### 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

#### SAUCES & SPICES
- **ANCHOCIPOTLE** 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

#### TOPPINGS
- **HUMMUS** 60-100 Cals
- **SPINACH** 4-10 Cals
- **AVOCADO** 45-70 Cals
- **ROMAINE LETTUCE** 3-5 Cals
- **ICEBERG LETTUCE** 2-4 Cals
- **GREEN PEPPER** 2-4 Cals
- **PICKLE** 2-3 Cals
- **CUCUMBER** 2-4 Cals
- **GREEN OLIVES** 10-15 Cals
- **SPINACH** 4-10 Cals
- **ROMAINE LETTUCE** 3-5 Cals
- **ICEBERG LETTUCE** 2-4 Cals
- **GREEN PEPPER** 2-4 Cals
- **PICKLE** 2-3 Cals

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

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

<table>
<thead>
<tr>
<th>DELI TURKEY 170 Cals</th>
<th>BACON 200 Cals</th>
<th>CHEESE 250 Cals</th>
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</thead>
<tbody>
<tr>
<td>DELI HAM 180 Cals</td>
<td>CHICKEN 190 Cals</td>
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#### Kids’ Pit

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.