



NUTRITIONAL VALUES AND ALLERGEN INFORMATION

UPDATED JULY 15, 2015

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 Size (mL / grams)		Calories		Fat (grams)		Protein (grams)		Carbs (grams)		Fibre (grams)		Sodium (mg)		Thumbs Up (Pita Pete)**		Allergen Information (based on information furnished by Pita Pit suppliers)							
	Regular	Petita*	Regular	Petita*	Regular	Petita*	Regular	Petita*	Regular	Petita*	Regular	Petita*	Regular	Petita*	Regular	Petita*	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information	
PITA BREADS																								
OE	Pita Bread – White*	85g	65g	190	130	0.5	0	6	4	40	28	2	1	480	340				Yes			Yes		
	Pita Bread – Whole Wheat*	85g	65g	210	130	1	0.5	8	5	45	27	8	5	570	340			Yes				Yes		
MW	Pita Bread – White*	90g	57g	220	140	1	1	8	5	44	28	2	1	520	330			Yes				Yes		
	Pita Bread – Whole Wheat*	90g	57g	200	130	1	2	8	5	40	26	4	3	420	270			Yes				Yes		
AC	Pita - Gluten Free	112g	N/A	320	N/A	7	N/A	7	N/A	60	N/A	9	N/A	480	N/A							Gluten Free		
MEAT FILLINGS (Sauces & condiments not included)																								
	Bacon	30g	15g	160	80	12	6	10	5	0	0	0	0	210	105							Gluten Free		
	Chicken Breast	85g	43g	111	56	4	2	15	8	2	1	0	0	425	212	👍	👍	Yes				Gluten Free	Note 1	
	Chicken Caesar	150g	75g	164	82	5.5	3	23	11.5	2.5	1	0	0	634	317		👍	Yes				Gluten Free	Note 2	
	Chicken Crave	163g	82g	223	112	8.5	4.5	31	15.5	4	2	0	0	1044	522			Yes			Yes	Gluten Free	Note 1	
	Chicken Souvlaki	85g	43g	110	55	4	2	15	7	3	1	0	0	502	251	👍	👍	Yes				Gluten Free	Notes 1 & 3	
	Club	163g	82g	131	65	6	3	16	8	2.5	1.5	0	0	633	317		👍					Gluten Free		
	Dagwood	150g	75g	137	69	4.5	2.5	21	10.5	3.5	2	0	0	867	433	👍	👍					Gluten Free		
	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	👍	👍					Gluten Free		
	Philly Steak (no cheese)	85g	43g	125	62	7	3.5	14.5	7	2	1	0	0	654	327			Yes				Gluten Free		
	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	👍	👍					Gluten Free		
	Southwestern Chicken	85g	43g	166	83	8	4	15	8	6	3	0	0	560	280		👍	Yes		Yes	Yes	Gluten Free	Note 1	
	Southwestern Steak	85g	43g	175	88	10.5	5.5	15	7.5	5	3	0	0	781	390			Yes		Yes	Yes	Gluten Free		
	Buffalo Chicken	85g	43g	170	85	8	4	11	6	15	8	1	0	1020	510		👍	Yes	Yes		Yes	Yes	Note 5	
	Spicy Thai Chicken (catering only)	85g	43g	164	83	4	2	15	8	15	8	0	0	640	323	👍	👍	Yes				Gluten Free	Modified tapioca starch, corn; Note 1	
	Tuna	85g	43g	85	43	1	0	20	10	0	0	0	0	340	170	👍	👍	Yes			Yes	Gluten Free		
	Turkey Breast	95g	58g	86	54	1	0.5	16	10	3	2	0	0	550	344	👍	👍					Gluten Free		
VEGGIE FILLINGS (Sauces & condiments not included)																								
	Babaganoush	60mL	30mL	90	45	7	4	3	1.5	4	2	2	1	246	123		👍					Gluten Free	Sesame seeds, Note 1	
	Falafel	76g	38g	200	100	11	5	7	3.5	23	11	5	2.5	427	213				Yes			Yes	Chickpeas, sunflower, Note 6	
	Garden (vegan) ***	146g	115g	27	19	0	0	0	0	6	4	1	0	2	2	👍	👍					Gluten Free	Note 7	
	Hummus	60mL	30mL	132	66	9	4.5	4	2	8	4	3	1.5	240	120		👍					Gluten Free	Chickpeas, sesame seeds, Note 1	
	Spicy Black Bean	93g	47g	150	75	6	3	7	4	21	11	7	4	470	235	👍	👍	Yes				Gluten Free	Corn, Note 1	
BREAKFAST PITA FILLINGS (Sauces & condiments not included)																								
	Awakin' with Bacon	103g	61g	256	134	18	9	15.5	9	7	4	1	0.5	584	310			Yes		Yes	Yes	Gluten Free	Corn, Note 8	
	Ham 'n' Egg	141g	71g	217	109	13	6.5	16.5	8	8	4	1	0.5	716	358			Yes		Yes	Yes	Gluten Free	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		Yes	Yes	Gluten Free	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	
EXTRAS																								
	Bacon	30g	15g	160	80	12	6	10	5	0	0	0	0	210	105	-	-					Gluten Free		
	Cheddar	56g	28g	224	112	17	8.5	13	6.5	2	1	0	0	411	206	-	-				Yes	Gluten Free		
	Feta	56g	28g	146	73	12	6	7	3.5	0	0	0	0	541	271	-	-				Yes	Gluten Free		
	Parmesan	6g	3g	24	12	1	1	2	1	2	1	0	0	100	50	-	-				Yes	Gluten Free		
	Swiss-Style Slices	44g	22g	120	60	13	6.5	12	6	0	0	0	0	808	404	-	-	Yes			Yes	Gluten Free		
VEGGIE TOPPINGS																								
	Alfalfa Sprouts	8g	6g	0	0	0	0	0	0	0	0	0	0	0	0	-	-					Gluten Free	No info available	
	Babaganoush	60mL	30mL	90	45	7	4	3	1.5	4	2	2	1	246	123	-	-					Gluten Free	Sesame seeds, Note 1	
	Black Olives	15g	8g	30	15	2.5	1.5	0	0	1	0	1	0	110	55	-	-					Gluten Free		
	Cucumbers	42g	32g	5	4	0	0	0	0	2	1	0	0	0	0	-	-					Gluten Free	No info available	
	Green Olives	15g	8g	41	21	4.5	2	0	0	1	1	1	0	451	226	-	-					Gluten Free		
	Green Peppers	18g	14g	4	3	0	0	0	0	1	1	0	0	0	0	-	-					Gluten Free	No info available	
	Hot Peppers	20g	10g	0	0	0	0	0	0	1	0	1	0	160	80	-	-					Gluten Free	Note 7	
	Hummus	60mL	30mL	132	66	9	4.5	4	2	8	4	3	1.5	240	120	-	-					Gluten Free	Chickpeas, sesame seeds, Note 1	
	Jalapeños	20g	10g	0	0	0	0	0	0	0	0	0	0	160	80	-	-					Gluten Free	Note 7	
	Lettuce – Iceberg	30g	23g	4	3	0	0	0	0	1	1	0	0	3	2	-	-					Gluten Free	No info available	
	Lettuce – Romaine	30g	23g	5	4	0	0	0	0	1	1	1	0	2	2	-	-					Gluten Free	No info available	
	Mushrooms	15g	12g	3	2	0	0	0	0	0	0	0	0	0	0	-	-					Gluten Free	No info available	
	Onions	20g	15g	8	6	0	0	0	0	2	1	0	0	0	0	-	-					Gluten Free	No info available	
	Pineapple	30g	23g	15	10	0	0	0	0	4	3	0	0	0	0	-	-					Gluten Free		
	Pickles	40g	30g	0	0	0	0	0	0	1	0	0	0	230	173	-	-					Gluten Free	Note 7	
	Spinach	30g	23g	5	5	0	0	0	0	1	1	1	1	25	20	-	-					Gluten Free	No info available	
	Tomatoes	45g	34g	10	6	0	0	0	0	2	1	1	0	0	0	-	-					Gluten Free	No info available	

NUTRITION NOTES

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

KEY: **OE** Ontario & East
MW Manitoba & West
AC Across Canada

**Pitas with less than 450 calories and 6 grams of fat before adding sauces, cheese or other extras.

Gluten free

*** 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.

Note 3: 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

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	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)						
	Regular	Petta®	Regular	Petta®	Regular	Petta®	Regular	Petta®	Regular	Petta®	Regular	Petta®	Regular	Petta®	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information
SAUCES & CONDIMENTS																					
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
Teriyaki	15mL	7mL	30	15	0	0	0	0	7	4	0	0	250	125	Yes	Yes				Yes	
Tzatziki	30mL	15mL	45	25	4	2	0	0	2	1	0	0	75	40					Yes		

SALADS (Dressings not included)	Large		Small		Large		Small		Large		Small		Large		Small		Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information
	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small									
Caesar*	164g	107g	90	45	4.5	2.5	7	4	6	4	3	2	230	115			Yes				Yes	Yes	Gluten in croutons, Note 3
Garden	378g	246g	170	90	9	4.5	11	6	13	9	4	3	230	115						Yes		No info available for fresh vegetables	
Greek	343g	220g	150	80	9	4.5	6	4	13	8	3	2	400	200						Yes		No info available for vegetables, Note 4	

SALAD DRESSINGS																						
	Regular	Petta®	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Fibre (grams)	Sodium (mg)	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information							
Balsamic Vinaigrette	15mL	7mL	30	15	2.5	1	0	0	0	0	0	0	140	70							Sulphites	
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 Ranch	30mL	15mL	70	35	4.5	2.5	0	0	8	4	0	0	250	125			Yes		Yes			
Special Sauce (Greek)	30mL	15mL	180	90	20	10	0	0	0	0	0	0	130	65								

SMOOTHIES																						
	Regular	Petta®	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Fibre (grams)	Sodium (mg)	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information							
Chocolate Banana Appeal	480mL	240mL	393	197	5	2.5	11	5.5	74	37	2	1	271	136						Yes		
Blackberry Probiotic	480mL	240mL	293	147	2	1	3	1.5	67	33.5	6	3	95	47.5	Yes					Yes		Contains sulphites (grapes)
Mango Rejuve	480mL	240mL	312	156	2	1	2	1	71	35.5	1.5	1	92	46	Yes					Yes		Contains sulphites (grapes)
Pomberry Detox	480mL	240mL	298	149	2.5	1.5	3	1.5	66	33	1.5	1	90	45						Yes		Contains sulphites (grapes)
Strawberry Banana "Oh Mega" 3	480mL	240mL	333	167	2.5	1	2.5	1	76	38	2	1	91	45.5	Yes			Yes	Yes		Contains sulphites (grapes), Note 5	
Strawberry-Kiwi Mega C	480mL	240mL	284	142	2	1	2	1	64	32	1	0.5	92	46	Yes			Yes	Yes		Contains sulphites (grapes), Note 5	

DESSERTS	Serving Size (grams)	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Fibre (grams)	Sodium (mg)	Allergen Information (based on information furnished by Pita Pit suppliers)														
								Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information								
ROYAL SWEDISH SNOWBALLS																						
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																						
	Serving Size	Calories	Fat (grams)	Protein (grams)	Carbs (grams)	Fibre (grams)	Sodium (mg)	Soy	Wheat	Egg	Fish	Milk	Gluten	Other Information								
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.*

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