



NUTRITIONAL VALUES AND ALLERGEN INFORMATION

UPDATED AUGUST 2023 - PAGE 1 OF 6 [Check for further updates on pitapit.ca](#)



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

Not all items are available at every Pita Pit.

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	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	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 and Bacon	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	102	52	2.5	1.3	0.3	0.2	0	0	51	25.8	765	387	3.4	1.7	0	0	0.8	0.4	17	8.6	0	0	0	0	1.7	0.9	2.6	1.3		
Chicken Souvlaki	85	43	102	52	5.1	3	0.8	0.4	0	0	56	27.9	501.5	253.7	1.7	0.8	0	0	0.8	0.4	15.3	7.7	0	0	0	0	1.7	0.9	6.0	3.0	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.

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.
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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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INFORMATION SOURCES & ALLERGY NOTE

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NUTRITIONAL VALUES AND ALLERGEN INFORMATION

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TOPPINGS	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	
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	(G)
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	(G)
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	(G) 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	(G)
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	(G)
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	(G) 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	(G) 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	(G)
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	(G)
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	(G)
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	(G)
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	(G)
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	(G) 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	(G)
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	(G)
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	(G)
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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SAUCES & CONDIMENTS	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	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 (V)	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 (V)	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	🌿 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	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	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	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	0	🌿 M,C4
Hot Sauce (V)	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 (V)	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 (V)	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 (V)	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 (V)	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 (V)	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 (V)	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	🌿	
Teriyaki (V)	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

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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	-	80	-	5.9	-	3.9	-	0.2	-	19.6	-	383	-	0.7	-	0	-	0	-	5.6	-	1.1	-	0	-	2.8	-	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	-	110	-	7.5	-	4.7	-	0.3	-	23	-	98	-	0	-	0	-	0	-	7.5	-	9.3	-	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	-	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
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	-	🌿 M
Tex Mex	1	-	0	-	0	-	0	-	0	-	0	-	75	-	0	-	0	-	0	-	0.1	-	2	-	2	-	0	-	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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ALLERGEN SYMBOLS & NOTES

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

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- 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
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NUTRITIONAL VALUES AND ALLERGEN INFORMATION

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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	
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
Summer Berry	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 Escape	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
Berry Blast	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

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 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	LG	SM	Supplier info

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	-	-	Gluten
Vanilla Sorbet	110	-	120	-	0	-	0	-	0	-	0	-	5	-	31	-	0	-	21	-	0	-	0	-	0	-	0	-	0	-	-	Gluten

JUICE & MILK

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

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

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