



# NUTRITIONAL VALUES AND ALLERGEN INFORMATION



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

UPDATED AUGUST 2023 - PAGE 1 OF 6 Check for further updates on pitapit.ca

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)	
	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
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	2	0	10	6	
Gluten Free*	112	-	300	-	6	-	0.5	-	0	-	0	-	460	-	57	-	8	-	0	-	6	-	0	-	0	-	10	-	15	-

## 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	0.6	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
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
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
Del 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
Del 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
Del 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
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
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
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
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
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

## NUTRITIONAL SYMBOLS & NOTES



Vegan

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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
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- 2 Present in products produced on the same line.
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- 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

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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
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
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
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
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
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
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
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
Jalapenos	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
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
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
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
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
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
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
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
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
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
Croutons (package)	14	-	60	-	1.5	-	0	-	0	-	0	-	210	-	10	-	0	-	1	-	1	-	0	-	0	-	0	-	4	-

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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)	
	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
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
Balsamic <span style="color: green;">✔</span>	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
BBQ <span style="color: green;">✔</span>	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
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
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
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
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
Hot Sauce <span style="color: green;">✔</span>	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 <span style="color: green;">✔</span>	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
Lemon Za'atar <span style="color: green;">✔</span>	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
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
Mustard <span style="color: green;">✔</span>	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
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
Smoky BBQ <span style="color: green;">✔</span>	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
Special/Greek <span style="color: green;">✔</span>	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
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
Spicy Thai <span style="color: green;">✔</span>	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 <span style="color: green;">✔</span>	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
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

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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)	
	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	-
Feta	28	-	80	-	5.9	-	3.9	-	0.2	-	19.6	-	383	-	0.7	-	0	-	0	-	5.6	-	1.1	-	0	-	2.8	-	0	-
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
Swiss	28	-	110	-	7.5	-	4.7	-	0.3	-	23	-	98	-	0	-	0	-	0	-	7.5	-	9.3	-	0	-	19	-	0	-
Rice-Whole Grain	57	-	45	-	0.4	-	0	-	0	-	0	-	0	-	9	-	0.5	-	0	-	1	-	0	-	0	-	0	-	1	-

## SEASONINGS

Caribbean Jerk (V)	1	-	0	-	0	-	0	-	0	-	0	-	150	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-	2	-
Chipotle Mango (V)	1	-	0	-	0	-	0	-	0	-	0	-	100	-	1	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-
Garlic Plus (V)	1	-	0	-	0	-	0	-	0	-	0	-	55	-	1	-	0	-	0	-	0.1	-	0	-	6	-	0	-	0	-
Greek (V)	1	-	0	-	0	-	0	-	0	-	0	-	70	-	1	-	0	-	0	-	0.1	-	0	-	6	-	0	-	0	-
Steak Spice (V)	1	-	0	-	0	-	0	-	0	-	0	-	0	-	1	-	0	-	0	-	0	-	0	-	0	-	0	-	0	-
Tex Mex (V)	1	-	0	-	0	-	0	-	0	-	0	-	75	-	0	-	0	-	0	-	0.1	-	2	-	2	-	0	-	0	-

## COOKIES & PITA CHIPS

Carnival	-	38	-	160	-	7	-	3.5	-	0	-	10	-	125	-	24	-	1	-	15	-	2	-	6	-	0	-	0	-	4
Chocolate Chip	-	38	-	170	-	7	-	4	-	0	-	10	-	120	-	24	-	1	-	15	-	2	-	6	-	0	-	0	-	6
Double Chocolate	-	38	-	170	-	8	-	4.5	-	0	-	10	-	135	-	23	-	1	-	2	-	2	-	6	-	0	-	2	-	4
Macadamia Nut	-	38	-	170	-	9	-	3.5	-	0	-	10	-	170	-	20	-	1	-	12	-	3	-	6	-	0	-	0	-	4
Oatmeal Raisin	-	38	-	160	-	7	-	4	-	0	-	10	-	130	-	23	-	1	-	13	-	2	-	4	-	0	-	0	-	4
Peanut Butter	-	38	-	170	-	9	-	3.5	-	0	-	10	-	170	-	20	-	1	-	12	-	3	-	6	-	0	-	0	-	4
Pita Chips (bag) (V)	113	-	312	-	17.9	-	1.3	-	0.3	-	0	-	1057	-	45	-	2	-	1	-	6.9	-	0.1	-	34.1	-	8	-	15	-

## 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

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# NUTRITIONAL VALUES AND ALLERGEN INFORMATION

UPDATED AUGUST 2023 - PAGE 6 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.

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)	
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	-
Vanilla Sorbet	110	-	120	-	0	-	0	-	0	-	0	-	5	-	31	-	0	-	21	-	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	-
Orange Juice	250	-	55	-	0	-	0	-	0	-	0	-	0	-	13.5	-	0	-	11.5	-	1	-	0	-	60	-	1	-	0	-
White Milk	250	-	130	-	5	-	3	-	0.2	-	20	-	110	-	12	-	0	-	11	-	9	-	15	-	0	-	30	-	0	-

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

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