

NUTRITIONAL VALUES AND **ALLERGEN** INFORMATION

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

UPDATED JULY 15, 2015

Not all items are available at every Pita Pit.

		Serving Size (mL / grams)				Fat (grams)		Protein (grams)		Carbs (grams)		Fibre (grams)		Sodium (mg)		Thumbs Up (Pita Pete)**			(ba			n Inform furnished		t suppliers)	
	PITA BREADS	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information	
1	Pita Bread – White*	85g	65g	190	130	0.5	0	6	4	40	28	2	1	480	340				Yes				Yes		
1	Pita Bread – Whole Wheat*	85g	65g	210	130	1	0.5	8	5	45	27	8	5	570	340				Yes				Yes		
+	Pita Bread – White*	90g	57g	220	140	1	1	8	5	44	28	2	1	520	330				Yes				Yes		
1	Pita Bread – Whole Wheat*	90g	57g	200	130	1	2	8	5	40	26	4	3	420	270				Yes				Yes		
_			N/A	320	N/A	7	N/A	7	N/A	60	N/A	9	N/A	480	N/A		N/A		100						
	Pita - Gluten Free	112g			IWA	1	IWA	1	IWA	00	IW/A	9	IWA	400	IV/A		IV/A								
ſ	MEAT FILLINGS (Sauces & condim					10		10	_					010	105		l				ı				
	Bacon	30g	15g	160	80	12	6	10	5	0	0	0	0	210	105			.,						N	
ļ	Chicken Breast	85g	43g	111	56	4	2	15	8	2	1	0	0	425	212			Yes						Note 1	
ļ	Chicken Caesar	150g	75g	164	82	5.5	3	23	11.5	2.5	1	0	0	634	317			Yes						Note 2	
ļ	Chicken Crave	163g	82g	223	112	8.5	4.5	31	15.5	4	2	0	0	1044	522			Yes				Yes		Note 1	
	Chicken Souvlaki	85g	43g	110	55	4	2	15	7	3	1	0	0	502	251			Yes						Notes 1 & 3	
	Club	163g	82g	131	65	6	3	16	8	2.5	1.5	0	0	633	317										
	Dagwood	150g	75g	137	69	4.5	2.5	21	10.5	3.5	2	0	0	867	433										
	Gyros	92g	55g	267	160	22	13	13	8	8	5	0	0	733	400			Yes	Yes				Yes	Corn, MSG, Notes 3&4	
	Ham (Black Forest)	95g	58g	99	62	3	2	15	9	3	2	0	0	569	356										
	Philly Steak (no cheese)	85g	43g	125	62	7	3.5	14.5	7	2	1	0	0	654	327			Yes							
	Rib (BBQ)	62g	31g	136	68	12	6	12	6	4	2	0	0	296	148			Yes	Yes				Yes	Mustard, corn, MSG	
	Roast Beef	100g	50g	120	60	6	3	15	8	2	1	0	0	800	400										
Ì	Southwestern Chicken	85g	43g	166	83	8	4	15	8	6	3	0	0	560	280			Yes		Yes		Yes		Note 1	
Ì	Southwestern Steak	85g	43g	175	88	10.5	5.5	15	7.5	5	3	0	0	781	390			Yes		Yes		Yes			
İ	Buffalo Chicken	85g	43g	170	85	8	4	11	6	15	8	1	0	1020	510			Yes	Yes			Yes	Yes	Note 5	
Ì	Spicy Thai Chicken (catering only)	85g	43g	164	83	4	2	15	8	15	8	0	0	640	323	(2)		Yes						Modified tapioca starch, corn; Note 1	
Ì	Tuna	85g	43g	85	43	1	0	20	10	0	0	0	0	340	170			Yes			Yes			0011, 11010 1	
Ì	Turkey Breast	95g	58g	86	54	1	0.5	16	10	3	2	0	0	550	344										
ı	VEGGIE FILLINGS (Sauces & condin	ments no	t include	d)																			(39)		
	Babaganoush	60mL	30mL	90	45	7	4	3	1.5	4	2	2	1	246	123									Sesame seeds, Note 1	
ł	Falafel	76g	38g	200	100	11	5	7	3.5	23	11	5	2.5	427	213				Yes				Yes	Chickpeas, sunflower,	
ł	Garden (vegan) ***	146g	115g	27	19	0	0	0	0	6	4	1	0	2	2									Note 6 Note 7	
ł	Hummus	60mL	30mL	132	66	9	4.5	4	2	8	4	3	1.5	240	120									Chickpeas, sesame	
ł	Spicy Black Bean	93g	47g	150	75	6	3	7	4	21	11	7	4	470	235			Yes						seeds, Note 1 Corn, Note 1	
Į	BREAKFAST PITA FILLINGS (Sauce																								
ſ	Awakin' with Bacon	103g	61g	256	134	18	9	15.5	9	7	4	1	0.5	584	310			Yes		Yes		Yes		Corn, Note 8	
ł	Ham 'n' Egg	141g	71g	217	109	13	6.5	16.5	8	8	4	1	0.5	716	358			Yes		Yes		Yes		Corn, Note 8	
	Meat the Day	163g	81g	389	195	28	14	21	10.5	12	6	2	1	979	490			Yes	Yes	Yes		Yes	Yes	Corn, Note 9	
	Morning Glory	103g	51g	176	88	12	6	10.5	5	6	3	1	0.5	479	240			Yes	100	Yes		Yes		Corn, Note 8	
	Sausage Sunrise	153g	76g	336	168	23.5	12	17.5	9	12	6	1	0.5	909	455			Yes	Yes	Yes		Yes	Yes	Corn, Note 9	
Į		1559	7 0 g	330	100	20.0	12	17.5	J 3	12		!	0.5	303	400			103	100	100		100	100	Com, Note 5	
	EXTRAS	00	1.5	100		10		10						010	405										
	Bacon	30g	15g	160	80	12	6	10	5	0	0	0	0	210	105	-	-								
	Cheddar	56g	28g	224	112	17	8.5	13	6.5	2	1	0	0	411	206	-	-					Yes			
	Feta	56g	28g	146	73	12	6	7	3.5	0	0	0	0	541	271	-	-					Yes			
	Parmesan	6g	3g	24	12	1	1	2	1	2	1	0	0	100	50	-	-					Yes			
	Swiss-Style Slices	44g	22g	120	60	13	6.5	12	6	0	0	0	0	808	404	-	-	Yes				Yes			
	VEGGIE TOPPINGS													1											
	Alfalfa Sprouts	8g	6g	0	0	0	0	0	0	0	0	0	0	0	0	-	-							No info available	
					4.5	7	4	3	1.5	4	2	2	1	246	123	-	-							Sesame seeds, Note 1	
	Babaganoush	60mL	30mL	90	45	- '								110	55	-	-								
	Babaganoush Black Olives	15g	30mL 8g	90	15	2.5	1.5	0	0	1	0	1	0												
								0	0	1 2	1	0	0	0	0	-	-							No info available	
	Black Olives	15g	8g	30	15	2.5	1.5								0 226	-	-							No info available	
	Black Olives Cucumbers	15g 42g	8g 32g	30 5	15	2.5	1.5	0	0	2	1	0	0	0										No info available No info available	
	Black Olives Cucumbers Green Olives	15g 42g 15g	8g 32g 8g	30 5 41	15 4 21	2.5 0 4.5	1.5	0	0	2	1	0	0	0 451	226	-	-								
	Black Olives Cucumbers Green Olives Green Peppers	15g 42g 15g 18g	8g 32g 8g 14g	30 5 41 4	15 4 21 3	2.5 0 4.5	1.5 0 2 0	0 0	0 0	1 1	1 1 1	0 1 0	0 0	0 451 0	226	-	-							No info available	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers	15g 42g 15g 18g 20g	8g 32g 8g 14g 10g	30 5 41 4 0	15 4 21 3 0	2.5 0 4.5 0	1.5 0 2 0	0 0 0	0 0 0	2 1 1	1 1 1 0	0 1 0 1	0 0 0	0 451 0 160	226 0 80	-	-							No info available Note 7 Chickpeas, sesame	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers Hummus	15g 42g 15g 18g 20g 60mL	8g 32g 8g 14g 10g 30mL	30 5 41 4 0	15 4 21 3 0 66	2.5 0 4.5 0 0	1.5 0 2 0 0 4.5	0 0 0 0 4	0 0 0 0 2	2 1 1 1 8	1 1 1 0 4	0 1 0 1 3	0 0 0 0 1.5	0 451 0 160 240	226 0 80 120	-	-							No info available Note 7 Chickpeas, sesame seeds, Note 1	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers Hummus Jalapeños	15g 42g 15g 18g 20g 60mL 20g	8g 32g 8g 14g 10g 30mL	30 5 41 4 0 132	15 4 21 3 0 66 0	2.5 0 4.5 0 0 9	1.5 0 2 0 0 4.5	0 0 0 0 4	0 0 0 0 2	2 1 1 1 8 0	1 1 1 0 4	0 1 0 1 3	0 0 0 0 1.5	0 451 0 160 240	226 0 80 120 80									No info available Note 7 Chickpeas, sesame seeds, Note 1 Note 7	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers Hummus Jalapeños Lettuce – Iceberg	15g 42g 15g 18g 20g 60mL 20g 30g 30g	8g 32g 8g 14g 10g 30mL 10g 23g	30 5 41 4 0 132 0 4	15 4 21 3 0 66 0	2.5 0 4.5 0 0 9 0	1.5 0 2 0 0 4.5 0	0 0 0 0 4 0	0 0 0 0 2 0	2 1 1 1 8 0	1 1 1 0 4 0	0 1 0 1 3 0	0 0 0 0 1.5 0	0 451 0 160 240 160 3	226 0 80 120 80 2	-	-							No info available Note 7 Chickpeas, sesame seeds, Note 1 Note 7 No info available	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers Hummus Jalapeños Lettuce – Iceberg Lettuce – Romaine	15g 42g 15g 18g 20g 60mL 20g 30g	8g 32g 8g 14g 10g 30mL 10g 23g 23g	30 5 41 4 0 132 0 4	15 4 21 3 0 66 0 3 4	2.5 0 4.5 0 0 9 0 0	1.5 0 2 0 0 4.5 0 0	0 0 0 0 4 0	0 0 0 0 2 0 0	2 1 1 1 8 0 1	1 1 1 0 4 0 1	0 1 0 1 3 0 0	0 0 0 0 1.5 0	0 451 0 160 240 160 3	226 0 80 120 80 2									No info available Note 7 Chickpeas, sesame seeds, Note 1 Note 7 No info available No info available	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers Hummus Jalapeños Lettuce – Iceberg Lettuce – Romaine Mushrooms	15g 42g 15g 18g 20g 60mL 20g 30g 30g 15g 20g	8g 32g 8g 14g 10g 30mL 10g 23g 23g 12g 15g	30 5 41 4 0 132 0 4 5	15 4 21 3 0 66 0 3 4	2.5 0 4.5 0 0 9 0 0 0	1.5 0 2 0 0 4.5 0 0	0 0 0 0 4 0 0	0 0 0 0 2 0 0	2 1 1 1 8 0 1 1	1 1 1 0 4 0 1 1	0 1 0 1 3 0 0	0 0 0 0 1.5 0 0	0 451 0 160 240 160 3 2	226 0 80 120 80 2 2									No info available Note 7 Chickpeas, sesame seeds, Note 1 Note 7 No info available No info available No info available	
	Black Olives Cucumbers Green Olives Green Peppers Hot Peppers Hummus Jalapeños Lettuce – Iceberg Lettuce – Romaine Mushrooms Onions	15g 42g 15g 18g 20g 60mL 20g 30g 15g 20g 30g 30g	8g 32g 8g 14g 10g 30mL 10g 23g 23g 12g 15g 23g	30 5 41 4 0 132 0 4 5 3	15 4 21 3 0 66 0 3 4 2 6	2.5 0 4.5 0 0 9 0 0 0 0	1.5 0 2 0 0 4.5 0 0 0	0 0 0 0 4 0 0 0	0 0 0 0 2 0 0 0	2 1 1 1 8 0 1 1 1 0 2	1 1 1 0 4 0 1 1 0	0 1 0 1 3 0 0 1 0	0 0 0 0 1.5 0 0 0	0 451 0 160 240 160 3 2 0	226 0 80 120 80 2 2 0 0									No info available Note 7 Chickpeas, sesame seeds, Note 1 Note 7 No info available No info available No info available	
	Black Olives Cucumbers Creen Olives Green Peppers Hot Peppers Hummus Jalapeños Lettuce – Iceberg Lettuce – Romaine Mushrooms Onions Pineapple	15g 42g 15g 18g 20g 60mL 20g 30g 30g 15g 20g	8g 32g 8g 14g 10g 30mL 10g 23g 23g 12g 15g	30 5 41 4 0 132 0 4 5 3 8	15 4 21 3 0 66 0 3 4 2 6	2.5 0 4.5 0 0 9 0 0 0 0	1.5 0 2 0 0 4.5 0 0 0 0	0 0 0 0 4 0 0 0 0	0 0 0 0 2 0 0 0 0	2 1 1 1 8 0 1 1 0 2 4	1 1 1 0 4 0 1 1 0 1 3	0 1 0 1 3 0 0 1 0 0	0 0 0 0 1.5 0 0 0	0 451 0 160 240 160 3 2 0	226 0 80 120 80 2 2 0 0									No info available Note 7 Chickpeas, sesame seeds, Note 1 Note 7 No info available No info available No info available No info available	

NUTRITION NOTES

* Currently, mutritional values for our pita breads differ slightly by region and bakery. but soon, all regions will be served by the same bakery (MW).







*** Based on: Romaine, tomatoes, cucumbers, green pepper and mushrooms.
For Garden with Cheese, combine the Garden (vegan) values with those of Cheddar, Feta or Swiss in the Extras portion of the chart.

ALLERGEN NOTES

Note 1: Made in a facility that also processes wheat.

Note 2: See Light Caesar dressing (on next page) for additional allergen info.

See Tzatziki sauce (on next page) for additional allergen info.

Note 4: Made in a facility that also processes sesame, milk, eggs, fish, shellfish, sulphites and mustard.

Note 5: Made in a facility that also processes soy.

Note 6: Made in a facility that also processes egg, sesame seeds and sulphites.

Note 7: Made in a facility that also processes egg and sulphites. Note 8: Made in a facility that also processes soy, wheat and sulphites.

Note 9: Made in a facility that also processes sulphites.



NUTRITIONAL VALUES AND ALLERGEN INFORMATION CONT'D

UPDATED JULY 15, 2019

IF YOU HAVE FOOD ALLERGY CONCERNS, PLEASE NOTIFY PITA PIT STAFF $\underline{\text{BEFORE}}$ PLACING YOUR ORDER.

Not all items are available at every Pita Pit.

	Serving Size (mL / grams)		Calories		Fat (grams)		Protein (grams)		Carbs (grams)		Fibre (grams)		Sodium (mg)		Allergen Information (based on information furnished by Pita Pit suppliers)							
SAUCES & CONDIMENTS	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Regular	Petita®	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information	
Ancho Chipotle	15mL	7mL	50	25	4	2	0	0	3.5	2	0	0	127	63			Yes		Yes			
Balsamic Vinaigrette	15mL	7mL	30	15	2.5	1	0	0	0	0	0	0	140	70							Sulphites	
BBQ Sauce	15mL	7mL	40	20	0	0	0	0	9	5	2	1	370	190							Mustard	
Donair Sauce	30mL	15mL	60	30	1	0.5	0.5	0	11.5	6	0	0	35	18					Yes		Corn starch	
Honey Mustard	15mL	7mL	30	15	0	0	0	0	3	2	0	0	90	45							Sulphites and mustard, Note 1	
Horseradish Dijon Mustard	15mL	7mL	60	30	6	3	0	0	2	1	0	0	115	55			Yes					
Hot Sauce	5mL	2mL	0	0	0	0	0	0	0	0	0	0	100	50								
Light Caesar	15mL	7mL	40	20	3	1.5	1	0.5	3.5	2	0	0	218	109	Yes		Yes	Yes	Yes		Fish content is anchovy	
Light Italian	15mL	7mL	35	18	2	1	0	0	3	2	0	0	190	95					Yes		Mustard, corn syrup	
Light Mayonnaise	15mL	7mL	40	20	4	2	0	0	1	0	0	0	135	68			Yes					
Light Ranch	15mL	7mL	35	20	2.5	1	0	0	4	2	0	0	125	65			Yes		Yes			
Mustard	7mL	4mL	0	0	0	0	0	0	0	0	0	0	85	40							Mustard	
Special Sauce (Greek)	15mL	7mL	90	45	10	5	0	0	0	0	0	0	65	35								
Spicy Thai	15mL	7mL	53	27	0	0	0	0	13	7	0	0	215	110							Modified tapioca starch, corn; Note 2	
			30	15	0	0	0	0	7	4	0	0	250	125	Yes	Yes				Yes		
Teriyaki	15mL	7mL	30																			
Teriyaki Tzatziki	15mL 30mL	7mL 15mL	45	25	4	2	0	0	2	1	0	0	75	40					Yes			
					4	2	0	0	2	1	0	0	75	40					Yes	(3)		
Tzatziki					4 Large	2 Small	O Large	O Small	2 Large	1 Small	O	0 Small	75 Large	40 Small	Soy	Wheat	Egg	Fish	Yes	Gluten	Other Information	
Tzatziki SALADS (Dressings not included)	30mL	15mL	45	25											Soy	Wheat Yes	Egg	Fish			Other Information Gluten in croutons, Note 3	
Tzatziki SALADS (Dressings not included) Caesar*	30mL Large	15mL Small	45 Large	25 Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Soy		Egg	Fish	Milk	Gluten		
Tzatziki SALADS (Dressings not included) Caesar* Garden	30mL Large	15mL Small	45 Large 90	25 Small 45	Large 4.5	Small 2.5	Large 7	Small 4	Large 6	Small 4	Large 3	Small 2	Large 230	Small	Soy		Egg	Fish	Milk Yes	Gluten	Gluten in croutons, Note 3	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek	30mL Large 164g 378g	15mL Small 107g 246g	45 Large 90 170	25 Small 45 90	Large 4.5	Small 2.5 4.5	Large 7	Small 4	Large 6	Small 4	Large 3	Small 2	Large 230 230	Small 115 115	Soy		Egg	Fish	Milk Yes Yes	Gluten	Gluten in croutons, Note 3 No info available for fresh vegetables	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS	30mL Large 164g 378g	15mL Small 107g 246g	45 Large 90 170	25 Small 45 90	Large 4.5	Small 2.5 4.5	Large 7	Small 4	Large 6	Small 4	Large 3	Small 2	Large 230 230	Small 115 115	Soy		Egg	Fish	Milk Yes Yes	Gluten	Gluten in croutons, Note 3 No info available for fresh vegetables	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette	30mL Large 164g 378g 343g	15mL Small 107g 246g 220g	45 Large 90 170 150	25 Small 45 90 80	Large 4.5 9	Small 2.5 4.5 4.5	7 11 6	Small 4 6 4	Large 6 13 13	Small 4 9 8	Large 3 4 3	Small 2 3 2	Large 230 230 400	Small 115 115 200	Soy		Egg	Fish	Milk Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar	30mL Large 1649 3789 3439	15mL Small 107g 246g 220g	45 Large 90 170 150	25 Small 45 90 80	Large 4.5 9	Small 2.5 4.5 4.5	Large 7 11 6	Small 4 6 4	Large 6 13 13 0	Small 4 9 8	Large 3 4 3	Small 2 3 2 0	230 230 400	Small 115 115 200 70					Milk Yes Yes Yes	Gluten	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites	
	30mL Large 164g 378g 343g 15mL 15mL	15mL Small 107g 246g 220g 7mL 7mL	45 Large 90 170 150 30 40	25 Small 45 90 80 15 20	Large 4.5 9 9 2.5 3	Small 2.5 4.5 4.5 1 1.5	11 6 0 1	Small 4 6 4 0 0.5	Large 6 13 13 0 0 3.5	Small 4 9 8 0 2	3 4 3 0 0	Small 2 3 2 0 0	230 230 400 140 218	Small 115 115 200 70 109					Milk Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar Light Italian Light Ranch	30mL Large 164g 378g 343g 15mL 15mL	15mL Small 107g 246g 220g 7mL 7mL 7mL	45 Large 90 170 150 30 40 35	25 Small 45 90 80 15 20 18	Large 4.5 9 9 2.5 3 2	2.5 4.5 4.5 1 1.5	11 6 0 1 0 0	Small 4 6 4 0 0.5 0	Large 6 13 13 13 0 3.5 3	Small 4 9 8 0 2 2	3 4 3 0 0 0 0	Small 2 3 2 0 0 0 0	230 230 400 140 218 190	Small 115 115 200 70 109 95			Yes		Milk Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar Light talian Light Ranch Special Sauce (Greek)	30mL Large 164g 378g 343g 15mL 15mL 15mL 30mL	15mL Small 107g 246g 220g 7mL 7mL 7mL 15mL	45 Large 90 170 150 30 40 35 70	25 Small 45 90 80 15 20 18 35	Large 4.5 9 9 2.5 3 2 4.5	Small 2.5 4.5 4.5 1 1.5 1 2.5	Large 7 11 6 0 1 0 0 0	Small 4 6 4 0 0.5 0 0	Large 6 13 13 0 3.5 3 8	Small 4 9 8 0 2 2 4	Large 3 4 3 0 0 0 0 0 0	Small 2 3 2 0 0 0 0 0 0 0	230 230 400 140 218 190 250	Small 115 115 200 70 109 95 125			Yes		Milk Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar Light Italian Light Ranch Special Sauce (Greek)	30mL Large 164g 378g 343g 15mL 15mL 15mL 30mL	15mL Small 107g 246g 220g 7mL 7mL 7mL 15mL	45 Large 90 170 150 30 40 35 70	25 Small 45 90 80 15 20 18 35	Large 4.5 9 9 2.5 3 2 4.5	Small 2.5 4.5 4.5 1 1.5 1 2.5	Large 7 11 6 0 1 0 0 0	Small 4 6 4 0 0.5 0 0	Large 6 13 13 0 3.5 3 8	Small 4 9 8 0 2 2 4	Large 3 4 3 0 0 0 0 0 0	Small 2 3 2 0 0 0 0 0 0 0	230 230 400 140 218 190 250	Small 115 115 200 70 109 95 125			Yes		Milk Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar Light Italian Light Ranch Special Sauce (Greek) SMOOTHIES Chocolate Banana Appeal	30mL Large 164g 378g 343g 15mL 15mL 15mL 30mL 30mL	15mL Small 107g 246g 220g 7mL 7mL 7mL 15mL	45 Large 90 170 150 30 40 35 70 180	25 Small 45 90 80 15 20 18 35 90	Large 4.5 9 9 2.5 3 2 4.5	Small 2.5 4.5 4.5 1 1.5 1 2.5 10	Large 7 11 6 0 1 0 0 0 0	Small 4 6 4 0 0.5 0 0 0 0	Large 6 13 13 13 0 3.5 3 8 0	Small 4 9 8 0 2 2 4 0 0	1 Large 3 4 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Small 2 3 2 0 0 0 0 0 0 0 0 0	230 230 400 140 218 190 250	Small 115 115 200 70 109 95 125 65			Yes		Milk Yes Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaligrette Light Caesar Light talian Light Ranch Special Sauce (Greek) SMOOTHIES Chocolate Banana Appeal Blackberry Probiotic	1649 3789 3439 15mL 15mL 15mL 30mL 30mL	15mL Small 107g 246g 220g 7mL 7mL 15mL 15mL	45 Large 90 170 150 30 40 35 70 180	25 Small 45 90 80 15 20 18 35 90	2.5 2.5 20 5	Small 2.5 4.5 4.5 1 1.5 1 2.5 10	Large 7 11 6	Small 4 6 4 0 0.5 0 0 0 5.5	Large 6 13 13 13 0 3.5 3 8 0	Small 4 9 8 8 0 2 2 4 4 0 0	Large 3 4 3 0 0 0 0 0 0 0 0 2	Small 2 3 2 0 0 0 0 0 0 1	230 230 400 140 218 190 250 130	Small 115 115 200 70 109 95 125 65	Yes		Yes		Milk Yes Yes Yes Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy Mustard, corn syrup	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar Light Ranch Special Sauce (Greek) SMOOTHIES Chocolate Banana Appeal Blackberry Probiotic Mango Rejuve	1649 3789 3439 15mL 15mL 15mL 30mL 30mL 480mL	15mL Small 107g 246g 220g 7mL 7mL 15mL 15mL 240mL 240mL	45 Large 90 170 150 30 40 35 70 180 393 293	25 Small 45 90 80 15 20 18 35 90 197	2.5 3 2 4.5 20 5 2	Small 2.5 4.5 4.5 1.5 1 2.5 10	Large 7 11 6	Small 4 6 4 0 0.5 0 0 0 0 5.5 1.5	Large 6 13 13 13 0 3.5 3 8 0 74 67	Small 4 9 8 8 0 2 2 4 0 0 37 33.5	Large 3 4 3 3 0 0 0 0 0 0 0	Small 2 3 2	230 230 400 140 218 190 250 130	Small 115 115 200 70 109 95 125 65 136 47.5	Yes		Yes		Milk Yes Yes Yes Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy Mustard, corn syrup Contains sulphites (grapes)	
Tzatziki SALADS (Dressings not included) Caesar* Garden Greek SALAD DRESSINGS Balsamic Vinaigrette Light Caesar	30mL Large 164g 378g 343g 15mL 15mL 30mL 30mL 480mL 480mL 480mL	15mL Small 107g 246g 220g 7mL 7mL 15mL 15mL 15mL 240mL 240mL	45 Large 90 170 150 30 40 35 70 180 393 393 312	25 Small 45 90 80 15 20 18 35 90 197 147	2.5 3 2 4.5 2 2 2	Small 2.5 4.5 4.5 4.5 1 1.5 1 2.5 10 2.5 1 1 1 1 1 1 1 1 1	Large	Small 4	Large 6 13 13 13 13 0 3.5 3 8 0 74 67 71	Small 4 9 8 8 0 0 2 2 4 4 0 0 33.5 35.5	Large 3 4 3 3 0 0 0 0 0 0 2 6 1.5 1.5	Small 2 3 2	230 230 400 140 218 190 250 130 271 95	Small 115 115 115 200 70 109 95 125 65 47.5 46 47.5 46	Yes		Yes		Milk Yes Yes Yes Yes Yes Yes Yes Yes Yes	Gluten Yes	Gluten in croutons, Note 3 No info available for fresh vegetables No info available for vegetables, Note 4 Sulphites Fish content is anchovy Mustard, corn syrup Contains sulphites (grapes)	

DESSERTS									Allergen Information (based on information furnished by Pita Pit suppliers)						
ROYAL SWEDISH SNOWBALLS	Serving Size (grams)	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Fibre (grams)	Sodium (mg)	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information	
Coconut Snowball	34g	73	2	1	13	2	0			Yes		Yes		Coconut	
Cookie Crumble Snowball	42g	95	2.5	1	18	2	0			Yes		Yes			
COOKIES															
Carnival	38g**	160	7	2	24	1	125	Yes	Yes	Yes		Yes	Yes	Notes 6 & 7	
Chocolate Chip	38g**	170	7	2	24	1	120	Yes	Yes	Yes		Yes	Yes	Note 6	
Double Chocolate	38g**	170	8	2	23	1	135	Yes	Yes	Yes		Yes	Yes	Note 6	
Macadamia Nut	38g**	170	9	2	22	0	120	Yes	Yes	Yes		Yes	Yes	Macadamia nuts	
Oatmeal Raisin	38g**	160	7	2	23	1	130		Yes	Yes		Yes	Yes	Coconut, Note 6	
Peanut Butter	38g**	170	9	3	20	1	170		Yes	Yes		Yes	Yes	Peanuts	

NUTRITION NOTES

- * Values are for lettuce and parmesan only. For bacon, see Extras on other side. No information available for croutons.
- ** Some locations offer cookies that are 50% larger (57g). Their nutrition counts are correspondingly higher.



DID YOU KNOW we offer a "Fork Style" pita salad option? Any pita filling can become a salad topping! (It's also a great option if you want to avoid gluten.)

ALLERGEN NOTES

- Note 1: Made in a facility that also processes peanuts, sesame seeds, milk, egg, fish, soy and wheat.
- Note 2: Made in a facility that also processes wheat.

 Note 3: Incomplete info. See info for the salad dressing and individual ingredients.
- Note 4: Made in a facility that also processes peanuts, milk and fish.
- Note 5: Fish content is anchovy and sardine.
- Note 6: Made in a facility that also processes nuts.
- Note 7: Contains FD&C Yellow #5 & #6.

The information in this booklet 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 this booklet 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 this booklet. 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 PRIOR TO PLACING YOUR ORDER.