



NUTRITIONALS & ALLERGEN GUIDE

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

NUTRITIONAL DISCLAIMER:

The nutritional information provided in these charts is based on data from Pita Pit-approved suppliers, standardized recipes, and calculated serving sizes. While we strive to ensure accuracy, variations may occur due to differences in preparation, ingredient substitutions, seasonal variations, or supplier changes. As a result, actual nutritional values may differ from those listed. Calories and macronutrient values are approximate and should be used as a general guide. If you have specific dietary concerns or restrictions, we recommend consulting a registered dietitian or healthcare professional.

ALLERGEN DISCLAIMER:

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. If you have a food allergy, or have come into contact with, peanuts, tree 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% allergen-free environment.



NUTRITIONALS & ALLERGEN GUIDE

CREATED FOR YOU — PITA

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas (mg)	Calc (mg)	Iron (mg)	Allergens
C4U - Crispy Donair Pita	Small	380	21	4.5	0	30	38	1	4	13	570	170	55	2.2	Milk, Wheat/Gluten, Soy
	Regular	570	29	7	0.5	45	61	2	7	20	840	310	70	5.4	Milk, Wheat/Gluten, Soy
	XL	820	45	14	1	80	73	3	12	31	1260	460	95	6.4	Milk, Wheat/Gluten, Soy
C4U Crispy chicken shawarma	Small	460	30	4	0	45	33	3	4	13	1100	390	75	3	Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites
	Regular	750	50	7	0	90	50	6	6	24	1800	710	120	5	Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites
	XL	1160	75	12	0	155	80	8	9	41	2500	970	190	7	Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites
C4U Crispy Beef Shawarma	Small	460	30	4	0	42	33	3	4	18	1120	470	85	3	Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites
	Regular	750	50	7	0	85	50	6	6	33	1990	870	145	6	Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites
	XL	1150	65	11	0	140	80	8	9	58	2900	1290	230	9	Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites
C4U - Crispy Halloumi Shawarma	Small	550	40	10	0	40	35	4	5	17	1350	370	350	3	Gluten, Milk, Egg, Sesame, Mustard, Sulfites
	Regular	920	65	19	0	85	50	6	9	31	2300	670	680	4	Gluten, Milk, Egg, Sesame, Mustard, Sulfites
	XL	1460	100	34	1	140	85	8	14	52	3400	850	1300	6	Gluten, Milk, Egg, Sesame, Mustard, Sulfites
C4U Ancho Chicken Pita	Small	540	27	9	0	65	50	6	11	26	1800	700	300	4.5	Gluten, Milk, Egg, Mustard, Sulfites
	Regular	920	52	17	0.5	130	69	11	20	46	3370	1300	550	6.5	Gluten, Milk, Egg, Mustard, Sulfites
	XL	1690	102	34	1.2	255	112	21	39	88	6540	2650	1050	11.5	Gluten, Milk, Egg, Mustard, Sulfites
	Small	470	27	7	0.3	70	33	2	3	27	830	550	300	3.5	Gluten, Milk, Egg, Soy, Mustard



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C4U Cordon Bleu Pita	Regular	800	51	13	0.7	140	39	3	5	49	1480	1300	550	5	Gluten, Milk, Egg, Soy, Mustard
	XL	1440	99	26	1.4	280	49	5	8	93	2710	1850	1100	8.5	Gluten, Milk, Egg, Soy, Mustard
C4U Chicken Crave 2.0 Pita	Small	360	10	5	0	60	48	3	17	23	1250	600	200	3.5	Gluten, Milk
	Regular	650	24	11	0.2	130	71	5	34	43	2550	1400	400	5	Gluten, Milk
	XL	1150	45	22	0.3	255	113	8	66	81	4740	2150	700	8	Gluten, Milk
C4U Fiesta Steak Pita	Small	580	38	10	0.5	70	43	3	10	22	1210	500	300	4	Gluten, Milk, Egg, Soy, Mustard
	Regular	1210	76	20	1	135	89	7	22	45	2560	850	550	7.5	Gluten, Milk, Egg, Soy, Mustard
	XL	1980	145	39	2	270	96	11	40	74	4510	1550	1000	10	Gluten, Milk, Egg, Soy, Mustard
C4U Halloumi & Falafel Pita	Small	570	36	15	0.5	70	43	4	7	23	1510	500	600	3.5	Gluten, Milk, Sesame, Sulfites
	Regular	870	55	24	1	135	56	4	18	41	2220	800	850	4	Gluten, Milk, Sesame, Sulfites
	XL	1830	135	56	3	275	87	14	24	76	5410	1700	2100	9.5	Gluten, Milk, Sesame, Sulfites
C4U Halloumi Bacon Pita	Small	670	46	14	0.7	85	43	3	11	27	1600	550	450	3.5	Gluten, Milk, Egg, Soy, Mustard
	Regular	830	53	23	1.2	120	53	4	18	39	2050	900	800	4.5	Gluten, Milk, Egg, Soy, Mustard
	XL	1670	133	47	2.3	295	55	7	10	75	3990	1450	1600	7	Gluten, Milk, Egg, Soy, Mustard
C4U Sweet Heat Pita	Small	520	25	8	0.4	70	55	3	16	24	1850	500	300	3	Gluten, Milk, Egg, Soy
	Regular	900	48	15	0.7	135	81	5	29	42	3450	850	500	4	Gluten, Milk, Egg, Soy
	XL	1640	94	29	1.4	270	133	8	56	77	7600	1750	950	5.5	Gluten, Milk, Egg, Soy
C4U Jalapeno Club Pita	Small	510	22	7	0.3	50	54	2	17	23	1170	550	300	2.5	Gluten, Milk, Egg, Soy



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	Regular	870	41	14	0.7	100	80	4	33	40	2160	1350	550	3.5	Gluten, Milk, Egg, Soy
	XL	1580	80	28	1.2	190	131	6	63	74	4060	2000	1000	5.5	Gluten, Milk, Egg, Soy
C4U Lemon Pepper Chicken Pita	Small	430	23	7	0	60	36	3	7	21	1060	450	200	2.5	Gluten, Milk, Sesame
	Regular	700	43	14	0.5	115	44	5	11	37	1910	800	350	3.5	Gluten, Milk, Sesame
	XL	1260	84	27	1	230	61	8	22	69	3610	160	650	5.5	Gluten, Milk, Sesame
C4U Mighty Ceasar Pita	Small	460	26	4.5	0.2	65	36	3	3	23	960	400	125	3	Gluten, Milk, Egg, Fish
	Regular	780	50	9	0	125	46	5	5	40	1700	750	200	4.5	Gluten, Milk, Egg, Fish
	XL	1400	97	16	0	245	63	8	9	74	3200	1400	400	7	Gluten, Milk, Egg, Fish
C4U BBQ Brisket Pita	Small	600	32	9	0.6	60	57	2	23	22	1310	800	350	3.5	Gluten, Milk, Egg, Soy, Mustard, Sulfites
	Regular	1050	61	18	1.1	115	87	3	45	39	2410	1550	600	5.5	Gluten, Milk, Egg, Soy, Mustard, Sulfites
	XL	1940	119	34	2.2	230	145	5	88	72	4620	3000	1150	9	Gluten, Milk, Egg, Soy, Mustard, Sulfites
C4U Southwest Baja Pita	Small	630	41	9	0.4	45	55	7	11	18	1180	700	350	4.5	Gluten, Milk, Egg, Soy, Mustard
	Regular	1070	73	18	0.5	85	79	9	22	30	2130	900	600	7	Gluten, Milk, Egg, Soy, Mustard
	XL	2180	160	37	1.5	170	142	25	44	57	4360	2350	1150	12	Gluten, Milk, Egg, Soy, Mustard
C4U Spicy Buffalo Cesar Pita	Small	650	40	9	0	60	49	3	10	23	1930	400	350	3.5	Gluten, Milk, Egg, Soy, Fish, Mustard
	Regular	1160	78	18	0.5	115	71	5	18	41	3650	750	600	5	Gluten, Milk, Egg, Soy, Fish, Mustard
	XL	2150	153	35	1.5	230	111	8	33	33	7100	1400	1150	8	Gluten, Milk, Egg, Soy, Fish, Mustard



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C4U Spicy Greek Pita	Small	360	16	7	0	60	37	3	6	22	1930	550	225	3	Gluten, Milk, Soy, Mustard, Sulfites
	Regular	610	32	14	0.4	125	48	5	10	40	3770	1000	400	4.5	Gluten, Milk, Soy, Mustard, Sulfites
	XL	1070	61	27	0.7	250	66	9	18	75	7280	2000	700	7	Gluten, Milk, Soy, Mustard, Sulfites
C4U Veg Cheeseburger Pita	Small	540	27	8	0	35	63	6	16	19	1420	600	300	4	Gluten, Sulfites, Milk, Egg, Soy, Mustard
	Regular	940	51	15	0.5	70	97	11	31	32	2630	1100	550	6	Gluten, Sulfites, Milk, Egg, Soy, Mustard
	XL	1730	99	30	1.5	135	158	21	60	59	5060	2200	1050	10.5	Gluten, Sulfites, Milk, Egg, Soy, Mustard
C4U West Coast Club Pita	Small	580	31	8	0.4	85	49	5	15	27	2030	750	300	3	Gluten, Sulfites, Milk, Egg, Soy, Mustard
	Regular	1010	61	16	0.5	165	70	8	28	48	3860	1400	500	4.5	Gluten, Sulfites, Milk, Egg, Soy, Mustard
	XL	1870	118	32	1.4	330	112	15	54	91	8460	2850	950	6.5	Gluten, Sulfites, Milk, Egg, Soy, Mustard
C4U Zesty chicken /bacon Pita	Small	460	23	3.5	0.1	50	49	3	16	19	1430	450	125	2.5	Gluten, Milk, Egg, Fish
	Regular	780	44	6	0.3	100	69	5	30	32	2540	800	225	3.5	Gluten, Milk, Egg, Fish
	XL	1400	86	12	0.4	200	107	8	58	59	4760	1450	400	5.5	Gluten, Milk, Egg, Fish
C4U Chicken Bruschetta Pita	Small	530	35	7	0.2	70	34	2	4	22	1160	450	250	3.5	Gluten, Sulfites, Milk, Egg, Soy, Mustard
	Regular	910	68	14	0.4	135	40	3	7	38	2120	800	450	5	Gluten, Sulfites, Milk, Egg, Soy, Mustard
	XL	1670	134	28	0.8	265	51	6	12	71	4030	1550	800	8	Gluten, Sulfites, Milk, Egg, Soy, Mustard
C4U Balsamic bacon Pita	Small	510	29	9	0	45	42	3	7	23	1030	450	350	4	Gluten, Milk, Soy, Sulfites
	Regular	830	55	17	1	90	49	4	11	39	1790	800	650	5.5	Gluten, Milk, Soy, Sulfites



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C4U BBQ Bacon Cheeseburger Pita	XL	1510	107	34	1.9	175	70	8	22	72	3380	1650	1200	9.5	Gluten, Milk, Soy, Sulfites
	Small	530	26	10	0.5	70	50	3	15	27	1790	600	600	12	Gluten, Milk, Egg, Soy, Mustard
	Regular	910	49	19	0.9	135	72	4	27	48	3380	1100	1100	2.5	Gluten, Milk, Egg, Soy, Mustard
	XL	1660	96	37	1.6	265	117	6	53	90	6480	2200	1000	9	Gluten, Milk, Egg, Soy, Mustard

CREATED FOR YOU — SALAD BOWL

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas (mg)	Calc (mg)	Iron (mg)	Allergens
C4U - Crispy Donair Salad Bowl	Small	150	9	3.5	0	20	14	2	4	7	400	230	50	1.4	Milk, Wheat/Gluten, Soy
	Large	300	17	7	0.5	35	25	3	8	13	620	430	75	2.9	Milk, Wheat/Gluten, Soy
C4U Crispy Chicken Shawarma	Small	270	20	3	0	45	10	3	2	10	690	390	45	1.5	Milk, Egg, Soy, Sesame, Sulfites
	Large	540	41	6	0	90	20	6	4	20	1380	780	90	3	Milk, Egg, Soy, Sesame, Sulfites
C4U Crispy Beef Shawarma	Small	265	18	3	0	40	10	3	3	15	780	470	55	2	Milk, Egg, Soy, Sesame, Sulfites
	Large	530	36	6	0	80	20	6	6	30	1560	940	110	4	Milk, Egg, Soy, Sesame, Sulfites
C4U Ancho chicken Salad	Small	380	25	8	0.3	65	21	5	9	21	1590	650	250	2.5	Milk, Egg, Mustard, Sulfites
	Large	760	49	17	0.6	130	41	10	18	41	3170	1250	500	5	Milk, Egg, Mustard, Sulfites
C4U Cordon Bleu Salad	Small	320	24	6	0.3	70	6	1	2	22	630	500	300	1.8	Milk, Egg, Soy, Mustard



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Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas (mg)	Calc (mg)	Iron (mg)	Allergens
C4U Chicken Crave Salad	Large	650	48	13	0.7	140	12	2	4	44	1250	950	550	3.5	Milk, Egg, Soy, Mustard
	Small	250	11	5	0.1	65	22	2	16	19	1210	550	175	1.8	Milk
	Large	500	21	11	0.2	130	43	4	32	38	2310	1050	350	3.5	Milk
C4U Fiesta Steak Salad	Small	480	37	10	0.5	70	20	3	10	18	1120	400	250	2.5	Milk, Egg, Soy, Mustard
	Large	960	74	19	0.9	135	39	6	19	36	2240	800	500	5	Milk, Egg, Soy, Mustard
C4U Halloumi & Falafel Salad	Small	420	33	14	0.7	70	15	3	5	18	1300	450	550	2	Milk, Sesame, Sulfites
	Large	830	66	28	1.4	140	29	6	11	36	2600	850	1050	4	Milk, Sesame, Sulfites
C4U Halloumi & Bacon Salad	Small	490	41	13	0.6	80	15	2	9	18	1260	400	400	1.5	Milk, Egg, Soy, Mustard
	Large	980	81	26	1.1	160	30	3	17	36	2470	750	800	3	Milk, Egg, Soy, Mustard
C4U Sweet Heat Salad	Small	370	23	7	0.4	70	27	2	14	18	1650	400	225	1.2	Milk, Egg, Soy
	Large	740	46	14	0.7	135	53	3	27	36	3240	800	450	2.2	Milk, Egg, Soy
C4U Jalapeno Club Salad	Small	360	19	7	0.3	50	27	1	16	18	970	550	250	1	Milk, Egg, Mustard
	Large	720	39	14	0.6	95	53	3	32	35	1930	1050	500	2	Milk, Egg, Mustard
C4U Lemon Pep Chicken Salad	Small	380	31	8	0.5	60	10	2	7	16	1040	350	150	1	Milk, Sesame
	Large	760	62	16	0.9	115	19	3	13	32	2080	700	300	2	Milk, Sesame
C4U Mighty Caesar Salad	Small	290	22	3.5	0.1	60	9	1	2	16	690	350	50	1.2	Gluten, Milk, Egg, Fish
	Large	620	47	8	0.2	125	17	3	4	35	1500	650	175	2.5	Gluten, Milk, Egg, Fish
C4U BBQ Brisket Salad	Small	450	29	8	0.6	60	30	1	22	17	1110	750	300	2	Milk, Egg, Soy, Mustard, Sulfites



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C4U Southwest Baja Salad	Large	900	58	17	1.1	115	60	2	44	34	2210	1500	550	4	Milk, Egg, Soy, Mustard, Sulfites
	Small	500	39	9	0.4	45	28	6	10	13	1040	550	300	3	Milk, Egg, Soy, Mustard
	Large	1010	79	18	0.7	85	56	12	20	26	2070	1100	550	5.5	Milk, Egg, Soy, Mustard
C4U Spicy Buffalo Caesar Salad	Small	500	38	8	0.3	60	21	2	8	18	1720	350	300	1.8	Gluten, Milk, Egg, Soy, Fish, Mustard
	Large	1000	76	17	0.7	115	43	4	17	36	3440	700	550	3.5	Gluten, Milk, Egg, Soy, Fish, Mustard
C4U Spicy Greek Salad	Small	230	15	7	0.2	65	10	2	4	18	1810	500	175	1.5	Gluten, Milk, Soy, Mustard, Sulfites
	Large	460	29	13	0.4	125	19	4	8	35	3560	950	350	3	Gluten, Milk, Soy, Mustard, Sulfites
C4U Veg cheeseburger Salad	Small	390	24	7	0.3	35	35	5	14	14	1220	550	250	2.2	Milk, Egg, Soy, Mustard, Sulfites
	Large	780	48	15	0.7	70	69	10	29	27	2430	1050	500	4.5	Milk, Egg, Soy, Mustard, Sulfites
C4U West Coast Club Salad	Small	430	29	8	0.4	85	21	3	13	22	1830	700	225	1.2	Milk, Egg, Soy, Mustard, Sulfites
	Large	870	58	16	0.7	165	44	8	24	44	3840	1350	500	3.5	Milk, Egg, Soy, Mustard, Sulfites
C4U Zesty Chicken/bacon Salad	Small	320	21	3	0.1	50	23	2	15	14	1230	400	100	1	Milk, Egg, Fish
	Large	630	42	6	0.2	100	43	4	29	27	2330	750	175	2	Milk, Egg, Fish
C4U Chicken Bruschetta Salad	Small	380	33	7	0	70	7	1	3	17	960	400	200	1.8	Gluten, Milk, Egg, Soy, Mustard, Sulfites
	Large	760	66	13	0	135	13	3	6	33	1910	800	3.5	4	Gluten, Milk, Egg, Soy, Mustard, Sulfites
C4U Balsamic bacon Salad	Small	340	26	8	0	45	10	1	5	17	800	400	300	2	Milk, Soy, Sulfites
	Large	670	52	17	1	90	20	3	9	33	1590	750	600	4	Milk, Soy, Sulfites
	Small	400	25	9	0	70	24	2	13	22	1570	500	250	2	Milk, Egg, Soy, Mustard



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CREATED FOR YOU — SALAD BOWL

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C4U BBQ Bacon Cheeseburger Salad	Large	800	49	18	1	135	48	5	27	43	3140	1000	500	4	Milk, Egg, Soy, Mustard

CREATED FOR YOU — RICE BOWL

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas (mg)	Calc (mg)	Iron (mg)	Allergens
B4U - Crispy Donair Rice Bowl	Small	420	11	3.5	0	20	70	4	4	13	400	360	65	3	Milk, Wheat/Gluten, Soy
	Large	830	21	7	0.5	35	137	9	8	26	630	700	100	6	Milk, Wheat/Gluten, Soy
C4U Crispy Chicken Shawarma Rice Bowl	Small	540	23	1.5	0	35	65	6	2	18	540	520	60	4	Milk, Egg, Soy, Sesame, Sulfites
	Large	1080	46	3	0	70	130	12	4	36	1080	1040	120	8	Milk, Egg, Soy, Sesame, Sulfites
C4U Crispy Beef Shawarma Rice Bowl	Small	510	19	2.5	0	15	70	6	2	16	600	440	55	3	Milk, Egg, Soy, Sesame, Sulfites
	Large	1020	38	5	0	30	140	12	4	32	1200	880	110	6	Milk, Egg, Soy, Sesame, Sulfites
C4U Ancho chicken Rice Bowl	Small	500	25	8	0	60	47	7	10	26	1650	650	250	3	Milk, Egg, Mustard, Sulfites
	Large	1000	50	16	0	120	95	14	20	52	3300	1300	500	6	Milk, Egg, Mustard, Sulfites
C4U Cordon Bleu Rice Bowl	Small	450	25	7	0	70	34	3	2	28	630	600	250	3	Milk, Egg, Soy, Mustard
	Large	900	50	14	0	140	68	6	4	56	1260	1200	500	6	Milk, Egg, Soy, Mustard
C4U Chicken Crave Rice Bowl	Small	430	15	7	0	70	53	4	18	28	1440	600	200	3	Milk
	Large	860	30	14	0	140	106	8	36	56	2880	1100	400	6	Milk



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C4U Fiesta Steak Rice Bowl	Small	600	37	9	0	65	46	5	9	21	1090	550	230	3	Milk, Egg, Soy, Mustard
	Large	1200	74	18	0	130	92	10	18	42	2180	1100	460	6	Milk, Egg, Soy, Mustard
C4U Halloumi & Falafel Rice Bowl	Small	580	37	15	1	60	45	5	8	22	1600	500	510	3	Milk, Sesame, Sulfites
	Large	1160	74	30	2	120	90	10	16	44	3200	1000	1100	6	Milk, Sesame, Sulfites
C4U Halloumi & Bacon Rice Bowl	Small	600	41	13	0.5	70	42	4	9	20	1180	550	410	3	Milk, Egg, Soy, Mustard
	Large	1200	82	26	1	140	84	8	18	40	2360	1100	820	6	Milk, Egg, Soy, Mustard
C4U Sweet Heat Rice Bowl	Small	520	26	7	0	70	54	4	14	28	1730	500	210	2	Milk, Egg, Soy
	Large	1040	52	14	0	140	108	8	28	56	3460	1000	420	4	Milk, Egg, Soy
C4U Jalapeno Club Rice Bowl	Small	490	21	7	0	50	54	3	16	28	990	600	230	2	Milk, Egg, Soy
	Large	980	42	14	0	100	2108	6	32	56	1980	1200	460	4	Milk, Egg, Mustard
C4U Lemon Pep Chicken Rice Bowl	Small	540	35	9	0	65	41	4	8	27	1270	500	160	2	Milk, Sesame
	Large	1080	70	18	0	130	82	8	16	53	2540	1000	320	4	Milk, Sesame
C4U Mighty Caesar Rice Bowl	Small	440	24	4	0	60	37	4	1	28	720	400	85	3	Gluten, Milk, Egg, Fish
	Large	880	48	7	0	120	74	8	2	56	1440	800	170	6	Gluten, Milk, Egg, Fish
C4U BBQ Brisket Rice Bowl	Small	580	30	9	0.5	60	58	3	22	28	1130	700	260	3	Milk, Egg, Soy, Mustard, Sulfites
	Large	1160	60	18	1	120	116	6	44	56	2260	1400	520	6	Milk, Egg, Soy, Mustard, Sulfites
C4U Southwest Baja Rice Bowl	Small	630	40	9	0	40	54	8	10	24	1160	700	260	4	Milk, Egg, Soy, Mustard
	Large	1260	80	18	0	80	108	16	20	48	2320	1400	520	8	Milk, Egg, Soy, Mustard



NUTRITIONALS & ALLERGEN GUIDE

CREATED FOR YOU — RICE BOWL

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas (mg)	Calc (mg)	Iron (mg)	Allergens
C4U Spicy Buffalo Rice Bowl	Small	610	38	9	0	60	48	4	8	29	1710	500	260	3	Gluten, Milk, Egg, Soy, Fish, Mustard
	Large	1220	76	18	0	120	96	8	16	57	3420	1000	520	6	Gluten, Milk, Egg, Soy, Fish, Mustard
C4U Spicy Greek Rice Bowl	Small	410	18	8	0	70	41	4	6	28	2150	600	185	3	Gluten, Milk, Soy, Mustard, Sulfites
	Large	820	36	16	0	140	82	8	12	56	4300	1200	370	6	Gluten, Milk, Soy, Mustard, Sulfites
C4U Veg cheeseburger Rice Bowl	Small	520	25	7	0	30	60	6	16	24	1250	550	235	4	Milk, Egg, Soy, Mustard, Sulfites
	Large	1040	50	14	0	60	120	12	32	48	2490	1100	470	8	Milk, Egg, Soy, Mustard, Sulfites
C4U West Coast Club Rice Bowl	Small	550	30	8	0	80	46	5	10	33	1960	700	235	3	Milk, Egg, Soy, Mustard, Sulfites
	Large	1100	60	16	0	160	92	10	20	66	3720	1400	470	6	Milk, Egg, Soy, Mustard, Sulfites
C4U Zesty Chicken/bacon Rice Bowl	Small	450	22	3	0	50	50	4	15	24	1170	450	85	2	Milk, Egg, Fish
	Large	900	44	6	0	100	100	8	30	48	2340	900	170	4	Milk, Egg, Fish
C4U Chicken Bruschetta Rice Bowl	Small	660	50	8	0	80	37	3	4	28	1250	500	185	3	Gluten, Milk, Egg, Soy, Mustard, Sulfites
	Large	1320	100	16	0	160	74	6	8	54	2500	1000	370	6	Gluten, Milk, Egg, Soy, Mustard, Sulfites
C4U Balsamic bacon Rice Bowl	Small	470	27	9	0	45	38	4	5	27	790	500	310	3	Milk, Soy, Sulfites
	Large	940	54	18	0	90	76	8	10	54	1580	1000	620	6	Milk, Soy, Sulfites
C4U BBQ Bacon Cheeseburger Rice Bowl	Small	510	25	9	0	65	51	4	14	36	1610	550	250	3	Milk, Egg, Soy, Mustard
	Large	1020	50	18	0	130	102	8	28	72	3200	1100	500	6	Milk, Egg, Soy, Mustard



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - PITA BREAD

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Pita White	1 EA (57g)	150	2.5	0.5	0	0	28	1	2	6	210	75	50	1.8	Gluten
Pita Whole Wheat	1 EA (57g)	150	2.5	0.5	0	0	28	1	2	6	210	75	50	1.8	Gluten
Pita Gluten- Free	1 EA (112g)	280	5	0	0	0	52	8	0	6	460	350	150	2	None
Bread Pita blend	1 EA (60g)	160	2.5	0.5	0	0	30	1	2	6	220	75	50	1.8	Gluten

BUILD YOUR OWN - RICE

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Rice for Pitass	Small 2 oz	70	0	0	0	0	14	1	0	2	0	50	5	0.5	None
	Large 4 oz	130	1	0	0	0	28	2	0	3	0	100	10	1	None
	XL 8 oz	270	2	0	0	0	57	3	0	7	5	200	20	2	None
Rice for Bowls	Small 4 oz	130	1	0	0	0	28	2	0	3	0	100	10	1	None
	Large 8 oz	270	2	0	0	0	57	3	0	7	5	200	20	2	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - PROTEINS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Crispy Donair	Small 1.5 oz	112	7.7	3.1	0.3	17	4.9	0	0	4.9	209	0	0	0.9	Gluten, Soy
	Large 3 oz	223	15.3	6.3	0.6	35	9.8	0	0	9.8	418	0	0	1.7	Gluten, Soy
	XL 6 oz	446	30.7	12.5	1.1	70	19.5	0	0	19.5	837	0	0	3.5	Gluten, Soy
Crispy beef Shawarma	Small 1.5 oz	72	3	1	0	28	1	0	0	10	340	160	15	1	Milk, Soy
	Large 3 oz	145	6	2	0	56	2	0	0	20	680	320	30	2	Milk, Soy
	XL 6 oz	280	12	5	0	110	3	0	0	25	1350	640	70	4	Milk, Soy
Crispy Chicken Shawarma	Small 1.5 oz	76	5	1.5	0	32	0.6	0	0	6	250	80	6	0.4	Milk, Soy
	Large 3 oz	150	19	3	0	64	1.2	0	0	12	500	160	12	0.7	Milk, Soy
	XL 6 oz	300	21	6	0	127	2.5	1	1	23	996	330	25	1.5	Milk, Soy
Falafel	Small 2 Pc	100	5	1	0	0	11	3	2	3	170	150	75	2	None
	Large 4 Pc	190	10	1	0	0	22	6	4	6	340	300	125	4	None
	XL 6 Pc	380	19	3.5	0	0	43	12	7	12	670	550	250	7.5	None
Bacon	Small 3 slices	70	5	1.5	0.1	20	1	0	1	7	330	100	0	0.4	None
	Large 6 slices	150	10	1.5	0.2	40	2	0	1	13	650	200	0	0.8	None
	XL 8 Slices	300	20	7	0	75	4	0	2	26	1300	400	10	1.2	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - PROTEINS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Beef Brisket	Small 1.5 oz	100	6	2.5	0.2	30	3	0	1	7	340	350	0	0.8	Soy
	Large 3 oz	200	13	2.5	0.4	55	6	0	3	14	670	650	10	1.5	Soy
	XL 6 oz	390	26	10	0.8	105	11	0	5	28	1330	1300	20	3	Soy
Buffalo Chicken	Small 1.5 oz	90	3.5	0	0	15	9	0	0	6	160	100	0	0.8	Gluten, Soy
	Large 3 oz	180	7	0	0	30	17	1	0	12	310	175	10	1.2	Gluten, Soy
	XL 6 oz	360	14	1	0	55	33	2	0	24	620	350	20	2.2	Gluten, Soy
Chicken Breast	Small 1.5 oz	50	1	0	0	35	0	0	0	10	170	125	0	0.3	None
	Large 3 oz	100	2	0	0	65	0	0	0	20	330	250	0	0.8	None
	XL 6 oz	190	4	1	0	125	0	0	0	39	660	500	10	1.2	None
Chicken & Bacon	Small 1.5 oz	100	4.5	1.5	0.1	45	1	0	0	15	380	200	0	0.8	None
	Large 3 oz	190	9	1.5	0.1	85	2	0	1	29	760	400	10	1.2	None
	XL 6 oz	390	17	6	0	170	3	0	1	57	1520	750	20	2.2	None
Chicken Shawarma	Small 1.5 oz	50	2.5	0	0	30	1	0	0	8	260	100	10	0.8	Soy
	Large 3 oz	100	5	0	0	60	2	0	1	16	510	175	20	1.2	Soy
	XL 6 oz	200	10	0	0	115	4	0	2	31	1010	350	40	2.2	Soy



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - PROTEINS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Chicken Souvlaki	Small 1.5 oz	50	1.5	0	0	30	2	0	0	9	390	150	10	0.3	Soy
	Large 3 oz	100	2.5	0	0	55	4	0	1	18	770	300	20	0.5	Soy
	XL 6 oz	200	5	0.5	0	105	7	0	2	35	1540	550	40	1	Soy
Southwest chicken	Small 1.5 oz	100	5	1	0	35	4	0	3	10	270	175	10	0.4	Milk, Egg, Mustard
	Large 3 oz	190	10	1	0	70	7	0	6	20	540	350	20	1	Milk, Egg, Mustard
	XL 6 oz	200	10	0	0	115	4	0	2	31	1010	350	40	2.2	Milk, Egg, Mustard
Chicken Crave	Small 1.5 oz	70	1.5	0	0	40	1	0	0	13	270	200	0	0.5	None
	Large 3 oz	140	3	0	0	75	2	0	1	26	560	700	0	1	None
	XL 6 oz	190	4	1	0	125	0	0	0	39	660	500	10	1.2	None
Southwest Steak	Small 1.5 oz	110	6	1.5	0.1	25	5	0	3	9	420	175	10	1	Milk, Egg, Soy, Mustard
	Large 3 oz	210	13	1.5	0.2	50	9	0	7	17	840	350	20	2	Milk, Egg, Soy, Mustard
	XL 6 oz	240	10	4.5	0.3	90	4	0	2	33	1260	550	20	3.5	Milk, Egg, Soy, Mustard
Steak	Small 1.5 oz	60	2.5	1	0.1	25	1	0	0	9	320	150	0	1	Soy
	Large 3 oz	120	5	1	0.2	45	2	0	1	17	630	300	10	1.8	Soy
	XL 6 oz	240	10	4.5	0.3	90	4	0	2	33	1260	550	20	3.5	Soy
Deli ham	Small 2 slices	35	1	0	0	15	2	0	0	6	200	175	0	0.3	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - PROTEINS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	Large 4 slices	80	2.5	0	0	30	3	0	1	12	460	950	0	0.5	None
	XL 8 Slices	220	7	2	0	85	7	0	2	33	1190	950	30	1.8	None
Deli Turkey	Small 2 slices	60	0.5	0	0	25	3	0	1	7	390	300	0	0.4	None
	Large 4 slices	120	1.5	0	0	50	6	0	1	13	770	600	10	0.8	None
	XL 8 Slices	230	2.5	1	0	95	11	0	3	26	1530	1200	20	1.5	None
Deli Club	Small 2 slices	70	2.5	1	0	25	3	0	1	9	400	300	0	0.4	None
	Large 4 slices	150	5	1	0.1	50	5	0	2	17	830	850	0	1	None
	XL 8 Slices	290	10	3.5	0	100	9	0	3	33	1590	1050	20	1.8	None
Gyro	Small 2 slices	150	13	4.5	0.3	30	2	0	1	9	370	175	20	1.2	Soy, Mustard
	Large 4 slices	300	26	4.5	0.6	60	4	0	2	18	740	350	40	2.5	Soy, Mustard
	XL 8 Slices	600	52	18	1.2	120	8	0	4	36	1480	700	100	5	Soy, Mustard
BBQ Rib Patty	Small 1.5 oz	160	11	4.5	0	50	0	0	0	12	55	150	20	0.5	None
	Large 3 oz	310	23	9	0	95	0	0	0	24	115	300	30	1	None
	XL 6 oz	620	46	17	0	190	0	0	0	48	230	550	75	2	None
Ham Black Forest Sliced	Small 1 slice	20	0.5	0	0	5	1	0	0	3	100	75	0	0.1	None
	Large 2 slices	35	1	0	0	15	2	0	0	6	200	175	0	0.3	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - PROTEINS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	XL 4 Slices	80	2.5	0	0	30	3	0	1	12	460	950	0	0.5	None
Halloumi	Small 1.5 oz	140	11	7	0.4	30	2	0	1	9	470	50	300	0	Milk
	Large 3 oz	280	23	14	0.8	60	3	0	3	18	940	100	600	0	Milk
	XL 6 oz	570	45	28	1.5	115	6	0	6	34	1870	175	1150	0	Milk
Black Beans Patty	Small 2 Pc	100	5	0	0	0	11	2	2	4	180	150	20	1.2	None
	Large 4 Pc	200	11	1	0	0	23	5	3	8	350	300	50	2.5	None
	XL 8 Pc	400	21	1.5	0	0	46	9	6	15	700	600	100	5.5	None
Pepperoni	Small 2 Pc	110	8	3	0	30	2	0	1	7	530	225	20	0.4	Mustard

BUILD YOUR OWN - TOPPINGS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Cheddar Cheese	Small 1 oz	110	9	6	0.3	30	2	0	0	7	210	20	200	0	Milk
	Large 2 oz	210	17	11	0.6	60	3	1	1	13	420	40	400	0.1	Milk
	XL 4 oz	430	35	23	1.2	115	6	2	2	26	840	75	750	0.2	Milk
Mozzarella Cheese	Small 1 oz	80	6	4	0	20	1	0	0	7	190	30	175	0.1	Milk
	Large	170	12	8	0	40	2	0	0	14	380	50	400	0.2	Milk



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - TOPPINGS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	2 oz														
	XL 4 oz	340	23	15	0.5	75	3	0	0	29	750	100	750	0.3	Milk
Swiss Cheese	Small 1 oz	100	8	4.5	0.3	20	1	0	0	8	110	10	225	0	Milk
	Large 2 oz	210	15	9	0.6	40	2	0	0	16	220	20	450	0	Milk
	XL 4 oz	420	30	19	1.1	80	4	0	0	31	440	40	900	0	Milk
Parmesan Cheese	Small 1 oz	15	1	0.5	0.1	5	0	0	0	2	60	0	40	0	Gluten, Milk
	Large 2 oz	35	2	1.5	0.1	10	0	0	0	3	115	10	75	0	Gluten, Milk
	XL 4 oz	70	4.5	3	0.2	15	1	1	0	5	230	20	150	0	Gluten, Milk
Feta Cheese	Small 1 oz	70	6	4	0	20	0	0	0	4	330	20	100	0	Milk
	Large 2 oz	130	11	8	0	40	0	0	0	8	650	40	200	0	Milk
	XL 4 oz	260	23	15	0	80	0	0	0	16	1290	100	400	0	Milk
Alfalfa Sprouts	Small 1 oz	0	0	0	0	0	0	0	0	0	0	10	0	0.1	None
	Large 2 oz	0	0	0	0	0	0	0	0	1	5	20	0	0.2	None
	XL 4 oz	5	0	0	0	0	1	1	0	2	5	30	10	0.3	None
Black Olives	Small 1 oz	15	1.5	0	0	0	1	0	0	0	105	0	10	0.5	None
	Large 2 oz	30	3	0	0	0	2	0	0	0	210	0	20	1	None
	XL	60	6	1	0	0	4	0	0	0	420	0	40	2	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - TOPPINGS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Cucumber	4 oz														
	Small 1 oz	0	0	0	1	0	0	0	0	0	0	30	0	0	None
	Large 2 oz	0	0	0	0	0	2	0	0	0	5	50	0	0.1	None
Green Olives	XL 4 oz	10	0	0	0	0	3	0	1	0	5	100	10	0.2	None
	Small 0.5 oz	20	2.5	0	0	0	1	0	0	0	220	10	10	0.1	None
	Large 1 oz	40	4.5	0.5	0	0	2	0	0	0	440	20	20	0.2	None
Green Peppers	XL 2 oz	80	9	1	0	0	4	0	0	1	870	40	40	0.4	None
	Small 0.5 oz	0	0	0	0	0	1	0	0	0	0	30	0	0.1	None
	Large 1 oz	5	0	0	0	0	2	0	1	0	5	50	0	0.1	None
Roasted Red Peppers	XL 2 oz	10	0	0	0	0	3	1	1	0	5	100	10	0.2	None
	Small 0.5 oz	0	0	0	0	0	1	0	0	0.2	2	20	0	0.2	None
	Large 1 oz	5	0	0	0	0	1	0	1	0.3	4	40	0	0.5	None
Hot Peppers	XL 2 oz	15	0	0	0	0	3	1	2	1	10	100	0	1	None
	Small 0.25 oz	0	0	0	0	0	0	0	0	0	5	20	0	0	Sulfites
	Large 0.5 oz	0	0	0	0	0	1	0	0	0	5	40	0	0.1	Sulfites
Jalapenos	XL 1 oz	0	0	0	0	0	1	1	0	0	410	30	40	0	Sulfites
	Small	0	0	0	0	0	0	0	0	0	95	10	10	0	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - TOPPINGS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	0.25 oz														
	Large 0.5 oz	0	0	0	0	0	0	0	0	0	95	20	20	0	None
	XL 1 oz	70	4.5	3	0.2	15	1	1	0	5	230	20	150	0	None
Lettuce Iceberg	Small 1.5 oz	5	0	0	0	0	2	1	1	0	5	75	10	0.2	None
	Large 3 oz	10	0	0	0	0	3	1	2	1	10	125	20	0.4	None
	XL 6 oz	25	0	0	0	0	6	2	3	2	20	250	40	0.8	None
Lettuce Romaine	Small 1.5 oz	5	0	0	0	0	2	1	1	1	5	125	20	0.5	None
	Large 3 oz	15	0	0	0	0	3	2	1	2	10	225	30	1	None
	XL 6 oz	30	0.5	0	0	0	6	4	2	3	15	450	75	1.8	None
Shredded Carrots	Small 0.5 oz	5	0	0	0	0	1	0	1	0.1	10	40	0	0	None
	Large 1 oz	10	0	0	0	0	3	1	1	0.3	20	100	10	0.1	None
Mushrooms	Small 0.5 oz	0	0	0	0	0	0	0	0	0	5	50	0	0.1	None
	Large 1 oz	5	0	0	0	0	1	0	1	1	5	100	0	0.2	None
	XL 2 oz	10	0	0	0	0	2	1	1	2	5	200	0	0.3	None
Onions	Small 0.25 oz	0	0	0	0	1	1	0	0	0	0	20	0	0	None
	Large 0.5 oz	5	0	0	0	0	2	0	1	0	5	30	0	0	None
	XL	10	0	0	0	0	3	0	1	0	5	50	10	0.1	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - TOPPINGS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Pineapple	1 oz														
	Small 0.5 oz	5	0	0	0	0	2	0	1	0	0	20	0	0	None
	Large 1 oz	15	0	0	0	0	4	0	3	0	0	40	0	0.1	None
Pickles	XL 2 oz	30	0	0	0	0	8	1	6	0	0	75	10	0.2	None
	Small 0.5 oz	40	2.5	0	0	0	4	0	0	0	45	100	0	0.2	None
	Large 1 oz	80	5	0.5	0	0	8	1	0	1	85	200	0	0.3	None
Pickled Turnip	XL 2 oz	160	10	1	0	0	16	1	1	2	170	400	10	0.8	None
	Small 0.5 oz	5	0	0	0	0	1	0	0	0	63	23	5	0	None
	Large 1 oz	9	0	0	0	0	2	0	0	0	126	47	9	0	None
Pickled red onion	XL 2 oz	9	0	0	0	0	2	0	0	0	126	47	9	0	None
	Small 0.5 oz	5	0	0	0	0	1.4	0	0	0	26	23	0	0	Sulfites
	Large 1 oz	9	0	0	0	0	3	0	0	0	51	47	0	0	Sulfites
Spinach Baby	XL 2 oz	9	0	0	0	0	3	0	0	0	51	47	0	0	Sulfites
	Small 0.5 oz	5	0	0	0	0	2	1	0	1	25	175	30	1	None
	Large 1 oz	5	0	0	0	0	2	1	0	1	25	175	30	1	None
Tomato	XL 2 oz	25	0	0	0	0	5	2	0	4	90	650	125	3.5	None
	Small	0	0	0	0	0	0	0	0	0	0	20	0	0	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - TOPPINGS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	0.5 oz														
	Large 1 oz	0	0	0	0	0	0	0	0	0	0	30	0	0	None
	XL 2 oz	10	0	0	0	0	3	1	1	1	5	150	10	0.2	None
Croutons	Small 0.25 oz	35	1.5	0	0	5	5	0	0	1	80	20	10	0.2	Gluten, Milk
	Large 0.5 oz	70	2.5	0.5	0	5	9	1	1	2	160	30	20	0.4	Gluten, Milk
	XL 1 oz	130	5	1.5	0	5	18	1	1	4	310	75	30	1	Gluten, Milk

BUILD YOUR OWN - SPREADS

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Hummus	Small 1 oz	45	2.5	0	0	0	5	2	0	3	110	75	20	0.8	Sesame
	Large 2 oz	90	5	1	0	0	9	3	0	5	220	150	30	1.5	Sesame
	XL 4 oz	190	11	1.5	0	0	17	7	0	9	430	300	50	3	Sesame
Avocado Pulp	Large 2 oz	45	4	0.5	0	0	3	2	0	1	75	150	0	0.2	None
	Small 1 oz	90	8	1	0	0	6	4	1	2	150	300	10	0.4	None
	XL 4 oz	180	16	2.5	0	0	11	8	1	3	300	550	20	0.8	None



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - SAUCES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Ancho Chipotle	Small 1 oz	110	8	1.5	0	10	8	0	6	0	280	0	10	0.2	Milk, Egg, Mustard
	Large 2 oz	220	16	3	0	15	15	0	12	1	550	0	20	0.4	Milk, Egg, Mustard
	XL 4 oz	450	33	6	0	25	29	0	24	2	1100	0	40	1	Milk, Egg, Mustard
Balsamic Gluten Free	Small 1 oz	100	10	1	0	0	3	0	2	0	170	0	20	0.4	Soy, Sulfites
	Large 2 oz	200	21	1.5	0	0	5	0	3	0	330	10	30	0.8	Soy, Sulfites
	XL 4 oz	410	41	3	0.4	0	10	0	6	0	660	20	50	1.5	Soy, Sulfites
BBQ	Small 1 oz	50	0	0	0	0	13	1	8	1	310	100	30	0.4	Soy, Mustard, Sulfites
	Large 2 oz	110	0	0	0	0	25	2	17	2	610	175	50	1	Soy, Mustard, Sulfites
	XL 4 oz	210	0	0	0	0	49	3	33	4	1210	350	100	1.8	Soy, Mustard, Sulfites
Caesar	Small 1 oz	150	17	1.5	0.1	15	1	0	0	1	230	10	20	0.1	Milk, Egg, Fish
	Large 2 oz	310	33	3	0.1	30	2	0	1	2	460	20	30	0.2	Milk, Egg, Fish
	XL 4 oz	610	67	6	0.2	60	4	0	1	3	920	40	75	0.4	Milk, Egg, Fish
Donair	Small 1 oz	60	1.5	0	0	0	12	0	9	1	35	0	20	0	Milk
	Large 2 oz	110	3	0	0	0	23	0	19	2	70	0	40	0	Milk
	XL 4 oz	110	3	0	0	0	23	0	19	2	70	200	40	0	Milk
Garlic Aioli	Small	140	15	1	0	15	2	0	1	0	230	20	10	0.1	Milk, Egg, Soy, Mustard



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - SAUCES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas (mg)	Calc (mg)	Iron (mg)	Allergens
	1 oz														
	Large 2 oz	270	29	2.5	0	30	3	0	1	1	460	30	20	0.2	Milk, Egg, Soy, Mustard
	XL 4 oz	540	59	4.5	0.2	55	5	0	2	2	910	50	30	0.4	Milk, Egg, Soy, Mustard
Honey Garlic	Small 1 oz	70	0	0	0	0	18	0	10	0	190	30	0	0.2	Soy
	Large 2 oz	140	0	0	0	0	36	0	20	0	380	50	0	0.3	Soy
	XL 4 oz	290	0	0	0	0	72	0	40	1	750	100	0	0.8	Soy
Honey Mustard	Small 1 oz	60	0	0	0	0	14	0	12	0	85	10	0	0.1	Mustard
	Large 2 oz	120	0	0	0	0	28	0	25	0	170	20	0	0.2	Mustard
	XL 4 oz	250	1	0	0	0	56	0	49	1	330	40	0	0.4	Mustard
Hot Sauce	Small 1 oz	0	0	0	0	0	1	0	0	0	750	50	0	0.2	None
	Large 2 oz	5	0	0	0	0	1	0	1	0	1500	100	0	0.3	None
	XL 4 oz	10	0	0	0	0	2	0	1	1	3000	175	10	0.8	None
Ketchup	Small 1 oz	35	0	0	0	0	9	0	7	0	250	75	0	0	None
	Large 2 oz	70	0	0	0	0	17	0	13	1	500	150	0	0	None
	XL 4 oz	130	0	0	0	0	33	0	26	2	990	300	0	0	None
Lemon Za'atar	Small 1 oz	100	10	1.5	0	0	2	0	2	0	190	0	0	0	Sesame
	Large	210	21	3	0	4	0	0	4	0	380	0	0	0	Sesame



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - SAUCES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	2 oz														
	XL 4 oz	420	42	6	1	0	8	0	8	0	760	0	0	0	Sesame
Light Mayonnaise	Small 1 oz	70	6	1	0	5	3	0	1	0	240	10	0	0	Egg
	Large 2 oz	130	13	2	0	10	6	0	2	0	470	20	0	0.1	Egg
	XL 4 oz	270	25	4	0.1	20	11	0	4	0	940	40	10	0.2	Egg
Mustard	Small 1 oz	20	1	0	0	5	2	1	0	2	350	40	20	0.3	Mustard
	Large 2 oz	35	2.5	0	0	5	3	2	0	3	680	100	40	0.5	Mustard
	XL 4 oz	70	5	0	0	6	4	1	5	5	1360	175	75	1	Mustard
Ranch	Small 1 oz	120	13	1	0	10	3	0	1	0	190	30	10	0.1	Milk, Egg, Soy
	Large 2 oz	250	26	2	0	20	5	0	2	1	380	50	20	0.2	Milk, Egg, Soy
	XL 4 oz	500	52	4	0	35	10	0	3	2	750	100	40	0.3	Milk, Egg, Soy
Smoky BBQ	Small 1 oz	45	0	0	0	0	12	0	9	0	210	100	10	0.1	Mustard, Sulfites
	Large 2 oz	90	0	0	0	0	23	0	19	1	410	175	20	0.2	Mustard, Sulfites
	XL 4 oz	190	0	0	0	0	45	0	38	2	820	350	40	0.4	Mustard, Sulfites
Spicy Mayo	Small 1 oz	190	21	3.5	0.1	15	0	0	0	0	190	10	0	0.1	Egg, Soy
	Large 2 oz	390	42	7	0.1	25	0	0	0	1	370	20	0	0.2	Egg, Soy
	XL	770	85	13	0	50	1	0	1	2	730	30	10	0.3	Egg, Soy



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - SAUCES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	4 oz														
Spicy Thai	Small 1 oz	60	0	0	0	0	14	0	12	0	330	40	0	0.1	None
	Large 2 oz	110	0	0	0	0	28	1	25	0	660	75	0	0.2	None
	XL 4 oz	220	0	0	0	0	55	1	49	1	1320	150	10	0.3	None
Teriyaki	Small 1 oz	40	0	0	0	0	11	0	9	0	310	30	0	0.1	Gluten, Soy, Sulfites
	Large 2 oz	80	0	0	0	0	21	0	17	0	620	50	0	0.2	Gluten, Soy, Sulfites
	XL 4 oz	160	0	0	0	0	41	0	35	0	1230	100	0	0.4	Gluten, Soy, Sulfites
Tzatziki	Small 1 oz	40	3	1	0	10	3	0	1	1	180	20	30	0.1	Milk
	Large 2 oz	80	6	2.5	0.2	15	5	1	3	2	350	30	75	0.2	Milk
	XL 4 oz	160	12	4.5	0.3	30	10	1	6	4	690	75	125	0.3	Milk
Special Sauce	Small 1 oz	139	15	1	0	0	0	0	0	0	157	11	4	0	Sulfites
	Large 2 oz	282	31	2	0	0	1	0	0	0	319	23	9	0	Sulfites
	XL 4 oz	560	62.7	4.4	0	0	2	1.2	0.7	0.2	633	45	17	0	Sulfites
Tahini Sauce	Small 0.5 oz	40	4	0	0	0	1	0	0	2	26	35	5	0	Sesame, Sulfites
	Large 1 oz	80	8	0	0	0	2	0	0	4	51	70	9	1	Sesame, Sulfites
	XL 1 oz	80	8	0	0	0	2	0	0	4	51	70	9	1	Sesame, Sulfites
Spicy Garlic Sauce	Small	90	9	0	0	14	0	0	0	0	65	5	0	0	Egg, Sulfites



NUTRITIONALS & ALLERGEN GUIDE

BUILD YOUR OWN - SAUCES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
	0.5 oz														
	Large 1 oz	180	18	0	0	28	0	0	0	0	120	9	0	0	Egg, Sulfites
	XL 1 oz	180	18	0	0	28	0	0	0	0	120	9	0	0	Egg, Sulfites
Garlic Sauce	Small 0.5 oz	100	10	1	0	14	0	0	0	0	70	5	0	0	Egg, Sulfites
	Large 1 oz	200	20	2	0	28	0	0	0	0	140	9	0	0	Egg, Sulfites
	XL 1 oz	200	20	2	0	28	0	0	0	0	140	9	0	0	Egg, Sulfites
Chipotle crunch sauce	Small 0.5 oz	980	100	6	0	0	1	0	1	0	30	10	0	0	Milk, Egg, Mustard
	XL 0.5 oz	980	100	6	0	0	1	0	0	1	30	10	0	0	Milk, Egg, Mustard

SNACKS & SIDES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Falafel & Dip	85 g	190	10	2	0	0	21	6	4	6	330	250	125	3.5	None
Pita Chips	113 g	310	5	1.5	0	0	57	3	4	10	420	125	100	3.5	Gluten
Buffalo bites	85 g	240	9	0.5	0	35	22	1	0	16	410	225	10	1.5	Gluten, Soy
Halloumi Sticks	85 g	280	23	14	0.8	60	3	0	3	18	940	100	600	0	Milk
Pita Twist - Pepperoni	295 g	350	17	7	0	50	31	1	2	19	920	300	250	2	Gluten, Milk, Mustard
Pita Twist - Cheesy Garlic	310 g	450	24	15	0.5	70	31	1	2	27	740	125	650	1.8	Gluten, Milk



NUTRITIONALS & ALLERGEN GUIDE

COOKIES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Cookie Peanut Butter	2 EA (75.4g)	350	19	7	0.1	20	40	2	20	6	460	150	30	2	Gluten, Milk, Egg, Soy, Peanuts
Cookie Macademia Nut	2 EA (75.4g)	350	17	8	0.1	20	46	1	28	4	260	75	40	1.8	Gluten, Milk, Egg, Soy, Tree Nuts
Cookie Double Chocolate	2 EA (75.4g)	320	16	8	0.2	20	46	2	30	4	300	200	20	3	Gluten, Milk, Egg, Soy
Cookie Oatmeal Raison	2 EA (75.4g)	320	13	8	0	15	49	3	27	6	290	150	30	2.2	Gluten, Milk, Egg, Soy
Cookie Carnival	2 EA (75.4g)	320	16	8	0.2	20	46	2	30	4	300	200	20	3	Gluten, Milk, Egg, Soy
Cookie Chocolate Chip	2 EA (75.4g)	320	16	8	0.2	20	46	2	30	4	300	200	20	3	Gluten, Milk, Egg, Soy

SMOOTHIES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Berry Bliss	Small 12 oz	280	1.5	1	0	5	66	4	49	2	55	250	100	0.5	Milk
	Large 16 oz	390	2.5	2	0	10	92	4	65	2	100	400	150	0.4	Milk
Sunset paradise	Small 12 oz	290	1	1	0	5	68	2	48	2	60	300	75	0.5	Milk
	Large 16 oz	400	2	2	0	10	93	2	64	2	105	450	125	0.8	Milk
Chocolate Banana	Small 12 oz	300	3	2.5	0	15	62	2	44	9	190	850	350	0.8	Milk
	Large 16 oz	370	7	5	0.1	30	66	2	42	12	210	1000	400	0.4	Milk
Strawberry & Banana	Small 12 oz	290	1	1	0	5	71	2	52	2	50	450	100	0.8	Milk
	Large 16 oz	420	2	2	0	10	97	2	70	3	100	550	150	0.8	Milk
	Small	50	0	0	0	0	0	0	0	13	35	75	0	0	Milk, Soy



NUTRITIONALS & ALLERGEN GUIDE

SMOOTHIES

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Whey Protein (Scoop)	14 g														
	Large 28 g	100	0	0	0	0	0	0	0	25	65	150	0	0	Milk, Soy

BUILD YOUR OWN — FROZEN YOGURT

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Low Fat Vanilla Yogurt (Base)	Small 1/2 EA	70	1	1	0	5	14	0	7	1	45	100	40	0	Milk
	Large 1 EA	140	2	2	0	10	28	0	14	1	90	200	100	0	Milk
Crushed KitKat	28.3 g	150	7	5	0	5	19	0	14	2	20	75	40	0.3	Gluten, Milk, Soy
Crushed Smarties	28.3 g	140	9	5	0	0	19	2	15	2	5	125	10	1	Gluten, Milk, Soy
Cookie Crumble	28.3 g	130	5	1.5	0	0	21	1	11	2	100	40	20	1.2	Gluten, Soy
Cheesecake bites	28.3 g	100	6	3.5	0.2	30	11	0	8	2	65	75	30	0.4	Gluten, Milk, Egg, Soy

JUST FRUIT FROZEN DESSERT

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Mango Frozen Dessert	Small 113.4 g	100	1	1	0	5	23	1	15	1	50	200	50	0.1	None
	Large 213 g	210	2.5	2	0	10	46	2	29	2	95	400	100	0.2	None
Strawberry Frozen Dessert	Small 113.4 g	90	1	1	0	5	20	1	9	1	45	175	50	0.4	None
	Large 213 g	180	2	2	0	10	39	2	19	2	90	350	100	1	None



NUTRITIONALS & ALLERGEN GUIDE

JUST FRUIT FROZEN DESSERT

Menu Item	Size	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sodi (mg)	Potas(mg)	Calc (mg)	Iron (mg)	Allergens
Raspberry Frozen Dessert	Small 99.2 g	90	1.5	1	0	5	20	3	9	2	45	175	75	0	None
	Large 185 g	180	2.5	2	0	10	39	5	18	3	90	350	125	0.1	None
Peach Frozen Dessert	Small 113.4 g	90	1	1	0	5	20	1	11	1	45	200	50	0.1	None
	Large 213 g	190	2.5	2	0	10	39	2	23	2	90	400	100	0.2	None
Blueberry Frozen Dessert	Small 99.2 g	90	1	1	0	5	20	1	10	1	50	150	75	0.1	None
	Large 185 g	180	2.5	2	0	10	39	2	21	2	95	250	100	0.2	None
Pinapple Frozen Dessert	Small 113.4 g	100	1	1	0	5	22	1	13	1	50	175	50	0.2	None
	Large 213 g	200	2	2	0	10	43	2	25	2	95	350	100	0.4	None
Banana Frozen Dessert	Small 113.4 g	120	1	1	0	5	27	1	16	2	45	300	50	0.2	None
	Large 213 g	250	2	2	0	10	54	2	31	3	90	600	100	0.4	None