

PICK YOUR PROTEIN & *GET IT* GRILLED

MEAT PITAS

	SMALL	REGULAR
Chicken Caesar <i>All-Natural, Grilled Chicken Breast with Bacon</i>	230 Cal	350 Cal
Chicken Breast <i>All-Natural, Grilled Chicken Breast</i>	200 Cal	300 Cal
Chicken Souvlaki <i>All-Natural, Grilled Chicken with Mediterranean Seasoning</i>	210 Cal	320 Cal
Chicken Crave <i>All-Natural, Grilled Chicken Breast with Ham</i>	230 Cal	360 Cal
Buffalo Chicken <i>All-Natural, Grilled Chicken Breast in Buffalo Sauce</i>	200 Cal	310 Cal
Club <i>Ham, Turkey & Bacon</i>	220 Cal	340 Cal
Philly Steak <i>Thinly Sliced Seasoned Steak</i>	220 Cal	330 Cal
Turkey <i>Deli Style Turkey</i>	190 Cal	280 Cal
BLT <i>Bacon, Lettuce & Tomato</i>	230 Cal	350 Cal
Prime Rib <i>Slow Roasted Prime Rib</i>	220 Cal	340 Cal
Dagwood <i>Ham, Turkey & Prime Rib</i>	240 Cal	370 Cal
Tuna <i>Tuna Mixed to Your Liking</i>	210 Cal	250 Cal
Black Forest Ham <i>Deli Style Ham</i>	200 Cal	300 Cal
Gyro <i>Mediterranean Seasoned Beef & Lamb Strips</i>	330 Cal	550 Cal

VEGGIE PITAS

Garden <i>Your Choice of Fresh Veggies</i>	140 Cal	180 Cal
Falafel <i>Chickpea Patties Grilled in Secret Sauce</i>	340 Cal	570 Cal
Hummus <i>Chickpea Spread (with Tahini)</i>	230 Cal	360 Cal
Spicy Black Bean <i>Vegan Black Bean Patty</i>	200 Cal	290 Cal
Cheese <i>Your Choice of Cheese</i>	220-250 Cal	340-400 Cal

BREAKFAST PITAS

Awakin' with Bacon <i>Bacon, Eggs & Hashbrowns</i>	290 Cal	480 Cal
Morning Glory <i>Eggs & Hashbrowns</i>	240 Cal	380 Cal
Ham n' Eggs <i>Ham, Eggs & Hashbrowns</i>	270 Cal	440 Cal
Meat the Day <i>Ham, Bacon, Eggs & Hashbrowns</i>	300 Cal	490 Cal
Steak n' Eggs <i>Steak, Eggs & Hashbrowns</i>	320 Cal	460 Cal

TOP IT, SAUCE IT LOAD IT UP YOUR WAY

BUILD YOUR OWN AT PITAPITUSA.COM

Calorie counts below represent

Small Pita Portion Calories/Regular Pita Portion Calories
/Side Portion (if applicable)

TOPPINGS Avocado 45/45/90 Cal, Hummus 90/90/180 Cal, Roasted Red Pepper Hummus 80/80/160 Cal, Shredded Lettuce 0/5 Cal, Romaine 0/5 Cal, Fresh Spinach 5/10 Cal, Tomatoes 5/10 Cal, Cucumbers 0/0 Cal, Roasted Red Peppers 0/5 Cal, Banana Peppers 0/5 Cal, Jalapeños 0/0 Cal, Onions 0/5 Cal, Black Olives 10/20 Cal, Pineapple 5/15 Cal, Green Peppers 0/5 Cal, Pickles 0/0 Cal, Artichoke Hearts 5/10 Cal, Mushrooms 0/5 Cal, Tzatziki 25/50/100 Cal, Salt & Pepper 0/0 Cal

CHEESES Cheddar 60/110 Cal, Feta 40/80 Cal, Parmesan 25/50 Cal, Pepper Jack 50/100 Cal, Provolone 40/80 Cal

SAUCES Ancho Chipotle 45/90/170 Cal, Balsamic Vinaigrette 30/60/110 Cal, BBQ Sauce 35/70/130 Cal, Boom Boom Sauce 80/160/320 Cal, Buffalo Sauce 0/5/15 Cal, Caesar 30/60/120 Cal, Honey Mustard 45/90/190 Cal, Horseradish Dijon 70/130/260 Cal, Hot Sauce 0/0/0 Cal, Jalapeno Ranch 45/90/190 Cal, Light Mayo 35/70/130 Cal, Ranch 45/90/190 Cal, Secret Sauce (spicy vinaigrette) 90/190/370 Cal, Sour Cream 30/60/110 Cal, Sriracha 15/30/60 Cal, Teriyaki 15/30/60 Cal, Yellow Mustard 0/0/0 Cal

EXTRAS

Double Meat
Adds 50-200 Cal/
70 - 390 Cal

Double Cheese
Adds 80-110 Cal/
160-220 Cal

Add Bacon
Adds 50 Cal

SIDES

Chips
130 - 310 Cal

Cookie
150 - 170 Cal

Quesapita
420-510 Cal
+add Chicken
Adds 120 Cal

Pita & Dip
180-550 Cal

DRINKS

Fountain Drinks
0 - 320 Cal

Bottled Drinks
0 - 290 Cal

Bottled Water
0 Cal

ASK ABOUT OUR KIDS MENU

Calories for pitas include pita bread and listed ingredients only. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.