

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)