

nutritional guide | breakfast menu

breakfast pitas	Serving Size	Calories	Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %DV	Vitamin C in %DV	Iron in %DV
Egg	220	374	19	0	7	362	686	3	2	19	30	34	11	21
Egg & Bacon	230	425	22	0	8	372	812	3	2	23	30	35	11	22
Egg & Ham	250	409	21	0	7	449	1048	3	2	25	29	36	11	21
Egg & Sausage	277	564	37	0	12	387	1136	3	2	27	30	34	11	26
Egg & Spinach	234	377	19	0	7	383	941	3	2	27	31	33	17	28
Egg White & Turkey	248	250	5	0	1	9	885	3	2	21	28	12	11	11

Menu items vary by location and might not include the entire list of menu items displayed in this nutritional guide. Please order accordingly with the menu items listed at each location. Full nutritional information available at extremepita.com.

Nutritional information was supplied to Extreme Pita Restaurants from approved food manufacturers, the Canadian Nutrient File database published by Health Canada (2010) and the USDA Nutrient Database for Standard Reference, Release 23 (2010). Nutritional information has been based on the most widely used brands offered to our franchisees, product and nutrient values may vary from region to region. Due to Guests' individual selections, nutritional value may vary.