**BUILD YOUR OWN!**

### PROTEINS
- **CHICKEN**
  - 60 Cals / 110 Cals
- **SOUTHWEST CHICKEN**
  - 90 Cals / 170 Cals
- **GYRO**
  - 160 Cals / 320 Cals
- **DELI TURKEY**
  - 40 Cals / 80 Cals
- **CHICKEN SOUVLAKI**
  - 45 Cals / 90 Cals
- **CHICKEN SHAWARMA**
  - 80 Cals / 160 Cals

### TOPPINGS
- **HUMMUS**
  - 60-100 Cals
- **SPINACH**
  - 4-10 Cals
- **ONION**
  - 5-10 Cals
- **AVOCADO**
  - 45-70 Cals
- **ROMAINE LETTUCE**
  - 3-5 Cals
- **MUSHROOMS**
  - 4-10 Cals
- **FALAFEL**
  - 100 Cals / 190 Cals
- **ALFALFA SPROUTS**
  - 4-10 Cals
- **ICEBERG LETTUCE**
  - 2-4 Cals
- **HONEY GARLIC**
  - 15-30 Cals
- **GREEN PEPPER**
  - 3-10 Cals
- **TOMATO**
  - 3-5 Cals
- **BBQ**
  - 15-30 Cals
- **HONEY MUSTARD**
  - 20-35 Cals
- **PICKLE**
  - 2-3 Cals
- **HOT PEPPERS**
  - 2-3 Cals
- **CAESAR**
  - 45-90 Cals
- **HOT SAUCE**
  - 5-10 Cals
- **GREEN OLIVES**
  - 10-15 Cals
- **LEMON ZA’ATAR**
  - 10-20 Cals
- **CHERRY TOMATO**
  - 3-5 Cals
- **LIGHT MAYO**
  - 20-40 Cals
- **CUCUMBER**
  - 2-4 Cals
- **SPICY MAYO**
  - 40-80 Cals
- **SNAP PEAS**
  - 3-10 Cals
- **HOT PEPPERS**
  - 2-3 Cals
- **DONAIR**
  - 15-30 Cals
- **SPICY THAI**
  - 20-40 Cals
- **PINEAPPLE**
  - 5-10 Cals
- **JALAPEÑO**
  - 2-4 Cals
- **PARMESAN**
  - 30-60 Cals
- **CHEDDAR**
  - 120 Cals
- **SWISS**
  - 90 Cals
- **ALFALFA SPROUTS**
  - 4-10 Cals
- **HAZELNUTS**
  - 3-5 Cals
- **PICKLE**
  - 2-3 Cals
- **HUMMUS**
  - 60-100 Cals
- **AVOCADO**
  - 45-70 Cals
- **ROMAINE LETTUCE**
  - 3-5 Cals
- **MUSHROOMS**
  - 4-10 Cals
- **FALAFEL**
  - 100 Cals / 190 Cals
- **GREEN PEPPER**
  - 3-10 Cals
- **TOMATO**
  - 3-5 Cals
- **BBQ**
  - 15-30 Cals
- **HONEY MUSTARD**
  - 20-35 Cals
- **PICKLE**
  - 2-3 Cals
- **HOT PEPPERS**
  - 2-3 Cals
- **DONAIR**
  - 15-30 Cals
- **SPICY THAI**
  - 20-40 Cals
- **PINEAPPLE**
  - 5-10 Cals
- **JALAPEÑO**
  - 2-4 Cals
- **PARMESAN**
  - 30-60 Cals
- **CHEDDAR**
  - 120 Cals
- **SWISS**
  - 90 Cals
- **ALFALFA SPROUTS**
  - 4-10 Cals
- **HAZELNUTS**
  - 3-5 Cals
- **PICKLE**
  - 2-3 Cals
- **HUMMUS**
  - 60-100 Cals
- **AVOCADO**
  - 45-70 Cals
- **ROMAINE LETTUCE**
  - 3-5 Cals
- **MUSHROOMS**
  - 4-10 Cals

### SAUCES & SPICES
- **ANCHO CHIPOTLE**
  - 30-60 Cals
- **BALSAMIC**
  - 20-35 Cals
- **BBQ**
  - 15-30 Cals
- **CAESAR**
  - 45-90 Cals
- **DONAIR**
  - 15-30 Cals
- **CHICKEN CAESAR**
  - 100 Cals / 190 Cals
- **HALLOUMI**
  - 45 Cals / 90 Cals
- **SMOKY BBQ**
  - 60 Cals / 120 Cals
- **BEEF BRISKET**
  - 100 Cals / 200 Cals
- **CHICKEN CAESAR**
  - 390 Cals as depicted
- **LIGHT MAYO**
  - 20-40 Cals
- **MUSTARD**
  - 0 Cals
- **RANCH**
  - 35-70 Cals
- **SPECIAL SAUCE**
  - 50-100 Cals
- **SPICY MAYO**
  - 40-80 Cals

### MAKE IT EXTRA
- **DOUBLE MEAT**
  - 80-320 Cals
- **GLUTEN-FREE PITA**
  - 300 Cals
- **EXTRA BACON**
  - 70 Cals
- **PITA CHIPS**
  - 320 Cals
- **EXTRA CHEESE**
  - 30-120 Cals

**Kids’ Pit**

- Kids under 10 get a choice of a Petita®
  - + kid’s drink (170-420 Cals) & cookie (160-170 Cals)

** 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.**