2,S2,M2,F2,Sul2
Green Pepper 🛛 💟	28	14	5	3	0	0	0	0	0	0	0	0	9	4	0.7	0.3	0.3	0.2	0.7	0.3	0.3	0.2	0.7	0.3	37.6	18.8	0	0	0.7	0.3	۲
Hot Peppers	15	8	3	1	0	0	0	0	0	0	0	0	215	108	0.5	0.3	0.5	0.3	0	0	0.1	0.1	0	0	40.6	20.3	5.9	3	1.1	0.5	S2,E3,M2,Sul2
Hummus 🔍	40	25	93	58	6	3.8	0.7	0.4	0	0	0	0	120	75	5.3	3.3	2.7	1.7	1.3	0.8	2.7	1.7	0	0	0	0	2.7	1.7	8	5	👔 S2,SN8,9,Ch
Jalapeños	15	8	4	2	0	0	0	0	0	0	0.1	0	125	63	0.7	0.4	0.4	0.2	0.4	0.2	0.1	0.1	0	0	45.7	22.9	6.6	3.3	1.2	0.6	G2,S2,M2,F2,Sul2
Lettuce–Iceberg 💟	28	14	3	2	0	0	0	0	0	0	0	0	3	2	0.7	0.3	0.3	0.2	0.3	0.2	0.3	0.2	1.3	0.7	2	1	0.7	0.3	1.3	0.7	۲
Lettuce – Romaine 🔍	28	14	5	3	0	0	0	0	0	0	0	0	2	1	1	0.5	0.7	0.3	0.3	0.2	0.3	0.2	23.1	11.5	2	1	0.7	0.3	2	1	۲
Mushrooms 🔍	28	14	7	3	0	0	0	0	0	0	0	0	5	3	1	0.5	0.3	0.2	0	0	1	0.5	0	0	0.7	0.3	0	0	0.7	0.3	۲
Onions 🔍	28	14	8	4	0	0	0	0	0	0	0	0	0	0	2	1	0.7	0.3	1.7	0.8	0.3	0.2	0	0	3.3	1.7	0.7	0.3	0.7	0.3	۲
Pineapple 🔍	14	7	10	5	0	0	0	0	0	0	0	0	0	0	2.6	1.3	0.1	0.1	2.4	1.2	0.1	0.1	0	0	33.6	16.8	1.1	0.6	1.1	0.6	۲
Pickles	15	8	2	1	0	0	0	0	0	0	0	0	145	73	0.5	0.3	0.2	0.1	0	0	0.1	0	1.1	0.6	0	0	2.2	1.1	1.1	0.6) M2, Sul2
Rice - Whole Grain 🛛 💟	227	113	180	90	1.5	0.8	0	0	0	0	0	0	0	0	36	18	2	1	0	0	4	2	0	0	0	0	0	0	4	2	۲
Spinach–Baby 🔍	28	14	7	3	0	0	0	0	0	0	0	0	25	12	1	0.5	0.7	0.3	0	0	0.7	0.3	23.1	11.5	11.5	5.8	2.6	1.3	4.9	2.5	۲
Tomato 🔍	28	14	5	3	0	0	0	0	0	0	0	0	3	2	1	0.5	0.3	0.2	0.7	0.3	0.3	0.2	2	1	8.2	4.1	0.7	0.3	0.7	0.3	۲
Croutons (package)	14	-	60	-	1.5	-	0	-	0	-	0	-	210	-	10	-	0	-	1	-	1	-	0	-	0	-	0	-	4	-	G,S,D

NUTRITIONAL SYMBOLS & NOTES

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

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

- Gluten Free*
- G Gluten S Soy
- F Egg
- Dairy (milk products) D Mustard/mustard flour м F
- - SN Sul Sulfites C Corn (Also see notes 4-6 and 13) Ch
 - Chickpeas

Fish (Also see note 7)

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.
- Corn starch/modified corn starch 4
- 5 Corn syrup/corn syrup solids
- High fructose corn syrup 6 Fish: anchovy
- 7
- 8 Sesame Seeds/Nuts (Also see notes 8-12)
 - 9 Sunflower Macadamia 10
 - 11 Coconut
 - 12 Peanut
 - 13 Corn flour

INFORMATION SOURCES & ALLERGY NOTE

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SAUCES &		Serv (mL			ories cal)		ll Fat g)		. Fat g)		s Fat g)		esterol ng)		dium ng)		i rbs (g)		bre g)		gars (g)		o tein (g)		t. A DVA)		i t. C DVA)		cium DVA)		r on DVA)	Allergens (see notes)
CONDIMENTS		LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	Supplier info
Ancho Chipotle		15	7.5	60	30	4.5	2.3	0.8	0.4	0	0	2.5	1.3	130	65	4	2	0	0	3	1.5	0.3	1.3	0	0	2	1	0	0	1	0.5	S,E,D,M,C4
Balsamic	\odot	15	7.5	35	18	3	1.5	0.5	0.3	0	0	2.5	1.3	115	58	2	1	0	0	1.5	0.8	0.1	0.1	0	0	0	0	0	0	0	0	💓 Sul
BBQ	\heartsuit	15	7.5	30	15	0	0	0	0	0	0	0	0	200	100	7.5	3.8	0.5	0.3	5	2.5	0.5	0.3	2	1	0	0	0	0	0	0	💓 M,C4
Caesar		15	7.5	81	41	8.9	4.4	0.8	0.4	0	0	7.5	3.8	122	61	0.5	0.2	0	0	0.2	0.1	0.3	0.2	0.3	0.2	0	0	0.6	0.3	0.3	0.2	💓 E,D,F7
Donair		15	7.5	30	15	0.6	0.3	0.1	0	0	0	0	0	18	9	5.8	2.9	0	0	5	2.5	0.3	0.1	0	0	0	0	1	0.5	0	0	💓 D,C4
Garlic Aioli		15	7.5	26	13	2.7	1.4	0.4	0.2	0.1	0	2.3	1.1	48	24	0.3	0.2	0	0	0.2	0.1	0.1	0	0	0	0	0	0	0	0	0	🗶 E
Honey Garlic		15	7.5	30	15	0	0	0	0	0	0	0	0	48	24	7	3.5	0	0	6	3	0	0	0	0	0	0	0	0	0	0	S,C4,MSG
Honey Mustard		15	7.5	32	16	0.1	0.1	0	0	0	0	0	0	45	23	7.5	3.8	0	0	6.4	3.2	0.1	0.1	0	0	0	0	0	0	0	0	💓 M,C4
Hot Sauce	\odot	15	7.5	10	5	0.3	0.1	0.1	0	0	0	0	0	638	319	1.6	0.8	0.9	0.4	0.3	0.2	0.4	0.2	29.7	14.8	4.2	2.1	0.5	0.2	3.2	1.6	۲
Ketchup	\odot	15	7.5	18	9	0	0	0	0	0	0	0	0	141	71	4.4	2.2	0	0	3.5	1.8	1.8	0.9	1.8	0.9	0	0	0	0	0	0	🗶 C5
Lemon Za'atar	\odot	15	7.5	17	8	1.7	0.8	0.2	0.1	0	0	0	0	30	15	0.3	0.2	0	0	0.3	0.2	0	0	0	0	0	0	0	0	0	0	🗴 Sul,SN8
Light Mayonnaise		15	7.5	40	20	4	2	0.3	0.2	0	0	5	2.5	135	68	1	0.5	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0	💓 E,C4
Mustard	\heartsuit	15	7.5	0	0	0	0	0	0	0	0	0	0	165	83	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	() M
Ranch		15	7.5	66	33	6.9	3.5	0.5	0.3	0	0	4.5	2.3	99	50	1.2	0.6	0	0	0.5	0.2	0.2	0.1	0.3	0.2	0	0	0.3	0.2	0.3	0.2	💓 E,D,C5
Smoky BBQ	\odot	15	7.5	30	15	0.1	0	0	0	0	0	0	0	130	65	7	3.5	0	0	6	3	0.2	0.1	2	1	0	0	0	0	0.5	0.3	M,Sul,C4
Special/Greek	\odot	15	8	97	49	13.8	6.9	1.1	0.5	0.2	0.1	0	0	240	120	0	0	0	0	0	0	0.3	0.2	0.1	0.1	0.1	0.1	0	0	0	0	٢
Spicy Mayo		15	8	80	40	8	4	1.5	0.8	0.1	0	5	2.5	100	50	1	0.5	0	0	1	0.5	0.1	0.1	0	0	0	0	0	0	0	0	E,S
Spicy Thai	\odot	15	7.5	40	20	0	0	0	0	0	0	0	0	210	105	10.5	5.3	0	0	3.5	1.8	0.1	0	1	0.5	1	0.5	0	0	0	0	۲
Teriyaki	\odot	15	7.5	25	13	0	0	0	0	0	0	0	0	269	135	6.7	3.4	0	0	3.9	2	0.6	0.3	0	0	0.1	0	0.3	0.2	0.4	0.2	G,S,C4
Tzatziki		28	14	39	19	3	1.5	1.1	0.6	0.1	0	7	3.5	168	84	2.2	1.1	0.3	0.1	1.4	0.7	0.8	0.4	0	0	1.7	0.8	2.2	1.1	0.6	0.3	💓 D

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Present in products produced in the same facility.

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Corn syrup/corn syrup solids

High fructose corn syrup

Fish: anchovy

Macadamia

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- G Gluten S Soy

С

Ch

- E Egg
- D Dairy (milk products)M Mustard/mustard flour
- F Fish (Also see note 7) SN Seeds/Nuts (Also see n
- SN Seeds/Nuts (Also see notes 8-12) Sul Sulfites
 - Corn (Also see notes 4-6 and 13)
 - Chickpeas
- MSG Monosodium glutamate 13 Corn flour

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9 Sunflower

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	Ser (ml		Calo (kc		Tota (g		Sat.		Tran:			isterol 1g)		lium ng)		rbs g)	Fit ((jars g)	Pro ((tein g)	Vi (%	t . A DVA)	Vi1 (%	t . C DVA)		cium DVA)		'on DVA)	Allergens (see notes)
EXTRAS	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	Supplier info
Bacon (3 rashers)	15	-	66	-	5.2	-	1.8	-	0	-	13	-	178	-	0.4	-	0	-	0.3	-	4.4	-	0	-	0	-	0	-	0.3	-	۲
Cheddar	28	-	112	-	9.3	-	5.6	-	0.4	-	28	-	196	-	0.9	-	0	-	0	-	6.5	-	9.3	-	0	-	18.7	-	0	-	D 👔 D
Feta	28	-	84	-	6.5	-	4.2	-	0.2	-	23.3	-	383	-	1.9	-	0	-	0	-	3.7	-	3.7	-	0	-	9.3	-	0	-	D 👔
Parmesan	15	7.5	56	28	2.5	1.2	1.6	0.8	0.1	0	9	4.5	231	115	5.3	2.6	0.2	0.1	5	2.5	3.7	1.8	1	0.5	0.2	0.1	21	10.5	0.9	0.5	D
Swiss	28	-	84	-	4.7	-	2.8	-	0.2	-	14	-	364	-	1.9	-	0	-	0	-	6.5	-	1.9	-	0	-	19	-	0	-	D 👔
Rice-Whole Grain	57	-	45	-	0.4	-	0	-	0	-	0	-	0	-	9	-	0.5	-	0	-	1	-	0	-	0	-	0	-	1	-	۲
SEASONINGS																															
Caribbean Jerk 🕥	1	-	0	-	0	-	0	-	0	-	0	-	150	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	2	-	
Chipotle Mango 🛛 🕥	1	-	0	-	0	-	0	-	0	-	0	-	100	-	1	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	() C,9
Garlic Plus 🔍	1	-	0	-	0	-	0	-	0	-	0	-	55	-	1	-	0	-	0	-	0.1	-	0	-	6	-	0	-	0	-	C C
Greek 💟	1	-	0	-	0	-	0	-	0	-	0	-	70	-	1	-	0	-	0	-	0.1	-	0	-	6	-	0	-	0	-	💓 Sul
Steak Spice 🕥	1	-	0	-	0	-	0	-	0	-	0	-	0	-	1	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	💓 М
Tex Mex 🔍	1	-	0	-	0	-	0	-	0	-	0	-	75	-	0	-	0	-	0	-	0.1	-	2	-	2	-	0	-	0	-	۲
COOKIES & PITA CH	IPS																														
Carnival	-	38	-	160	-	7	-	3.5	-	0	-	10	-	125	-	24	-	1	-	15	-	2	-	6	-	0	-	0	-	4	G,S,E,D
Chocolate Chip	-	38	-	170	-	7	-	4	-	0	-	10	-	120	-	24	-	1	-	15	-	2	-	6	-	0	-	0	-	6	G,S,E,D
Double Chocolate	-	38	-	170	-	8	-	4.5	-	0	-	10	-	135	-	23	-	1	-	2	-	2	-	6	-	0	-	2	-	4	G,S,E,D,SN1
Macadamia Nut	-	38	-	170	-	9	-	3.5	-	0	-	10	-	170	-	20	-	1	-	12	-	3	-	6	-	0	-	0	-	4	G,S,E,D,SN10
Oatmeal Raisin	-	38	-	160	-	7	-	4	-	0	-	10	-	130	-	23	-	1	-	13	-	2	-	4	-	0	-	0	-	4	G,E,D,SN11
Peanut Butter	-	38	-	170	-	9	-	3.5	-	0		10	-	170	-	20	-	1	-	12	-	3	-	6	-	0	-	0	-	4	G,E,D,SN12
Pita Chips (bag) 🕥	113	-	312	-	17.9	-	1.3	-	0.3	-	0	-	1057	-	45	-	2	-	1	-	6.9	-	0.1	-	34.1	-	8	-	15	-	G

May contain (Example: S1 = May contain Soy)

Present in products produced in the same facility.

2 Present in products produced on the same line.

Corn starch/modified corn starch

Corn syrup/corn syrup solids

High fructose corn syrup

Fish: anchovy

Sesame

Sunflower

NUTRITIONAL SYMBOLS & NOTES

(V Vegar

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

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

Gluten Free*

Chickpeas

MSG Monosodium glutamate

- G Gluten S Soy
- Е Egg Dairy (milk products) D

C

Ch

- м Mustard/mustard flour F Fish (Also see note 7) SN
 - Seeds/Nuts (Also see notes 8-12) Sul Sulfites
- 8 9 10 Macadamia Corn (Also see notes 4-6 and 13)
 - 11 Coconut

1

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4

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6

7

- 12 Peanut
- 13 Corn flour

INFORMATION SOURCES & ALLERGY NOTE

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yogen früz		ving L/g)		ories cal)		g)		. Fat g)		s Fat g)	Chole (m	sterol 1g)		l ium ng)		rbs g)		b re g)		jars g)	Pro ((tein g)	Vit (% [: . A DVA)		t. C DVA)		cium DVA)		on DVA)	Allergens (see notes)
SMOOTHIES	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	Supplier info
Chocolate Banana	470	235	391	202	5.4	2.7	3.1	1.6	0	0	22	11	236	118	72.6	36.3	2	1	60.7	30.3	13.4	6.7	22	11	53.8	26.9	41.8	20.9	3.8	1.9	💓 D
Peach Berry Sunset	470	235	215	112	2.6	1.3	1.5	0.8	0	0	12	6	69	34	45.3	22.7	1.6	0.8	40.1	20	4	2	11	5.5	120	60	10.8	5.4	7.2	3.6	💓 D
Strawberry Banana	470	235	250	125	2.8	1.4	1.6	0.8	0	0	12	6	67	33	52.4	26.2	2.2	1.1	41.9	21	5.2	2.6	7.5	3.7	126.9	63.4	12.7	6.4	4.1	2.1	🗶 D
Tropical Storm	472	229	272	131	2.8	1.4	1.6	0.8	0	0	12	6	66	33	57.4	27.3	1.6	0.7	50.4	24.1	5.1	2.5	9.1	4.2	123.8	58	14.9	7.2	6.7	2.9	🗶 D
Very Berry	472	229	232	113	3	1.5	1.7	0.8	0	0	12	6	69	34	47.7	23	4.5	2	40.1	20	4.1	2	3	1.5	102.4	48.1	13.9	6.7	6.9	3.1	🗶 D
SMOOTHIE EXTRAS	5																														
Whey protein (scoop)	30	-	100	-	0	-	0	-	0	-	0	-	45	-	1	-	0	-	0	-	25	-	0	-	0	-	0	-	0	-	💓 S,D
Üsensation DESSERTS	ns																														
Banana Chocolate Swirl	280	140	475	238	17.2	8.6	3.1	1.5	0	0	12	6	101	50	72.8	36.4	5	2.5	64.8	32.4	10.6	5.3	10.5	5.2	26.8	13.4	16.9	8.5	4.9	2.5	🗶 S,D
Cookies 'n' Cream	278	162	531	296	14.5	7.9	7.1	3.9	0	0	30	18	377	205	85.5	48	0	0	72.3	41.4	11.3	6.5	7.5	4.5	0	0	25	15	4	2	G,S,D,C13
Strawberry	264	144	332	202	10.3	7.8	3	1.5	0	0	59	47	206	140	51.9	28.4	1.2	0.6	49.1	26.8	6.8	3.4	6	3	40	20	20.8	10.4	3.2	1.6	G,S,E,D,C13

5.4

2.7

80.3

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2.3

1.1

9

4.5 93.8 46.9

5.8

NUTRITIONAL SYMBOLS & NOTES

(v) Vegan

Cheesecake Tropical Storm

Sorbet

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

 \heartsuit 418 209

522

262

9.4

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

0

0 0 77

38

112

May contain (Example: S1 = May contain Sov)

Present in products produced in the same facility.

2 Present in products produced on the same line.

Corn starch/modified corn starch

Corn syrup/corn syrup solids

High fructose corn syrup

Fish: anchovy

Sesame

Sunflower

56

- Gluten Free*
- G Gluten S Soy

4.7

8.1

4.1

0

- Е Egg D Dairy (milk products)
- М Mustard/mustard flour

Sul

C

Ch

F Fish (Also see note 7) SN

Chickneas

MSG Monosodium glutamate

- Seeds/Nuts (Also see notes 8-12) Sulfites
- 8 q 10 Macadamia

1

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- Corn (Also see notes 4-6 and 13) 11 Coconut
 - 12 Peanut
 - 13 Corn flour

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13.8 6.9





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 | | | | Allergens
(see notes) |
| | LG | SM | LG | SM | LG | SM | LG | SM | LG | SM | LG

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 | LG | SM | LG | SM | LG | SM | LG | SM
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| ırt | 92 | - | 110 | - | 2.5 | - | 1.5 | - | 0 | - | 6

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| \heartsuit | 250 | - | 55 | - | 0 | - | 0 | - | 0 | - | 0

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| | 250 | - | 130 | - | 5 | - | 3 | - | 0.2 | - | 20

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| $\overline{\mathbb{V}}$ | 28 | - | 20 | - | 0.1 | - | 0 | - | 0 | - | 0

 | - | 0 | - | 6.4
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 | 0.5 | - | 3.4 | - | 0.3 | - | 2.2 | -
 | 13.4
 | - | 0.5
 | - | 0.5 | - | |
| $\overline{\mathbb{V}}$ | 28 | - | 16 | - | 0.2 | - | 0.1 | - | 0 | - | 0

 | - | 0 | - | 3.4
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 | 0.9 | - | 2.4 | - | 0.1 | - | 0 | -
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| $ \mathbf{v} $ | 28 | - | 20 | - | 0.1 | - | 0 | - | 0 | - | 0

 | - | 0 | - | 4.5
 | -

 | 0.6 | - | 3.6 | - | 0.3 | - | 0 | -
 | 15
 | - | 2
 | - | 4 | - | ۲ |
| $ \mathbf{V} $ | 28 | - | 18 | - | 0.1 | - | 0 | - | 0 | - | 0

 | - | 0 | - | 4.2
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 | 0.4 | - | 3.8 | - | 0.2 | - | 2.2 | -
 | 13.4
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 | - | 0.5 | - | ۲ |
| $\overline{\mathbb{V}}$ | 28 | - | 10 | - | 0 | - | 0 | - | 0 | - | 0

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| $ \mathbf{v} $ | 28 | - | 26 | - | 0 | - | 0 | - | 0 | - | 0

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| $ \mathbf{v} $ | 28 | - | 16 | - | 0.2 | - | 0 | - | 0 | - | 0

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| $ \mathbf{v} $ | 28 | - | 10 | - | 0 | - | 0 | - | 0 | - | 0

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| | rt rt V | (mL LG Build rt 92 rt 92 ŷ 110 ŷ 240 ŷ 250 ŷ 250 ŷ 28 ŷ 28 | Build your of the second sec | (mL/g) (kc LG SM LG Build your own s 120 rt 92 - 120 rt 92 - 120 ŷ 110 - 120 ŷ 240 - 55 ŷ 250 - 55 ŷ 250 - 130 ŷ 28 - 20 ŷ 28 - 20 ŷ 28 - 16 ŷ 28 - 18 ŷ 28 - 26 ŷ 28 - 26 ŷ 28 - 26 ŷ 28 - 16 ŷ 28 - 10 ŷ 28 - 26 ŷ 28 - 16 | (mL/g) (kcal) LG SM LG SM Build your own smoot - 120 - rt 92 - 120 - y 110 - 120 - y 110 - 120 - y 240 - 55 - y 250 - 55 - y 250 - 130 - y 28 - 20 - y 28 - 20 - y 28 - 16 - y 28 - 18 - y 28 - 26 - y 28 - 26 - y 28 - 10 - y 28 - 16 - | (mL/g) (kcal) (g LG SM LG SM LG Build your own smoothie or Build your own smoothie or - 2.5 rt 92 - 120 - 2.5 Y 110 - 120 - 0 Y 240 - 55 - 0 Y 250 - 55 - 0 Y 28 - 20 - 0.1 Y 28 - 16 - 0.2 Y 28 - 18 - 0.1 Y 28 - 10 - 0 Y 28 - 10 0.1 0 Y 28 | (mL/g) (kcal) (g) LG SM LG SM LG SM Build your own smoothie or froze - 2.5 - - rt 92 - 120 - 2.5 - Y 110 - 120 - 0 - Y 240 - 555 - 0 - Y 250 - 555 - 0 - Y 28 - 20 - 0.11 - Y 28 - 20 - 0.11 - Y 28 - 16 - 0.2 - Y 28 - 18 - 0.1 - Y 28 - 26 - 0 - Y 28 - 26 - 0 - Y 28 - 26 - | (mL/g) (kcal) (g) (g) LG SM LG SM LG SM LG Build your own smoothie or frozen des rt 92 - 120 - 2.5 - 1.5 rt 92 - 120 - 2.5 - 1.5 χ 110 - 120 - 0 - 0 χ 240 - 55 - 0 - 0 χ 250 - 55 - 0 - 0 χ 250 - 55 - 0 - 0 χ 28 - 20 - 0.11 - 0 χ 28 - 16 - 0.2 - 0.1 χ 28 - 26 - 0.1 - 0 χ 28 - 18 - 0.1 - 0 χ 28 - 16 - | (mL/g) (kcal) (g) (g) LG SM LG SM LG SM LG SM Build your own smoothie or frozen dessert rt 92 - 120 - 2.5 - 1.5 - y 10 - 120 - 2.5 - 1.5 - y 110 - 120 - 0 - 0 - y 240 - 55 - 0 - 0 - y 250 - 55 - 0 - 0 - y 28 - 20 - 0.1 - 0 - y 28 - 20 - 0.1 - 0 - y 28 - 16 - 0.2 - 0 - y 28 - 16 - 0< | (mL/g) (kcal) (g) (g) | (mL/g) (kcal) (g) Build your own smoothie or frozen dessert 110 - 2.5 - 1.5 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 </td <td>(mL/g) (kcal) (g) (g)</td> <td>(mL/g) (kcal) (g) (m) (</td> <td>(mL/g) (kcal) (g) (g) (g) (g) (g) (g) (g) (g) (g) (mg) (mg) (ng) (ng)</td> <td>(mL/g) (kca) (g) (g) (g) (g) (g) (g) (m) (mg) (mg) L6 SM <thl6< th=""></thl6<></td> <td>Serving
(mL/g) Calories
(kcal) Total Fat
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(g) Cholesterol
(mg) Sodium
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(mL/g) Calories
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(g) L6 SM L6</td><td>Serving
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(nL/g) Calories
(nc.) Total Fat
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(g) Trans Fat
(g) Cholesterol
(ng) Sodium
(ng) Carbs
(g) Fibre
(g) Sugars
(g) Protein
(g) Vit. 4
(% DMA) Vit. 4
(% DMA) <!--</td--><td>Serving
(m/g) Caloris
(c,cal) Total Fat
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(g) Trans Fat
(g) Cholestrol
(mg) Sodium
(mg) Carbs
(g) Fibre
(g) Sugars Protein
(g) Vit A
(% DVA) Vit C
(% DVA) L6 SM L6 <</td><td>Serving
(mg) Calories
(kcal) Total Fat
(g) Sat Fat
(g) Trans Fat
(g) Coloesterol
(mg) Solum
(mg) Carbs
(g) Fibre
(g) Sugars
(g) Protein
(g) Vit A
(g) Vit A
(g) <</td><td>Serving
(mLg) Calores
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(g) Sat, Fat
(g) Tan, Fat
(g) Cholesterol
(mg) Sotium
(mg) Carbs
(g) Fibre
(g) Sugars
(g) Protein
(g) Vit. A
(b) Vit. C
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May contain (Example: S1 = May contain Soy)

Present in products produced in the same facility.

2 Present in products produced on the same line.

Corn starch/modified corn starch

Corn syrup/corn syrup solids

High fructose corn syrup

Fish: anchowy

Sesame

Sunflower

NUTRITIONAL SYMBOLS & NOTES

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

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 varv.

ALLERGEN SYMBOLS & NOTES

- Gluten Free*
- G Gluten s Soy

Sul

C

Ch

- Е Egg D Dairy (milk products)
- Μ
 - Fish (Also see note 7) F SN

Chickpeas

MSG Monosodium glutamate

Mustard/mustard flour

- Seeds/Nuts (Also see notes 8-12) Sulfites
- 8 9 10 Macadamia Corn (Also see notes 4-6 and 13) 11 Coconut

1

3

4

5

6

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- 12 Peanut
- 13 Corn flour

INFORMATION SOURCES & ALLERGY NOTE

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IF YOU HAVE FOOD ALLERGY CONCERNS, PLEASE NOTIFY PITA PIT STAFF BEFORE PLACING YOUR ORDER.

Not all items are available at every Pita Pit.

UPDATED APRIL 20, 2021 - PAGE 7 OF 7 Check for further updates on pitapit.ca

																	6-1100A		and a second sec		A REAL PROPERTY.	100 C 100 C 100	and the second second								
CREATION		r ving IL/g)	Calc (kc	o ries cal)	Tota	l Fat	Sat (. Fat g)	Trans (g	s Fat	Chole (m		Sod (m	l ium 1g)	Ca	rbs J)	Fil (bre g)	Sug ((jars g)	Pro (!	tein g)	Vit (% [. A DVA)	Vit (% [: . C DVA)	Calc (% [cium DVA)	iro (% D		(see notes)
NATION	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	LG	SM	Supplier info

 $\mathcal{S}_{\textit{IGNATURE}} \mathcal{P}_{\textit{ITAS}}$ Included in the counts below: fillings toppings and sauces. Not included: pita bread

BBQ Bacon C-Burger	264	132	403	201	25	12.7	10.5	5.2	0.6	0.3	92.8	46.4	1584	792	14.3	7.1	3.2	1.6	9.1	4.5	29.7	14.9	15.8	7.9	12.9	6.4	24.4	12.2	16.2	8.1	G2,S,E,D,M,Sul,C4
Chicken Crave 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	233	117	405	202	22.2	11.1	5.6	2.8	0.1	0.1	101.8	50.9	1058	529	21	10.5	2.2	1.1	8.8	4.4	31.4	15.7	49.1	24.6	9.1	4.6	23.5	11.8	11.9	6	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,E3,D,Sul3,M,C4
The Superhero	295	148	374	187	22.7	11.3	7.8	3.9	0.2	0.1	76.4	38.2	2156	1078	12.7	6.3	2	1	4.2	2.1	29.1	14.5	7.5	3.7	61.6	30.8	31.3	15.7	10	5	S3,E,D,Sul3,M,C4,5
Twisted Spicy Chicken	361	181	526	263	33	17	9.1	4.5	0.4	0.2	62.2	31.1	2545	1272	33.3	16.7	9.9	4.9	5.3	2.6	26.9	13.5	68.4	34.2	161.2	80.6	40	20	25.8	12.9	G,S,E2,D,M2,SN9, Sul2, Ch
Smoky BBQ Beef Brisket	298	149	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,Sul

New Recipes For Rice Bowls, Pitas or SALADS included: fillings, toppings and sauces. Not included: pita bread, rice, additional toppings

Southwest Baja	295	147	486	243	30.8	15.4	8.2	4.1	0.4	0.2	35	17.5	883	441	32.8	16.4	10.2	5.1	9.3	4.7	15.4	7.7	40	20	108.8	54.4	28.9	14.5	22.2	11.1	G2,S2,E,D,M2,F2, SN3,9,Sul2,C4
Chicken Bruschetta	300	150	420	210	22.7	11.3	9.6	4.8	0.4	0.2	117	58	1410	705	22.5	11.3	2.5	1.2	15.4	7.7	33.2	16.6	32.5	16.3	25.8	12.9	55.2	27.6	10.4	5.2	E,D,Sul
Smoky BBQ Beef Brisket	298	149	390	195	20.2	10.1	8.3	4.1	0.7	0.3	63	31.5	1389	694	25.1	12.5	2	1	17.7	8.8	24	12	31.6	15.8	60.6	30.3	22.6	11.3	15.4	7.7	E,D,M,Sul,C4
Halloumi & Falafel	293	147	280	140	16.9	8.4	6.2	3.1	0.3	0.2	35	17.5	824	412	21.7	10.9	7.6	3.8	7.1	3.5	12.7	6.4	25.7	12.9	63.6	31.8	28	14	20.8	10.4	S,D,SN9,Sul,Ch
Jalapeño Club	287	144	306	153	14	7	4.9	2.5	0.2	0.1	57.6	28.8	1411	705	19.1	9.5	2.2	1.1	10.6	5.3	24.6	12.3	7.2	3.6	61.2	30.6	30	15	8.9	4.5	G,S,E,D,M,F, Sul,C4
Zesty Chicken & Bacon	281	141	333	166	17.7	8.9	4.4	2.2	0.1	0.1	88.9	44	1307	654	24.5	12.4	2.6	1.3	12.5	6.2	21.5	10.7	28.7	14.4	64.3	32.1	25.9	13	11.1	5.6	E,D,F7,C4
Ancho Chicken & Black Bean	348	174	453	226	25	12.5	8.3	4.1	0.4	0.2	98.5	49.3	1608	804	24.9	12.4	8.7	4.3	7.7	3.8	32.5	16.2	67.8	33.9	123.8	61.9	30.4	15.2	20.6	10.3	S,E,D,M,SN3,9, Sul,C4
Spicy Buffalo Chicken Caesar	295	148	470	235	29.4	14.7	6.4	3.2	0.2	0.1	58.2	29.1	2521	1261	27.9	13.9	4.1	2	7.4	3.7	22.9	11.5	59.3	29.6	103	51.4	30.1	15	15	7.5	G,S,E,D,M,F7,Sul,C4

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Corn starch/modified corn starch

Corn syrup/corn syrup solids

High fructose corn syrup

Fish: anchovy

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ALLERGEN SYMBOLS & NOTES

- Gluten Free
- Gluten G S Soy
- Е Egg D Dairy (milk products)
- М Mustard/mustard flour F Fish (Also see note 7)

Sul Sulfites

C

Ch

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

Chickpeas

MSG Monosodium glutamate

- 9 Sunflower Macadamia 10
 - 11 Coconut

8 Sesame

Corn (Also see notes 4-6 and 13) 12 Peanut

1

3

4

5

6

7

13 Corn flour

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