

	Calories	Fat(g)	Protein(g)	Carbs(g)	Sodium(mg)	Chol.(mg)	Fiber(g)
PITA BREAD							
White and Blended Wheat	260	0.4	10	54	200	0	2

BREAKFAST PITAS							
Morning Glory (Avocado, Tomato)	350	21	17	15.3	770	510	4
Ham n' Eggs (Ham & Mushrooms)	746	26.3	46.5	72.3	2370	540	5.6
Awakin' with Bacon (Bacon)	510	33	12	17	1810	150	4
Chicken Classic (Chicken & Mushrooms)	716	25.8	40.5	73.3	1470	700	5.6
Sausage Sunrise (Italian Sausage)	510	33	25	21	1290	535	6
Meat the Day (Bacon & Italian Sausage)	590	39	30	21	1610	550	8

(totals include meat,pita, eggs, hashbrowns, green peppers & onions)

MEAT PITAS							
Dagwood (Roast Beef, Turkey, Ham)	435	5.8	31.5	58.8	1900	82	2
Chicken Caesar (Chicken,Bacon)	550	18.9	42	57	1300	80	2
Chicken Crave (Chicken, Ham)	440	7.4	34	58	1400	40	2
Club (Turkey, Ham, Bacon)	457	8.5	37.4	58.1	2600	23	2
Philly Steak	362	2.7	25.9	58.5	600	28	2
Gyro	550	25.4	25	61	1000	45	3
Chicken Souvlaki (marinated)	430	9.7	30.1	54	300	72	2
Chicken Breast	370	4.9	24	57	700	50	2
Turkey	365	3.0	26.6	59.5	1300	26	2
Roast Beef	364	3.5	30.3	56.1	1100	109	2
Black Forest Ham	400	5.4	30	56	1600	30	2
B.L.T	513	18.6	25.7	56.7	1160	45	4.9
Tuna	376	1.1	37.6	54	700	21	2

(totals include meat and pita bread only)

VEGGIE PITAS							
Falafel	513	13.8	23.2	90.8	900	28	5.5
Hummus	310	2.4	12	58	300	0	3
Babaganoush	330	3.4	12	58	300	0	2
Feta	340	7.0	14	55.1	500	28	2
Cheddar	413	13.1	19.3	54	400	40	2
American Swiss Cheese	360	8.4	16	55	700	25	2
Garden	260	0.4	10	54	200	0	2

(totals include pita bread and above items only)

TOPPINGS							
Hummus	50	2	2	4	100	0	1
Babaganoush	70	3.0	2.0	4.0	100	0	2
Avocado	90	9.0	1.0	3.0	0	0	2
Shredded Lettuce	3	0.1	0.3	0.6	0	0	0.2
Romaine Lettuce	3	0.1	0.3	0.6	0	0	0.2
Fresh Spinach	7	0	1	1	0	0	1
Tomatoes	10	0.1	0.4	2.1	0	0	0.7
Onions	15	0.1	0.5	3.5	0	0	0.6
Green Peppers	10	0.1	0.3	2.4	0	0	0.4
Cucumbers	2	0	0.1	0.4	0	0	0
Pickles	3	0	0.2	0.5	100	0	0.3
Black Olives	5	0.5	0	0.3	0	0	0.1
Pineapple	54	0	0.5	14	0	0	1
Pepperoncinis	5	0	0	1	200	0	0.6
Alfalfa Sprouts	2	0.1	0.3	0.3	0	0	0
Jalapeños	5	0	0	1	500	0	0
Mushrooms	4	0.1	0.5	0.7	0	0	0.4
Salt & Pepper	0	0	0	0	155	0	0

SAUCES							
Caesar	140	15	1	1	290	10	0
Tzatziki	40	3.5	1	2	100	0	0
Ranch	69	7.1	0.2	1.2	100	5	0
Secret (spicy vinaigrette)	40	4.7	0	0	0	0	0
Mayo	99	11	0.2	0.2	100	10	0
BBQ	18	0	0	3.5	200	0	0
Sour Cream	60	5	0	2	45	15	0
Hot Sauce	0	0	0	0	200	0	0
Teriyaki	45	0	1	10	930	0	0
Ketchup	20	0	0	5	100	0	0
Yellow Mustard	0	0	0	0	100	0	0.1
Honey Mustard	37	0.1	0.2	8.8	0.0	0	0
Dijon Mustard	5	0	0	0	100	0	0.1
Salsa	10	0	0	2	200	0	0
Horseradish Dijon	120	12	0	3	220	10	0
Ancho Chipotle	90	7	0	6	240	0	0

CHEESES							
Cheddar	153	12.7	9.3	0	200	40	0
American Swiss	100	8	6	1	500	25	0
Feta	80	6.6	4	1.1	300	28	0
Parmesan	35	2.5	3	0	110	5	0

SMOOTHIES							
Berry Go Round	396	0	6	90	65	0	9
Banana Very Berry	361	0.5	6.2	87	66.1	0	5.8
Blu Bayou	336	0	6	77	65	0	7
Mango Tango	376	0	3	90	80	0	5