# Finam yogen früz 

probiotic yogurt or non-dairy sorbet

## smoothies <br> (S) (L)

strawberry banana 130 / 250 Cals strawberries, banana, orange juice
very berry 120 / 240 Cals
strawberries, raspberries, blueberries, cranberry juice
tropical storm 140 /280 Cals mango, pineapple, banana, orange juice

peach berry sunset 120 / 220 Cals strawberries, peaches, cranberry juice
chocolate banana 210 / 350 Cals
chocolate frozen yogurt, banana, milk

## Üsensations (S) (L)

cookies 'n' cream $300 / 540$ Cals topped with real cookies ' $n$ ' cream cookies, crumbled. tropical storm sorbet 270 / 530 Cals mango, banana and pineapple topped with coconut flakes

strawberry cheesecake $210 / 340$ Cals made with strawberries and cheesecake "bites"
banana chocolate swirl 240 / 480 Cals chocolate yogurt, banana, chocolate curls
build your own frozen dessert with any combination of fruit and frozen yogurt or non-dairy sorbet.

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.

## cMenu

 CHOOSE IT...

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.

## Dine in. Take out. Callus.

VIEW OUR COMPLETE MENU AT PITAPIT.CA/MENU FIND A PITA PIT NEAR YOU AT PITAPIT.CAILOCATIONS

## Want mare infarmation?

to ask about current pricing, please check with store. FOR THE LaTEST NUTRITION \& ALLERGEN INFO, VISIT PITAPITCA AND DOWNLOAD OUR PDF. FOR OUR CATERING MENU, VISIT PITAPIT.CA/CATERING.

YOUR CREATION
PITA BREAD, RICE, TOPPINGS + SAUCE NOT INCLUDED

| 1. CHOOSE YOUR FAVOURITE FILLING. |  |  | (V) VE |
| :---: | :---: | :---: | :---: |
| CHICKEN |  | CHICKEN SOUVLAKI |  |
| PETITA ${ }^{\text {a }}$ | 60 Cals | PETITA ${ }^{\text {a }}$ | 45 Cals |
| PITA | 110 Cals | PITA | 90 Cals |
| STEAK |  | black bean (v) |  |
| PETITA ${ }^{\text {a }}$ | 60 Cals | PETITA ${ }^{\text {® }}$ | 80 Cals |
| PITA | 120 Cals |  | 160 Cals |
| SOUTHWEST CHICKEN |  | CHICKEN SHAWARMA |  |
| PETITA ${ }^{\text {a }}$ | 90 Cals | PETITA ${ }^{\text {® }}$ | 80 Cals |
| PITA | 170 Cals | PITA | 160 Cals |
| BEEF BRISKET |  | FALAFEL (V) |  |
| PETITA ${ }^{\text {a }}$ | 100 Cals | PETITA ${ }^{\text {a }}$ | 100 Cals |
| PITA | 200 Cals | PITA | 190 Cals |
| GYRO |  | BUFFALO CHICKEN |  |
| PETITA ${ }^{\text {a }}$ | 160 Cals | PETITA ${ }^{\text {a }}$ | 90 Cals |
| PITA | 320 Cals | PITA | 170 Cals |
| BACON |  | DELI CLUB |  |
| PETITA ${ }^{\text {a }}$ | 70 Cals | PETITA ${ }^{\text {a }}$ | 80 Cals |
| PITA | 140 CALS | PITA | 150 Cals |
| CHICKEN CAESAR |  | DELI TURKEY |  |
| PETITA ${ }^{\text {a }}$ | 100 Cals | PETITA ${ }^{\text {a }}$ | 40 Cals |
| PITA | 190 Cals | PITA | 80 Cals |
| HALLOUMI |  | DELI HAM |  |
| PETITA ${ }^{\text {a }}$ | 45 Cals | PETITA ${ }^{\text {a }}$ | 50 Cals |
| PITA | 90 Cals | PITA | 90 Cals |

ADD 130 Cals for a Petita ${ }^{\text {® }} / 180$ Cals for a White OR Whole Wheat Pita

## 2. CHOOSE YOUR FAVOURITE TOPPINGS.


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 ZA'ATAR 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 Cals

SALT 0 Cals • PEPPER 0 Cals • GARLIC PLUS 0 Cals • TEX MEX 0 Cals CHIPOTLE MANGO 0 Cals - GREEK 0 Cals • CARIBBEAN JERK 0 Cals

## DON'T FORGET <br> NOT ALL ITEMS ARE AVAILABLE AT EVERY pita pit location

## 4. CHOOSE ADD-ONS TO COMPLETE YOUR MEAL.



## 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

SWAP YOUR DRINK FOR A SMALL SMOOTHIE* add 120-210 Cals


VERY BERRY 120 Cals AS SHOWN

KID'S CHICKEN PETITA ${ }^{\text {® }}$
350 Cals as shown


