

# NUTRITIONAL FACTS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>PITA BREAD</b>										
White	200	0.5	0	0	0	320	41	2	0	7
Wheat	190	1.5	0	0	0	320	37	5	0	7
<b>BREAKFAST PITAS</b> (totals include specified ingredients and white pita, eggs, hashbrowns, green peppers and onions)										
Morning Glory (Avocado, Tomato)	505	18.5	5.5	2.5	335	970	61	7	2	20
Ham n' Eggs (Ham)	510	16.5	6	2.5	360	1610	58	4	2	28
Awakin' with Bacon (Bacon)	610	26.5	9	2.5	375	1610	57	4	1	31
Chicken Classic (Chicken & Mushrooms)	555	18	6	2.5	395	1270	59	4	2	34
Sausage Scramble (Italian Sausage)	530	20.5	7	2.5	350	1220	59	5	2	23
Meat the Day (Bacon & Italian Sausage)	570	23.5	8	2.5	360	1380	59	5	2	26
<b>MEAT PITAS</b> (totals include specified ingredients and white pita)										
Dagwood (Roast Beef, Turkey, Ham)	385	6.5	2.5	0	70	2130	44	2	2	35
Chicken Caesar (Chicken, Bacon, Romaine)	385	10	3	0	80	950	44	3	2	29
Chicken Crave (Chicken, Ham)	360	6	2	0	85	1270	44	2	2	31
Club (Turkey, Ham, Bacon)	385	9	3	0	70	1800	42	2	1	31
Philly Steak	320	5.5	2	0	40	1160	44	3	3	24
Gyro	560	28.5	12	0	70	1110	49	2	0	23
Chicken Souvlaki (marinated)	357	10.2	1.4	0	55	829	42	2	1	21
Chicken Breast	300	4	1	0	60	630	43	2	1	22
Turkey	290	1.5	0	0	50	1350	41	2	0	25
Roast Beef	360	7.5	3	0	40	1630	45	2	2	27
Black Forest Ham	320	4.5	2	0	50	1610	43	2	2	25
B.L.T.	455	18.5	6	0	60	1290	44	4	2	26
Tuna	330	2.5	0	0	65	630	41	2	0	37
<b>VEGGIE PITAS</b> (totals include specified ingredients and white pita)										
Falafel	456	14.4	1.5	0	0	1092	65	6	1	16
Hummus	300	7.5	0	0	0	590	49	4	0	11
Babaganoush	270	5.5	0	0	0	630	47	4	0	9
Feta	320	8.5	5	0	30	1070	43	2	0	17
Cheddar	420	18.5	10	0	60	690	41	2	0	21
American Swiss Cheese	300	9.5	6	0	20	650	43	2	0	13
Garden	200	0.5	0	0	0	330	41	2	0	7
<b>TOPPINGS</b>										
Hummus	50	3.5	0	0	0	130	4	1	0	2
Babaganoush	35	2.5	0	0	0	150	3	1	0	1
Avocado	45	4	0.5	0	0	0	2	2	0	1
Shredded Lettuce	5	0	0	0	0	0	1	0	1	0
Romaine Lettuce	5	0	0	0	0	0	1	1	1	1
Fresh Spinach	10	0	0	0	0	35	2	1	0	1
Tomatoes	10	0	0	0	0	0	2	1	1	0
Onions	5	0	0	0	0	0	1	0	1	0
Green Peppers	5	0	0	0	0	0	1	0	0	0
Cucumbers	0	0	0	0	0	0	0	0	0	0
Pickles	0	0	0	0	0	125	0	0	0	0
Black Olives	15	1.5	0	0	0	125	1	0	0	0
Pineapple	10	0	0	0	0	0	2	0	2	0
Pepperoncinis	5	0	0	0	0	240	1	0	0	0
Alfalfa Sprouts	5	0	0	0	0	0	0	0	0	1
Jalapeños	0	0	0	0	0	240	0	0	0	0
Mushrooms	5	0	0	0	0	0	0	0	0	0
Salt & Pepper	0	0	0	0	155	0	0	0	0	0
<b>SAUCES</b>										
Caesar	140	15	2.5	0	10	280	0	0	0	1
Tzatziki	45	4	3.5	0	0	75	2	0	1	0
Ranch	80	8	1	0	0	250	2	0	0	0
Secret Sauce (spicy vinaigrette)	190	21	1.5	0	0	65	0	0	0	0
Mayo	70	7	1	0	10	250	2	0	0	0
BBQ	50	0	0	0	0	220	14	0	12	0
Sour Cream	60	6	3.5	0	20	15	2	0	1	1
Hot Sauce	0	0	0	0	0	1130	0	0	0	0
Teriyaki	35	0	0	0	0	730	8	0	0	1
Ketchup	30	0	0	0	0	400	7	0	7	1
Yellow Mustard	0	0	0	0	0	310	0	0	0	0
Honey Mustard	110	9	1.5	0	10	240	9	0	8	0
Dijon Mustard	0	0	0	0	0	570	0	0	0	0
Salsa	10	0	0	0	0	200	2	0	2	0
Horseradish Dijon	120	12	2	0	10	220	3	0	2	0
Ancho Chipotle	90	7	1	0	0	250	7	0	5	0
Balsamic Vinaigrette	120	13	2	0	0	260	3	0	3	0
Sundried Tomato Pesto Vinaigrette	100	11	2	0	0	270	2	0	1	0
Raspberry Vinaigrette (fat free)	60	0	0	0	0	310	14	0	11	0
Italian (fat free)	15	0	0	0	0	290	4	0	2	0
<b>CHEESES</b>										
Cheddar	220	18	10	0	60	360	0	0	0	14
American Swiss	50	4.5	3	0	10	160	1	0	0	3
Feta	120	8	5	0	30	740	2	0	0	10
Parmesan	50	3.5	2	0	5	160	0	0	0	4
<b>SMOOTHIES</b>										
Berry Go Round	300	0.5	0	0	0	70	69	5	55	5
Banana Very Berry	270	0	0	0	0	70	63	3	50	5
Blu Bayou®	270	0.5	0	0	0	70	60	4	51	5
Mango Tango	280	0	0	0	0	85	65	4	53	3

PLEASE NOTE: The nutritional information provided is based on data from our supplier(s) for standard product formulations and recipes. Some variation in the nutritional information may occur due to the season of the year, use of alternate suppliers, region of the country and/or small differences in product assembly. The option of adding Secret Sauce, or any other sauce, to vegetables during grilling will alter the nutritional content. Please inform your Pita Roller if you do not wish to have sauces added during the grilling process.

Nutritional analysis provided by Healthy Dining.