

NUTRITIONAL INFORMATION

Item	Serving Size (grams)	Energy (calories)	Fat (grams)	Protein (grams)	Carbs (grams)	Sodium (mg)	Cholesterol (mg)	Fibre (grams)
PITAS								
Pita Bread-WHITE	71	210	0.5	8	43	340	0	2
Pita Bread-WHEAT	71	200	1	8	40	330	0	4
MEATS								
Assorted	113	111	4.1	16	2.4	635	13.4	0
Bacon	25	77	3.3	9.4	0.5	599	8.3	0
Chicken Breast	90	103	1.4	21	0	77	85	0
Chicken Crave	146.5	171	4.5	30	0.6	708	88	0
Chicken Caesar	120	189	5.3	32	0.6	796	95	0
Chicken Souvlaki	76	144	7.9	13	0	65	71.8	0
Club	113	197	8.1	27	3.1	1354	23.4	0
Gyros	71	208	18	11	5	581	32.3	1
Ham	113	137	6.2	19	12	1262	6	0
Philly Steak	113	226	10	28	3.4	723	67.8	0
Rib	100	219	13	19	5.8	478	58.8	2
Roast Beef	113	104	3.1	20	2.1	922	109	0
Seafood	113	115	1.5	14	12	951	2.3	0
Tuna	120	116	0.7	28	0	468	21.2	0
Turkey Breast	113	105	2.6	17	4.5	1077	26	0
VEGETABLES								
Alfalfa Sprouts	8	2.3	0.1	0.3	0.3	0.5	0	0
Black Olives	4.4	5.1	0.5	0	0.3	38	0	0
Cucumbers	13	1.7	0	0.1	0.4	0.3	0	0
Green Olives	4.3	6.3	0.5	0	0.3	61	0	0
Green Peppers	37	10	0.1	0.3	2.4	0.7	0	0
Hot Peppers	14	5	0	0	1	185	0	1
Lettuce	27	3.2	0.1	0.3	0.6	2.4	0	0
Mushrooms	17	4.3	0.1	0.5	0.7	0.7	0	0
Onions	40	15	0.1	0.5	3.5	1.2	0	1
Pineapple	35	132	0.2	0.2	8.4	4	0	0
Pickles	14	2.5	0	0.2	0.5	145	0	0
Tomatoes	45	9.5	0.1	0.4	2.1	4.1	0	1
SAUCES								
BBQ Sauce	15	18	0	0	3.5	168	0	0
Caesar	15	35	2.3	0.5	3	180	2.5	0
Dijon Mustard	5	5	0	0	0	115	0	0
Honey Mustard	15	37	0.1	0.2	8.8	0	0	0
Ancho Chipotle	15	45	3.5	0.2	3	120	2.5	0
Mayonnaisse	15	45	4.6	0	1	139	0	0
Mustard	5	0	0	0	0	55	0	0
Ranch	15	35	2.3	0.1	4	125	2.5	0
Hot Sauce	5	0	0	0	0	210	0	0
Secret Sauce	5	40	4.7	0	0	0	0	0
Teriyaki Sauce	5	15	0	0.1	0.3	26	0	0
Tzatziki	15	21	1.9	0.5	1.1	35	0	0
CHEESES								
Cheddar	30	117	9.5	7.4	0.7	184	30	0
Feta	28	80	6.6	4	1.1	313	27.5	0
Swiss	29	97	7.3	7.2	0.6	397	24.7	0
VEGETARIAN								
Babaganoush	28	40	2.6	1.6	2.5	2	0	1
Falafel	80	253	13	7.5	27	981	0	5
Hummus	28	55	3.5	2.3	3.8	67	0	2

*Please note that the nutritional information provided is based on data provided by our supplier(s) and some variation may occur due to the season of the year, use of alternate suppliers, region of the country and/or small differences in product assembly.



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TOUTES OCCASIONS!"

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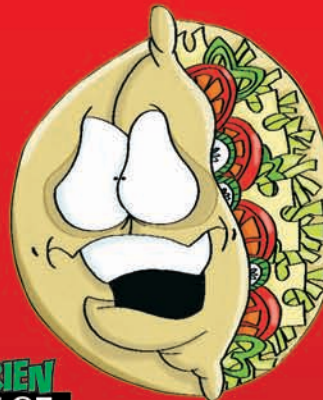
Ph: 613.789.2239 Fax: 613.789.2309

www.pitapitottawa.ca

The Pita Pit

FRESH THINKING • HEALTHY EATING

PITAS Pensée et Nouriture Santé



Meata Pita/"Meata" Pita.....	\$8.75
<small>Chicken & Steak/Poulet et Steak</small>	
Ranchers Delight/Délice "Ranchers" ...	\$8.75
<small>Poulet, Jambon, Dinde et Bacon</small>	
Dagwood Club/Club "Dagwood"	\$7.05
<small>Ham, Turkey, Roast Beef/Jambon, Dinde et Rosbif</small>	
Chicken Crave/Poulet Crave.....	\$7.05
<small>Chicken Breast, Ham, Swiss Cheese /Poitrine de Poulet, Jambon et Fromage Suisse</small>	
Chicken Caesar/Poulet César.....	\$7.05
<small>Chicken Breast, Bacon, Romaine, Parmesan, Caesar Dressing /Poitrine de Poulet, Bacon, Laitue Romaine, Parmesan, Vinaigrette César</small>	
Club.....	\$7.05
<small>Turkey, Ham, Bacon/Jambon, Dinde et Bacon</small>	
Philly Steak/Steak "Philly".....	\$6.75
<small>Steak, Grilled Onions, Mushrooms, Green Peppers /Steak, Oignons, Champignons et Poivrons Vert Grillés</small>	
Southwest/Sud-Ouest.....	\$6.75
<small>Chicken or Steak with Ancho Chipotle Sauce & Grilled Veggies /Poulet ou Steak avec Sauce Chipotle et Légumes Grillés</small>	
Chicken Breast/Poitrine de Poulet.....	\$6.75
<small>White Breast of Chicken Meat</small>	
Turkey/Dinde.....	\$6.75
<small>Deil Style Turkey/Dinde</small>	
Chicken Souvlaki/Souvlaki au Poulet..	\$5.95
<small>Greek Marinated Chicken/Poulet Mariné à la Grecque</small>	
BLT.....	\$5.95
<small>Strips of Bacon, Lettuce & Tomato/Bacon, Laitue et Tomates</small>	
Assorted/Assortie.....	\$5.95
<small>Ham & Turkey Slices/Dinde et Jambon</small>	
Roast Beef/Rosbif.....	\$5.95
<small>Deil Style Beef/Rosbif</small>	
Tuna/Thon.....	\$6.15
<small>Tuna Mixed to your liking/Thon</small>	
Gyros.....	\$5.95
<small>Mediterranean Spiced Beef or Lamb/Bœuf et Agneau Épicé à la Méditerranéenne</small>	
Ham/Jambon.....	\$5.95
<small>Deil Style Ham/Jambon</small>	

VEGETARIAN VÉGÉTARIEN

Falafel.....	\$5.95
<small>Chick Pea Patties/Galettes de Pois Chiche</small>	
Hummus.....	\$5.50
<small>Chick Pea, Garlic and Tahini Spread/Tartinade de Pois Chiches, ail et tahini</small>	
Babaganoush.....	\$5.50
<small>Eggplant and Garlic Spread/Tartinade d'Aubergine et Ail</small>	
Cheddar.....	\$5.05
<small>Premier Shredded Cheddar Cheese/Fromage Cheddar Rapé</small>	
Swiss/Suisse.....	\$5.05
<small>Cut off the Block Fresh/Fraichement Coupe</small>	
Feta.....	\$5.05
<small>Mediterranean Cheese/Fromage Méditerranéen</small>	
Garden/Jardinier.....	\$4.50
<small>Your Choice of Garden Fresh Vegetables/Votre Choix de Légumes Frais</small>	

FRESHLY STUFFED WITH YOUR CHOICE OF THIS STUFF
BOURRÉS DE VOTRE CHOIX D'INGRÉDIENTS FRAIS!

TOPPINGS GARNITURES

Lettuce, Romaine, Tomatoes, Red Onion, Cucumber, Green Peppers, Pickles, Olives, Alfalfa Sprouts, Mushrooms, Hot Peppers, Pineapple, Jalapeños
 Laitue, Laitue romaine, Tomates, Oignons Rouge, Concombre, Poivrons Vert, Cornichons, Olives, Germes de Luzerne, Champignons, Piments Forts, Ananas et Jalapeños

SAUCES

Tzatziki, Mayo, Mustard, Honey Mustard, Dijon Horseradish, BBQ, Chipotle, Hot Sauce, Caesar, Ranch, Teriyaki, Secret Sauce
 Tzatziki, Mayo, Moutarde, Moutarde au Miel, Raifort Dijon, Bbq, Chipotle, Sauce Piquante, César, Ranch, Teriyaki et Notre, Sauce Secrète

SALADS SALADES

BUILD YOUR OWN!
ASSEMBLEZ LA VOUS MÊME
 Deluxe (lg).....\$4.75
Deluxe (grande)
 Regular (sm).....\$3.50
Regulier (petite)
 Add meat (lg).....\$2.25
Ajouter de la viande (grande)

DRINKS BREUVAGES

Water.....	\$1.50	Pop Sm...	\$1.25
<small>Eau</small>		<small>Boisson gazeuse (petite)</small>	
Juice.....	\$1.85	Pop Lg....	\$1.85
<small>Jus</small>		<small>Boisson gazeuse (grande)</small>	

EXTRAS

Double Meat.....	\$2.25	Hummus...	\$0.99
<small>Double viande</small>			
Double Cheese..	\$0.99	Chips.....	\$1.20
<small>Double fromage</small>		<small>Croustilles</small>	
Extra Bacon.....	\$0.99	Cookies....	\$0.75
		<small>Biscuits</small>	
Babaganoush.....	\$0.99	Soup.....	\$2.75
		<small>Soupe</small>	

MAKE IT A COMBO!
TRANSFORMEZ-LE EN COMBO!

Add a drink & chips (or) a drink & 2 cookies to any pita for only:
 Ajoutez un breuvage & croustilles (ou) un breuvage & 2 biscuits à votre pita pour seulement
\$2.25

CATERING BANQUET

Ask about our awesome pita platters, salads, drinks and snacks
 Renseignez-vous à propos de nos merveilleux plats de pita, nos salades, breuvages et collations

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Prices subject to change/Prix sont sujets à changer

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