

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

# Nutritional & Allergen Information

Pita Breads	Serving (g/ml)		Calories		Fat (g)		Saturates (g)		Carbs (g)		Sugars (g)		Protein (g)		Fibre (g)		Sodium (mg)		Salt (g)		Allergens (see notes)
	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	
White	47	72	136.30	208.80	0.42	0.65	0.09	0.14	28.29	43.34	1.83	2.81	4.28	6.55	1.13	1.73	100	152	0.25	0.39	Gluten
Wholemeal	47	72	128.31	196.56	0.56	0.86	0.11	0.17	25.00	38.30	1.55	2.38	4.37	6.70	2.96	4.54	124	188	0.31	0.48	Gluten

Meat fillings																					
Before adding sauces, condiments or extras																					
New York Strip Steak	38	75	76.13	152.25	3.60	7.20	0.98	1.95	0.00	0.00	0.00	0.00	10.95	21.90	0.00	0.00	16	32	0.04	0.08	
Fiery Grilled Steak	48	90	87.73	169.65	3.69	7.34	0.98	1.95	2.53	3.79	2.20	3.30	11.05	22.05	0.15	0.23	72	116	0.18	0.29	
Bacon & Chicken Caesar	48	95	82.83	165.65	3.65	7.29	1.32	2.65	0.76	1.52	0.15	0.30	11.72	23.45	0.05	0.10	336	672	0.84	1.68	
Grilled Chicken Breast	38	75	38.63	77.25	0.38	0.75	0.11	0.23	0.60	1.20	0.00	0.00	8.21	16.43	0.00	0.00	76	152	0.19	0.38	
Hot & Spicy Chicken	48	90	59.60	113.40	0.92	1.79	0.23	0.45	2.57	3.87	2.20	3.30	10.19	20.33	0.19	0.31	208	384	0.52	0.96	
Chicken Tikka Masala	43	85	61.00	122.00	1.83	3.65	0.38	0.75	0.84	1.68	0.50	1.00	10.27	20.53	0.34	0.68	216	428	0.54	1.07	Mustard
Chicken Souvlaki	48	90	77.77	140.66	4.08	6.56	0.62	1.04	0.09	0.15	0.02	0.03	10.11	20.20	0.06	0.11	160	312	0.40	0.78	
Sausage and herbs	38	75	81.75	163.50	5.21	10.43	1.80	3.60	3.49	6.98	0.45	0.90	4.99	9.98	0.38	0.75	300	600	0.75	1.50	Gluten, Sulphites
Beaconstrips	10	20	44.20	88.40	3.27	6.54	1.21	2.42	0.16	0.32	0.15	0.30	3.51	7.02	0.05	0.10	260	520	0.65	1.30	
Light Skipjack tuna	65	130	64.35	130.00	0.39	0.78	0.13	0.26	0.00	0.00	0.00	0.00	15.28	30.55	0.00	0.00	208	416	0.52	1.04	Fish

Veggie fillings																					
Before adding sauces, condiments or extras																					
Grilled Halloumi	30	60	96.30	192.60	7.50	15.00	4.80	9.60	0.57	1.14	0.48	0.96	6.60	13.20	0.00	0.00	312	624	0.78	1.56	Milk
Hand Rolled Falafel	70	105	168.97	253.46	9.13	13.73	0.87	1.31	13.07	19.60	2.42	3.63	5.66	8.48	5.72	8.58	368	552	0.92	1.38	
Charged Up Couscous	20	30	32.46	48.69	0.56	0.84	0.07	0.14	5.65	8.47	0.12	0.19	0.94	1.40	0.47	0.71	56	88	0.14	0.22	Gluten
Very Very Veggie	85	155	15.75	28.45	0.28	0.50	0.07	0.13	2.09	3.78	1.74	3.09	0.76	1.39	0.88	1.59	0	0	0.00	0.00	

Breakfast fillings																					
Before adding sauces, condiments or extras																					
Scrambled Egg	38	75	44.62	89.25	3.18	6.37	0.83	1.65	0.75	1.50	0.08	0.15	3.26	6.53	0.00	0.00	104	212	0.26	0.53	Eggs, Milk
Sausage and Egg	75	150	126.37	252.75	8.39	16.80	2.63	5.25	4.24	8.48	0.53	1.05	8.25	16.51	0.38	0.75	404	812	1.01	2.03	Egg, Milk, Gluten, Sulphites
Bacon and Egg	48	95	88.82	177.65	6.45	12.91	2.04	4.07	0.91	1.82	0.23	0.45	6.77	13.55	0.05	0.10	364	732	0.91	1.83	Eggs, Milk
Falafel and Egg	108	180	213.59	342.71	12.31	20.10	1.70	2.96	13.82	21.10	2.50	3.78	8.92	15.01	5.72	8.58	472	764	1.18	1.90	Eggs, Milk
Full English	85	170	170.57	341.15	11.66	23.34	3.84	7.67	4.40	8.80	0.68	1.35	11.76	23.53	0.43	0.85	664	1332	1.66	3.33	Egg, Milk, Gluten, Sulphites

Veggie toppings																					
Mixed leaf lettuce	15	25	2.70	4.50	0.03	0.05	0.00	0.00	0.35	0.58	0.11	0.18	0.15	0.25	0.21	0.35	0	0	0	0	
Cos lettuce	25	40	4.00	6.40	0.13	0.20	0.03	0.04	0.43	0.68	0.43	0.68	0.20	0.32	0.23	0.36	0	0	0	0	
Baby spinach	15	25	4.50	7.50	0.12	0.20	0.02	0.03	0.23	0.38	0.23	0.38	0.42	0.70	0.41	0.68	0	0	0	0	
Tzatziki	15	30	13.92	27.90	0.90	1.80	0.55	1.11	0.74	1.47	0.55	1.11	0.69	1.38	0.08	0.15	40	84	0.11	0.21	Milk
Guacamole	15	30	25.80	51.60	1.91	3.81	0.27	0.54	1.41	2.82	0.31	0.63	0.30	0.60	0.90	1.80	60	120	0.15	0.30	
Houmous	15	30	44.10	88.20	3.51	7.02	0.35	0.69	1.58	3.15	0.05	0.09	1.19	2.37	0.75	1.50	72	144	0.18	0.36	Sesame Seeds
Tomatoes	20	40	4.00	8.00	0.06	0.12	0.02	0.04	0.62	1.24	0.62	1.24	0.14	0.28	0.20	0.40	0	0	0	0	
Red Onions	10	20	4.60	9.20	0.01	0.02	0.00	0.00	0.93	9.30	0.42	0.84	0.11	0.22	0.17	0.34	0	0	0	0	
Green Peppers	15	25	4.35	7.25	0.05	0.08	0.02	0.03	0.71	1.18	0.68	1.13	0.15	0.25	0.24	0.40	0	0	0	0	
Mushrooms	10	20	1.60	3.20	0.05	0.10	0.01	0.02	0.04	0.08	0.02	0.04	0.18	0.36	0.11	0.22	0	0	0	0	
Cucumber	15	30	1.80	3.60	0.00	0.00	0.00	0.00	0.30	0.60	0.00	0.00	0.09	0.18	0.11	0.21	0	0	0	0	
Grated Carrot	15	25	7.50	12.50	0.38	0.06	0.00	0.00	1.44	2.40	0.71	1.18	0.14	0.23	0.42	0.70	0	0	0	0	
Red Cabbage	15	25	4.05	6.75	0.05	0.08	0.00	0.00	0.56	0.93	0.50	0.83	0.17	0.28	0.38	0.63	0	0	0	0	
Beetroot	15	25	8.40	14.00	0.17	0.28	0.09	0.15	1.47	2.45	1.47	2.45	0.12	0.20	0.29	0.48	16	28	0.05	0.08	
Sweetcorn	10	20	12.00	24.00	0.23	0.46	0.02	0.04	1.96	3.92	0.23	0.46	0.42	0.84	0.22	0.44	0	0	0	0	
Mango	10	20	6.60	13.20	0.00	0.00	0.00	0.00	1.41	2.82	1.22	2.44	0.16	0.32	0.21	0.42	0	0	0	0	
Spiced Couscous	20	30	32.46	48.69	0.56	0.84	0.07	0.14	5.65	8.47	0.12	0.19	0.94	1.40	0.47	0.71	56	88	0.14	0.22	Gluten
Black olives	10	20	13.20	26.40	0.95	1.90	0.12	0.24	0.97	1.94	0.01	0.02	0.10	0.20	0.20	0.40	84	168	0.21	0.42	
Pickles	15	25	3.00	5.00	0.00	0.00	0.00	0.00	0.51	0.85	0.45	0.75	0.08	0.13	0.11	0.18	72	120	0.18	0.30	
Jalapenos	5	10	1.00	2.00	0.02	0.03	0.00	0.00	0.15	0.30	0.12	0.24	0.04	0.07	0.07	0.13	28	60	0.08	0.15	
Baked Beans	25	50	22.75	45.50	0.35	0.70	0.05	0.10	3.25	6.50	1.70	3.40	1.13	3.25	1.18	2.35	68	140	0.18	0.35	



Cheese	Serving (g/ml)		Calories		Fat (g)		Saturates (g)		Carbs (g)		Sugars (g)		Protein (g)		Fibre (g)		Sodium (mg)		Salt (g)		Allergens (see notes)
	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	Petita	Original	
Mature Cheddar	10	20	39.60	79.20	3.20	6.40	1.98	3.96	0.10	0.20	0.02	0.04	2.60	5.20	0.00	0.00	76	152	0.19	0.38	Milk
Feta	10	20	28.90	57.80	2.45	4.90	1.50	3.00	0.07	0.14	0.07	0.14	1.65	3.30	0.00	0.00	132	260	0.33	0.65	Milk
Swiss	10	20	36.90	73.80	2.80	5.60	2.00	4.00	0.01	0.02	0.01	0.02	2.90	5.80	0.01	0.02	56	112	0.14	0.28	Milk
Parmesan	1	2	3.92	7.84	0.28	0.57	0.19	0.37	0.00	0.00	0.00	0.00	0.33	0.66	0.00	0.00	8	12	0.02	0.03	Milk

#### Sauces and Condiments

Caesar	10	15	40.00	60.00	4.10	6.15	0.44	0.66	0.63	0.94	0.48	0.72	0.20	0.30	0.04	0.06	68	104	0.17	0.26	Eggs, Milk, Sulphites
Creamy Pepper Ranch	10	15	48.50	72.75	5.00	7.50	0.80	1.20	0.55	0.82	0.04	0.54	0.20	0.30	0.00	0.00	48	72	0.12	0.18	Eggs, Milk, Mustard
BBQ	10	15	17.00	25.50	0.02	0.03	0.00	0.00	0.00	0.00	4.10	6.15	0.10	0.15	0.06	0.09	36	56	0.10	0.15	Mustard
Korean BBQ	10	15	17.40	26.10	0.09	0.14	0.04	0.06	3.91	5.86	3.54	5.31	0.11	0.16	0.00	0.00	36	56	0.09	0.14	Gluten
Grill Sauce	10	15	14.00	21.00	0.03	0.05	0.00	0.00	3.16	4.74	2.92	4.38	0.10	0.15	0.00	0.00	32	48	0.08	0.12	Mustard
Honey Mustard	10	15	36.00	54.00	3.30	4.95	0.40	0.60	1.40	2.10	1.20	1.80	0.15	0.23	0.05	0.08	68	100	0.17	0.26	Gluten, Eggs, Mustard
Balsamic Vinaigrette	10	15	4.00	6.00	0.01	0.08	0.01	0.08	0.80	1.20	0.60	0.09	0.06	0.09	0.06	0.09	72	108	0.18	0.27	Gluten
Harissa	10	15	24.30	36.45	2.33	3.50	0.21	0.32	0.69	1.04	0.27	0.41	0.12	0.18	0.07	0.11	356	532	0.89	1.34	Eggs, Mustard, Sulphites
Brown Sauce (HP)	10	15	12.20	18.30	0.01	0.02	0.00	0.00	2.83	4.24	2.31	3.46	0.09	0.14	0.04	0.06	52	80	0.13	0.20	Gluten
Tomato Sauce (Ketchup)	10	15	10.30	15.45	0.01	0.02	0.00	0.00	2.41	3.62	2.37	3.55	0.09	0.14	0.07	0.11	88	132	0.22	0.33	Celery
Sweet Chilli	10	15	23.00	34.50	0.02	0.03	0.00	0.00	5.56	8.34	5.35	8.02	0.09	0.14	0.13	0.20	120	180	0.30	0.45	Gluten, Sulphites
Hot Chilli Sauce	10	15	5.60	8.40	0.17	0.25	0.03	0.05	0.73	1.09	0.08	0.12	0.12	0.18	0.33	0.50	108	156	0.27	0.39	
Sriracha	10	15	11.30	16.95	0.08	0.12	0.00	0.00	2.42	3.63	1.80	2.70	0.09	0.14	0.30	0.45	200	300	0.50	0.75	Sesame Seeds & Sesame Seed Derivatives
Secret sauce	10	15	29.77	44.66	3.25	4.91	0.39	0.59	0.05	0.07	0.02	0.03	0.02	0.02	0.02	0.03	8	12	0.02	0.03	
Light Mayonnaise	10	15	27.00	40.50	2.60	3.90	0.25	0.38	0.60	0.90	0.25	0.38	0.05	0.08	0.05	0.08	68	100	0.17	0.26	Eggs, Milk, Mustard
Hot & Spicy Sauce	10	15	11.60	17.40	0.09	0.14	0.00	0.00	2.53	3.79	2.20	3.30	0.10	0.15	0.15	0.23	56	84	0.14	0.21	
Tikka Masala	5	10	13.00	26.00	1.00	2.00	0.15	0.30	0.80	1.60	0.50	1.00	0.18	0.35	0.30	0.60	64	128	0.16	0.32	Mustard

#### Extras

Steak	38	38	76.13	76.13	3.60	3.60	0.98	0.98	0.00	0.00	0.00	0.00	10.95	10.95	0.00	0.00	16	16	0.04	0.04	
Chicken Breast	38	38	38.63	38.63	0.38	0.38	0.11	0.11	0.60	0.60	0.00	0.00	8.21	8.21	0.00	0.00	76	76	0.19	0.19	
Chicken Thigh	38	38	48.00	48.00	0.83	0.83	0.23	0.23	0.04	0.04	0.00	0.00	10.09	10.09	0.04	0.04	152	152	0.38	0.38	
Sausage	38	38	81.75	81.75	5.21	5.21	1.80	1.80	3.49	3.49	0.45	0.45	4.99	4.99	0.38	0.38	300	300	0.75	0.75	Gluten
Bacon	10	10	44.20	44.20	3.27	3.27	1.21	1.21	0.16	0.16	0.15	0.15	3.51	3.51	0.05	0.05	260	260	0.65	0.65	
Falafel	60	60	139.20	139.20	5.88	5.88	0.48	0.48	13.02	13.02	2.40	2.40	5.64	5.64	5.70	5.70	360	360	0.90	0.90	
Halloumi	30	30	96.30	96.30	7.50	7.50	4.80	4.80	0.57	0.57	0.48	0.48	6.60	6.60	0.00	0.00	312	312	0.78	0.78	Milk
Couscous	20	20	32.46	32.46	0.56	0.56	0.07	0.07	5.65	5.65	0.12	0.12	0.94	0.94	0.47	0.47	56	56	0.14	0.14	Gluten
Cheddar	10	10	39.60	39.60	3.20	3.20	1.98	1.98	0.10	0.10	0.02	0.02	2.60	2.60	0.00	0.00	76	76	0.19	0.19	Milk
Feta	10	10	28.90	28.90	2.45	2.45	1.50	1.50	0.07	0.07	0.07	0.07	1.65	1.65	0.00	0.00	132	132	0.33	0.33	Milk
Swiss	10	10	36.90	36.90	2.80	2.80	2.00	2.00	0.01	0.01	0.01	0.01	2.90	2.90	0.01	0.01	56	56	0.14	0.14	Milk
Parmesan	1	1	3.92	3.92	0.28	0.28	0.19	0.19	0.00	0.00	0.00	0.00	0.33	0.33	0.00	0.00	8	8	0.02	0.02	Milk
Tuna	65	65	64.35	64.35	0.39	0.39	0.13	0.13	0.00	0.00	0.00	0.00	15.28	15.28	0.00	0.00	208	208	0.52	0.52	Fish

#### Signature Pita Crisps

Signature Pita Crisps (entire bag)	60		253.46		5.56		0.73		43.41		2.84		6.57		1.76		164		0.42		
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\* Very Very Veggie Pita values are based on: Cos lettuce, Tomatoes, Cucumbers, Green Peppers and Mushrooms. Pita Pit cannot guarantee a gluten free environment. Not all items are available at every Pita Pit.

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. During food preparation, individual food items may come into contact with each other, which is not reflected in these charts. 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.

