

nutritional guide

your guide to healthier eating

Menu Item	Size	Serving Size (g)	Calories	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
classic pitas Nutritional values are based on suggested recipes.																
CHICKEN SHAWARMA	small	233	320	13	0	2	26	965	35	6	3	15	101	30	7	17
	regular	380	544	25	0	4	44	1611	56	11	5	24	171	52	11	29
CHICKEN SOUVLAKI	small	257	355	16	0	5	34	1022	36	6	5	17	97	26	11	14
	regular	415	591	29	0	10	60	1723	57	9	7	28	162	40	19	22
CHICKEN CAESAR	small	200	326	10	0	3	40	1062	41	5	3	21	161	22	8	18
	regular	300	493	15	0	4	60	1697	64	9	4	30	219	30	12	26
CHICKEN FAJITA	small	264	306	9	0	4	45	962	37	6	5	20	123	67	18	14
	regular	435	508	17	0	8	79	1746	57	10	8	33	173	61	34	22
PHILLY CHEESESTEAK	small	283	442	20	0	8	68	955	35	5	4	32	60	49	27	21
	regular	427	724	35	0	15	113	1611	52	9	4	51	89	71	51	31
THE CLUB	small	229	378	15	0	6	44	1310	37	6	5	24	107	51	17	15
	regular	440	596	26	0	10	66	2039	56	10	7	36	179	79	30	22
SRIRACHA FALAFEL	small	285	396	15	0	2	0	1127	54	11	7	13	112	53	17	33
	regular	441	609	24	0	3	0	1820	82	17	11	20	191	84	25	49
signature pitas Nutritional values are based on suggested recipes.																
BUFFALO CHICKEN	small	242	288	8	0	3	34	1313	35	6	5	17	155	25	16	14
	regular	375	474	16	0	6	60	2239	54	9	7	28	250	38	29	21
CHIPOTLE CHICKEN	small	228	332	11	0	4	37	1068	39	5	9	19	100	36	16	14
	regular	365	562	21	0	8	64	1829	64	9	15	31	169	54	30	22
GRILLED CHICKEN & GOAT CHEESE	small	242	297	8	0	2	31	904	35	5	6	17	98	44	7	14
	regular	380	489	14	0	4	53	1483	55	9	9	27	162	65	11	22
BACKYARD BBQ STEAK	small	236	340	12	0	4	39	1077	38	6	8	20	59	90	9	21
	regular	375	554	21	0	7	68	1907	60	10	12	32	64	96	15	32
THAI BEEF	small	275	283	5	0	2	23	665	44	7	11	17	120	96	27	18
	regular	454	478	10	0	4	46	1158	71	12	19	30	209	149	43	29
THAI CHICKEN	small	268	260	3	0	1	24	767	43	7	11	17	120	96	26	14
	regular	420	410	5	0	1	39	1266	69	12	19	26	209	149	42	21
MEDITERRANEAN VEGETABLE	small	260	302	11	0	4	12	882	39	7	5	12	113	57	13	19
	regular	425	515	21	0	9	25	1510	63	13	8	21	192	90	22	32
flatbaked pitas Nutritional values are based on suggested recipes.																
BBQ CHICKEN & BACON	regular	292	641	26	1	13	96	1915	62	8	15	39	19	10	41	19
BUFFALO CHICKEN	regular	295	520	21	1	10	77	2698	49	8	4	32	21	3	39	17
CLASSIC	regular	244	517	21	0	10	60	1714	52	7	7	31	14	17	42	18
HAWAIIAN	regular	266	509	18	0	9	64	1729	56	7	12	32	14	19	42	18
VEGGIE	regular	275	433	17	0	5	22	1636	57	8	9	16	21	51	16	19
kids menu Nutritional values are based on suggested recipes.																
BBQ4U PITA	regular	207	236	3	0	1	24	770	38	5	8	15	93	26	6	14
BEAFOSAURUS REX PITA	regular	209	260	5	0	2	23	667	39	6	8	16	91	45	7	18
SWEET CHICKEN LITTLE PITA	regular	207	233	3	0	1	24	661	37	5	7	15	92	22	6	14
FEE-FI-FO HUMMUS PITA	regular	187	257	8	0	4	13	663	35	6	3	11	96	22	16	15
PEPPERONI FLATBAKED PITA	regular	132	291	11	0	5	30	955	33	4	4	16	8	9	25	11
CHEESE FLATBAKED PITA	regular	148	374	17	1	10	50	984	33	4	4	22	15	9	45	11
cookies																
CHOCOLATE CHIP COOKIE		38	170	7	0	4	10	120	24	1	15	2	6	0	0	6
CINNAMON SUGAR SPICE		39	163	7	0	4	15	140	24	0	14	2	8	0	0	4
LEMON BURST		97	356	14	0	7	30	300	55	0	30	4	16	0	0	8
CINNAMON RUSH		97	412	19	1	9	32	305	57	0	37	4	16	0	0	8

For additional menu items' nutritional values please visit extremepita.com.

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.

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. The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia.

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Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)