

	Calories	Fat(g)	Protein(g)	Carbs(g)	Sodium(mg)	Chol.(mg)	Fiber(g)
Pita Bread	260	0.4	10	54	200	0	2
Veggie Pitas							
Avocado	90	9.0	1	3	0	0	2
Hummus	50	2.0	2	4	100	0	1
Falafel	253	13.4	13.2	46.8	700	28	3.5
Babaganoush	70	3.0	2	4	100	0	2
Feta	80	6.6	4	1.1	300	28	0
Cheddar	153	12.7	9.3	0	200	40	0
American /Swiss Provolone	100	8.0	6	1	500	25	0
Veggie Toppings							
Shredded Lettuce	3.0	0.1	0.3	0.6	0	0	0.2
Spinach	7	0	1	1	0	0	1
Romaine	3	0.1	0.3	0.6	0	0	0.2
Tomatoes	10	0.1	0.4	2.1	0	0	0.7
Cucumber	2.0	0	0.1	0.4	0	0	0
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
Black Olives	5	0.5	0	0.3	0	0	0.1
Pickles	3	0	0.2	0.5	100	0	0.3
Banana Peppers	5	0	0	1	200	0	0.6
Jalapenos	5	0	0	1	500	0	0
Alfalfa Sprouts	2	0.1	0.3	0.3	0	0	0
Mushrooms	4	0.1	0.5	0.7	0	0	0.4
Pineapples	54	0	0.5	14	0	0	1
Salt & Pepper	0	0	0	0	155	0	0
Sauces							
Caesar	140	15	1	1	290	10	0
Ranch	69	7.1	0.2	1.2	100	5	0
Tzatziki	40	3.5	1	2	100	0	0
Hot Sauce	0	0	0	0	200	0	0
BBQ	18	0	0	3.5	200	0	0
Teriyaki	45	0	1	10	930	0	0
Sour Cream	60	5	0	2	45	15	0
Lite Mayo	99	11	0.2	0.2	100	10	0
Ancho Chipotle	90	7	0	6	240	0	0
Honey Mustard	37	0.1	0.2	8.8	0	0	0
Yellow Mustard	0	0	0	0	100	0	0.1
Dijon Mustard	5	0	0	0	100	0	0.1
Horseradish Dijon	120	12	0	3	220	10	0
Ketchup	20	0	0	5	100	0	0
Secret Sauce	40	4.7	0	0	0	0	0
Salsa	10	0	0	2	200	0	0

	Calories	Fat(g)	Protein(g)	Carbs(g)	Sodium(mg)	Chol.(mg)	Fiber(g)
Breakfast Pitas							
Ham n' Eggs	746	26.3	46.5	72.3	2370	540	5.6
Chicken Classic	716	25.8	40.5	73.3	1470	700	5.6
Awakin' with Bacon	510	33	12	17	1810	150	4
Meat the Day	590	39	30	21	1610	550	8
Sausage Sunrise	510	33	25	21	1290	535	6
Morning Glory	350	21	17	15.3	770	510	4

(Breakfast Pita totals include pita, meat, hash browns, green peppers, onions & mushrooms)

Pita Bread	260	0.4	10	54	200	0	2
Meat Pitas							
Buffalo Chicken	110	4.5	14	3	500	50	0
Chicken Breast	110	4.5	14	3	500	50	0
Chicken Caesar	290	18.5	32	3	1100	80	0
Chicken Crave	180	7.0	24	4	1200	40	0
Chicken Souvlaki	170	9.3	20.1	0	100	72	0
Turkey	105	2.6	16.6	5.5	1100	26	0
Turkey & Bacon	276	8.8	25.1	24.4	1478	41	1.6
BLT	253	18.2	15.7	2.7	960	45	2.9
Roast Beef	104	3.1	20.3	2.1	900	109	0
Black Forest Ham	140	5.0	20	2	1400	30	0
Dagwood Club	175	5.4	21.5	4.8	1700	82	0
Club	197	8.1	27.4	4.1	2400	23	0
Gyro	290	25.0	15	7	800	45	1
Philly Steak	102	2.3	15.9	4.5	400	28	0

For detailed Nutritional Data on your favorite Pita go to www.pitapitusa.com/build_a_pita.html
