

# 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
<b>classic pitas</b>		Nutritional values are based on suggested recipes.														
CHICKEN SHAWARMA	small	272	349	12	0	5	62	1051	39	7	5	23	105	33	11	21
	regular	415	522	20	0	7	86	1655	63	12	8	33	177	56	18	33
	extreme	505	622	26	0	10	140	1954	66	12	8	48	180	58	21	36
CHICKEN SOUVLAKI	small	278	411	19	0	4	55	1051	39	6	5	24	94	24	11	15
	regular	427	646	33	0	8	80	1719	60	10	7	34	157	38	20	22
	extreme	498	761	39	0	8	123	1927	62	10	8	48	157	39	20	25
GYRO	small	264	481	28	0	9	43	1299	40	7	5	18	94	24	13	19
	regular	420	775	48	0	15	71	2132	63	11	7	29	157	37	23	28
	extreme	477	957	63	0	22	101	2588	66	12	7	37	157	37	25	34
CHICKEN CAESAR	small	215	397	16	0	4	63	1122	39	5	4	27	161	22	10	19
	regular	305	593	25	0	6	85	1652	61	9	5	36	219	30	17	28
	extreme	380	726	32	0	8	139	2091	62	9	5	54	219	30	17	31
CHICKEN FAJITA	small	289	335	10	0	5	65	949	38	6	5	25	105	42	18	16
	regular	440	531	18	0	10	101	1519	59	10	8	36	172	61	32	24
	extreme	505	609	21	0	10	143	1727	60	10	8	50	172	61	32	26
PHILLY CHEESESTEAK	small	241	489	29	0	10	69	652	34	6	5	24	95	55	23	18
	regular	410	897	57	0	21	137	1143	53	9	5	45	159	84	43	30
	extreme	466	1124	74	0	29	201	1294	53	9	5	62	159	84	60	33
THE CLUB	small	229	375	14	0	5	52	1309	37	6	5	25	98	51	16	16
	regular	440	583	23	0	8	81	1969	57	10	8	38	163	78	30	24
	extreme	510	695	28	0	10	116	2712	59	10	9	52	163	78	30	27
SRIRACHA FALAFEL	small	285	363	13	0	1	3	1057	49	7	7	13	108	52	8	23
	regular	441	562	21	0	2	7	1765	75	12	11	20	182	82	13	36
	extreme	498	685	28	0	2	7	1857	85	12	11	24	182	82	13	40
<b>signature pitas</b>		Nutritional values are based on suggested recipes.														
BUFFALO CHICKEN	small	278	338	10	0	4	58	1568	35	6	4	25	157	25	16	16
	regular	412	533	18	0	7	87	2367	54	9	6	36	251	38	29	23
	extreme	499	618	21	0	8	129	3242	55	9	6	50	257	38	29	26
CHIPOTLE CHICKEN	small	243	412	18	0	5	60	1038	41	5	8	24	94	35	16	16
	regular	370	691	35	0	9	91	1721	65	9	14	35	156	52	29	24
	extreme	435	769	37	0	10	133	1929	67	9	14	49	156	52	29	27
GRILLED CHICKEN & GOAT CHEESE	small	257	334	11	0	3	49	794	36	5	6	22	97	44	7	16
	regular	385	530	21	0	6	69	1213	56	9	9	31	161	65	12	23
	extreme	450	608	23	0	6	111	1421	58	9	9	45	161	65	12	26
BACKYARD BBQ STEAK	small	261	353	13	0	4	35	1468	36	6	6	23	38	58	9	39
	regular	380	548	22	0	7	55	2223	56	10	10	33	57	83	16	54
	extreme	445	644	27	0	9	76	2888	56	10	10	45	57	83	16	80
THAI BEEF	small	275	329	11	0	4	38	500	41	7	8	19	120	95	27	18
	regular	454	569	22	0	8	76	828	64	12	13	35	208	147	44	30
	extreme	510	711	32	0	13	114	864	64	12	13	46	208	147	45	35
THAI CHICKEN	small	283	265	3	0	1	42	672	42	7	8	22	120	95	26	15
	regular	425	387	4	0	1	55	1029	66	12	13	30	208	147	42	23
	extreme	490	465	7	0	2	98	1237	67	12	13	44	208	147	42	25
MEDITERRANEAN VEGETABLE	small	260	302	11	0	3	10	958	41	8	6	13	111	58	14	18
	regular	425	516	21	0	5	21	1663	67	14	10	22	188	91	25	30
	extreme	455	574	24	0	7	31	1876	70	15	10	25	193	94	28	32
<b>flatbaked pitas</b>		Nutritional values are based on suggested recipes.														
BBQ CHICKEN & BACON	regular	297	663	28	0	12	113	1813	61	7	12	43	15	8	41	21
BUFFALO CHICKEN	regular	327	578	24	0	10	104	2777	49	8	3	39	22	3	38	20
CLASSIC	regular	244	579	29	0	13	80	1545	50	7	2	28	21	6	35	19
HAWAIIAN	regular	266	378	7	0	2	22	1212	59	8	10	19	16	17	9	19
VEGGIE	regular	275	423	15	0	5	20	1519	56	9	4	16	23	39	13	19
<b>kids menu</b>		Nutritional values are based on suggested recipes.														
BBQ4U PITA	regular	222	259	3	0	1	42	729	39	5	8	21	21	25	6	16
BEAFOSAURUS REX PITA	regular	209	323	11	0	4	38	556	38	5	8	18	90	44	7	18
SWEET CHICKEN LITTLE PITA	regular	222	264	3	0	1	42	642	39	5	8	20	21	22	6	16
FEE-FI-FO HUMMUS PITA	regular	187	253	7	0	3	13	683	36	6	5	12	95	23	17	15
PEPPERONI FLATBAKED PITA	regular	132	322	15	0	7	41	798	32	4	1	15	12	3	21	11
CHEESE FLATBAKED PITA	regular	148	367	18	0	10	52	740	33	4	1	20	18	3	41	11

For additional menu items' nutritional values please visit [extremepita.com](http://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.