

# CREATE YOUR OWN **calorie guide**

MENU ITEM	SMALL PITA (Cals)	REGULAR PITA (Cals)	FLATBAKED PITA (Cals)
PITA (BLENDED WHOLE WHEAT)	100	190	190
PITA (WHITE)	110	200	200
<b>TOPPINGS</b>			
AVOCADO	18	35	-
BACON	45	90	90
BEAN SALAD	24	47	-
BROCCOLI	7	10	10
CABBAGE	13	20	-
CARROTS	4	6	-
CILANTRO	0	0	0
CORN SALSA	12	23	-
CUCUMBERS	2	4	-
GREEN PEPPERS	4	6	6
JALAPEÑO	2	3	3
KALAMATA OLIVES	30	45	45
MUSHROOMS	3	4	4
PICKLES	2	3	-
PINEAPPLE	11	22	22
RED ONIONS	6	8	8
ROASTED RED PEPPERS	7	9	9
ROASTED ZUCCHINI	13	18	18
ROMAINE LETTUCE	5	9	-
SPINACH	5	7	-
TABOULEH	13	25	-
TOMATOES	6	12	12
<b>CHEESE</b>			
BLUE CHEESE BLEND	35	70	174
CHEDDAR	40	80	200
CHEDDAR & MOZZARELLA MIX	35	70	175
FETA	29	57	86
GOAT	45	90	135
MOZZARELLA	30	60	150
PROVOLONE	46	91	137
<b>SAUCES</b>			
BBQ	28	56	56
BBQ RANCH	35	70	70
BOURBON CHIPOTLE SAUCE	40	80	-
BUFFALO HOT SAUCE	5	10	-
BUFFALO RANCH	26	52	52
CAESAR	29	58	-
CHIMICHURRI	67	135	-
CHIPOTLE MAYO	34	68	-
GREEK DRESSING	43	87	-
HONEY MUSTARD	30	60	-
HUMMUS	33	66	-
ITALIAN	10	20	-
LEMON BALSAMIC DRESSING	30	60	-
LIGHT MAYO	46	91	-
PIZZA SAUCE	-	-	44
RANCH	40	79	-
SALSA	9	19	-
SHISH TAOOK	70	140	-
SOUR CREAM	25	50	-
SRIRACHA MAYO	36	71	-
SWEET CHILI THAI	28	55	-
TZATZIKI	21	43	-
<b>PROTEIN</b>			
BUFFALO CHICKEN	79	126	126
FALAFEL	150	200	200
GRILLED CHICKEN	74	118	118
HALLOUMI	120	180	180
HAM	51	85	34
PEPPERONI	32	43	64
PHILLY STEAK	75	150	150
CHICKEN SHAWARMA	83	133	133
SIRLOIN STEAK	98	157	157
CHICKEN SOUVLAKI	91	146	146
TURKEY	37	61	25

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.