



NUTRITIONAL VALUES AND ALLERGEN INFORMATION

UPDATED SEPTEMBER, 2022 – PAGE 1 OF 7 [Check for further updates on pitapit.ca](http://www.pitapit.ca)



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

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PITAS	Serving (mL/g)		Calories (kcal)		Total Fat (g)		Sat. Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbs (g)		Fibre (g)		Sugars (g)		Protein (g)		Vit. A (% DVA)		Vit. C (% DVA)		Calcium (% DVA)		Iron (% DVA)		Allergens (see notes)
	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	
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

	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	Allergens (see notes)
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	
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	
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	
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	
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	
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
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
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

NUTRITIONAL SYMBOLS & NOTES



Vegan

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

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ALLERGEN SYMBOLS & NOTES



Gluten Free*

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

- 1 May contain (Example: S1 = May contain Soy)
- 2 Present in products produced on the same line.
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- 4 Corn starch/modified corn starch
- 5 Corn syrup/corn syrup solids
- 6 High fructose corn syrup
- 7 Fish: anchovy
- 8 Sesame
- 9 Sunflower
- 10 Macadamia
- 11 Coconut
- 12 Peanut
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	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	
Alfalfa Sprouts (V)	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	(V)
Avocado (V)	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	(V)
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	(V) F3
Cucumber (V)	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	(V)
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 (V)	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	(V)
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	(V) S2,E3,M2,Sul2
Hummus (V)	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	(V) 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 (V)	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	(V)
Lettuce – Romaine (V)	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	(V)
Mushrooms (V)	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	(V)
Onions (V)	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	(V)
Pineapple (V)	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	(V)
Pickles (V)	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	(V) M2, Sul2
Rice - Whole Grain (V)	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	(V)
Spinach – Baby (V)	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	(V)
Tomato (V)	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	(V)
Croutons (package)	14	-	60	-	1.5	-	0	-	0	-	0	-	210	-	10	-	0	-	1	-	1	-	0	-	0	-	0	-	4	-	G,S,D

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	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	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	0	🌿 Sul
BBQ	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	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		
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	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	🌿	
Ketchup	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	0	🌿 C5
Lemon Za'atar	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	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	0	🌿 E,C4
Mustard	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	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	0.2	🌿 E,D,C5
Smoky BBQ	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	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	0	🌿
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	0	🌿 E,S
Spicy Thai	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	0	🌿
Teriyaki	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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NUTRITIONAL VALUES AND ALLERGEN INFORMATION

UPDATED SEPTEMBER, 2022 – PAGE 1 OF 7 [Check for further updates on pitapit.ca](http://www.pitapit.ca)



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EXTRAS	Serving (mL/g)		Calories (kcal)		Total Fat (g)		Sat. Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbs (g)		Fibre (g)		Sugars (g)		Protein (g)		Vit. A (% DVA)		Vit. C (% DVA)		Calcium (% DVA)		Iron (% DVA)		Allergens (see notes)
	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	
Bacon (3 rashers)	15	-	66	-	5.2	-	1.8	-	0	-	13	-	178	-	0.4	-	0	-	0.3	-	4.4	-	0	-	0	-	0	-	0.3	-	🌿
Cheddar	28	-	112	-	9.3	-	5.6	-	0.4	-	28	-	196	-	0.9	-	0	-	0	-	6.5	-	9.3	-	0	-	18.7	-	0	-	🌿 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	-	🌿

SEASONINGS	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	
Caribbean Jerk	🌿	1	-	0	-	0	-	0	-	0	-	0	-	150	-	0	-	0	-	0	-	0	-	0	-	0	-	2	-	🌿
Chipotle Mango	🌿	1	-	0	-	0	-	0	-	0	-	0	-	100	-	1	-	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	-	🌿 C
Greek	🌿	1	-	0	-	0	-	0	-	0	-	0	-	70	-	1	-	0	-	0	-	0.1	-	0	-	6	-	0	-	🌿 Sul
Steak Spice	🌿	1	-	0	-	0	-	0	-	0	-	0	-	0	-	1	-	0	-	0	-	0	-	0	-	0	-	0	-	🌿 M
Tex Mex	🌿	1	-	0	-	0	-	0	-	0	-	0	-	75	-	0	-	0	-	0	-	0.1	-	2	-	2	-	0	-	🌿

COOKIES & PITA CHIPS	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			
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

NUTRITIONAL SYMBOLS & NOTES



Vegan

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NUTRITIONAL VALUES AND ALLERGEN INFORMATION

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yogen früz	Serving (mL/g)		Calories (kcal)		Total Fat (g)		Sat. Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbs (g)		Fibre (g)		Sugars (g)		Protein (g)		Vit. A (% DVA)		Vit. C (% DVA)		Calcium (% DVA)		Iron (% DVA)		Allergens (see notes)
	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	
SMOOTHIES																															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																															
Whey protein (scoop)	30	-	100	-	0	-	0	-	0	-	0	-	45	-	1	-	0	-	0	-	25	-	0	-	0	-	0	-	0	-	S,D

Üsensations DESSERTS

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 Cheesecake	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
Tropical Storm Sorbet	418	209	522	262	9.4	4.7	8.1	4.1	0	0	0	0	77	38	112	56	5.4	2.7	80.3	40.1	2.3	1.1	9	4.5	93.8	46.9	5.8	2.9	13.8	6.9	

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	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	

YOGURT/SORBET Build your own smoothie or frozen dessert

Low Fat Vanilla Yogurt	92	-	120	-	2.5	-	1.5	-	0	-	12	-	65	-	21	-	0	-	21	-	3.2	-	3	-	0	-	10	-	0	-	0	-	0	-	D
Low Fat Choc. Yogurt	92	-	110	-	2.5	-	1.5	-	0	-	6	-	50	-	20	-	0	-	19	-	3	-	3	-	0	-	2	-	2	-	0	-	0	-	D
Vanilla Sorbet	110	-	120	-	0	-	0	-	0	-	0	-	5	-	31	-	0	-	21	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	

JUICE & MILK

Cranberry Juice	240	-	55	-	0	-	0	-	0	-	0	-	3	-	14	-	0	-	12.5	-	0	-	0	-	50	-	0	-	0	-	0	-	0	-	
Orange Juice	250	-	55	-	0	-	0	-	0	-	0	-	0	-	13.5	-	0	-	11.5	-	1	-	0	-	60	-	1	-	0	-	0	-	0	-	
White Milk	250	-	130	-	5	-	3	-	0.2	-	20	-	110	-	12	-	0	-	11	-	9	-	15	-	0	-	30	-	0	-	0	-	0	-	D

FRUIT

Banana	28	-	20	-	0.1	-	0	-	0	-	0	-	0	-	6.4	-	0.5	-	3.4	-	0.3	-	2.2	-	13.4	-	0.5	-	0.5	-	0	-	0	-	
Blueberries	28	-	16	-	0.2	-	0.1	-	0	-	0	-	0	-	3.4	-	0.9	-	2.4	-	0.1	-	0	-	6	-	2	-	2	-	0	-	0	-	
Cherries	28	-	20	-	0.1	-	0	-	0	-	0	-	0	-	4.5	-	0.6	-	3.6	-	0.3	-	0	-	15	-	2	-	4	-	0	-	0	-	
Mango	28	-	18	-	0.1	-	0	-	0	-	0	-	0	-	4.2	-	0.4	-	3.8	-	0.2	-	2.2	-	13.4	-	0.5	-	0.5	-	0	-	0	-	
Peach	28	-	10	-	0	-	0	-	0	-	0	-	0	-	2.6	-	0.2	-	2	-	0.2	-	4	-	15	-	0	-	2	-	0	-	0	-	
Pineapple	28	-	26	-	0	-	0	-	0	-	0	-	1	-	6.2	-	0.3	-	5.9	-	0.1	-	0	-	20	-	2	-	4	-	0	-	0	-	
Raspberries	28	-	16	-	0.2	-	0	-	0	-	0	-	0	-	3.3	-	1.8	-	1.2	-	0.3	-	0	-	12.5	-	0.5	-	1.5	-	0	-	0	-	
Strawberries	28	-	10	-	0	-	0	-	0	-	0	-	1	-	2.6	-	0.6	-	1.3	-	0.2	-	0	-	20	-	0.4	-	1.6	-	0	-	0	-	

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CREATION NATION

CREATION	Serving (mL/g)		Calories (kcal)		Total Fat (g)		Sat. Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbs (g)		Fibre (g)		Sugars (g)		Protein (g)		Vit. A (% DVA)		Vit. C (% DVA)		Calcium (% DVA)		Iron (% DVA)		Allergens (see notes)	Supplier info
	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		

SIGNATURE PITAS 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

NUTRITIONAL SYMBOLS & NOTES



Vegan

* 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
- E** Egg
- D** Dairy (milk products)
- M** Mustard/mustard flour
- F** Fish (Also see note 7)
- SN** Seeds/Nuts (Also see notes 8-12)
- Sul** Sulfites
- C** Corn (Also see notes 4-6 and 13)
- Ch** Chickpeas
- 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.
- 4 Corn starch/modified corn starch
- 5 Corn syrup/corn syrup solids
- 6 High fructose corn syrup
- 7 Fish: anchovy
- 8 Sesame
- 9 Sunflower
- 10 Macadamia
- 11 Coconut
- 12 Peanut
- 13 Corn flour

INFORMATION SOURCES & ALLERGY NOTE

The information in these charts is based on product information provided by PITA PIT® approved food suppliers. Every reasonable effort is made to keep this information current; however, it is possible that ingredient changes and substitutions may occur without our knowledge, or consent before these charts can be updated. Accordingly, no warranty is expressed or implied regarding its accuracy. Specific promotional and regional items are not included as ingredients vary. During food preparation, individual food items may come into contact with each other, which is not reflected in these charts. If you have a food allergy, please be aware that PITA PIT® products may contain, or have come into contact with, peanuts, nuts or other possible allergens. PITA PIT® is a restaurant environment serving whole and prepared foods that are not in sealed packages. Therefore, we unfortunately cannot guarantee a 100% allergy-free environment. For this reason, if you have a food allergy we recommend that you refrain from eating our products. Your welfare is our first concern.

REMEMBER: If you have food allergy concerns, please notify Pita Pit staff BEFORE placing your order.