

Nutritional Information															Allergens												
Extremepita™ eat good. feel good.		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard	Sesame Seeds	
pitás		<i>nutritional values are based on suggested recipes</i>																									
chicken shawarma	small	273	350	13	2	0	55	1030	33	6	3	28	30	30	10	15											
	regular	427	580	24	3.5	0	80	1620	50	9	5	41	110	50	15	20											
chicken souvlaki	small	297	410	19	4	0	50	1360	34	5	5	26	60	20	15	6											
	regular	462	650	33	8	0	80	2230	51	7	8	39	100	35	25	10											
chicken caesar	small	215	350	9	2.5	0	60	1130	37	4	3	32	50	10	10	8											
	regular	322	520	13	3.5	0	85	1710	57	5	5	45	90	20	15	10											
philly cheese steak	small	226	420	23	6	1.5	55	780	33	4	3	27	35	50	25	8											
	regular	380	760	45	12	2.5	105	1370	45	6	4	50	45	70	50	15											
the club	small	353	340	14	5	0	40	1250	34	4	3	23	60	40	20	4											
	regular	390	530	23	8	0	60	1830	50	7	5	34	90	60	30	8											
sirachia falafel	small	285	430	20	2.5	0	5	1070	51	11	6	14	70	45	25	25											
	regular	441	680	35	4	0	10	1690	75	16	10	21	120	70	35	35											
buffalo chicken	small	282	360	14	4.5	0	55	1150	33	5	5	28	100	25	20	6											
	regular	417	570	24	7	0	80	1700	49	7	8	40	160	35	25	10											
grilled chicken & goat cheese	small	283	340	10	3	0	60	88	34	5	6	29	35	35	10	10											
	regular	429	550	20	6	0	90	1340	52	8	10	42	100	50	15	15											
flatbaked		<i>nutritional values are based on suggested recipes</i>																									
bbq chicken	regular	339	690	29	15	0	140	1800	46	5	13	53	2	2	45	8											
buffalo chicken	regular	342	570	24	10	0	105	2390	44	6	4	45	20	4	10	8											
classic	regular	244	470	20	9	0	45	1700	49	5	8	33	10	15	45	4											
hawaiian	regular	266	470	17	8	0	40	1760	55	6	12	33	10	15	45	2											
bowls		<i>nutritional values are based on suggested recipes</i>																									
spicy garden crumble	regular	464	600	29	4	0.2	0	1220	61	15	9	22	30	45	20	60											
southwest chicken	regular	549	640	28	7	0	95	1040	56	12	6	44	60	50	25	40											
asian soy salmon	regular	409	540	29	3	0	35	700	92	9	17	32	90	60	20	30											
pressed pitas		<i>nutritional values are based on suggested recipes</i>																									
cuban		250	560	31	9	0.2	75	1840	43	5	6	31	6	4	20	6											
cheesy, chicken, broccoli		245	500	24	6	0.2	70	1160	42	5	3	30	6	50	20	8											
meat lovers delux		284	570	30	10	0.3	85	2060	44	5	5	35	8	30	25	10											
chicken, bacon, jalapeno popper		235	580	32	9	0.4	80	1800	40	5	3	34	10	6	20	8											
kids menu		<i>nutritional values are based on suggested recipes</i>																									
bbq chicken		207	240	3	1	0	20	770	38	5	8	15	90	25	6	15											
philly steak		209	260	5	2	0	20	670	39	6	8	16	90	45	8	20											
grilled chicken		207	210	3	1	0	45	620	27	4	2	22	30	45	6	4											
fee-fi-fo hummus pita		187	270	12	1	0	0	650	32	6	4	10	60	20	10	8											
pepperoni flatbaked		132	290	11	5	0	30	950	33	4	4	16	8	10	25	10											
cheese flatbaked		148	300	12	6	0	25	1070	35	4	6	22	10	15	40	2											

The nutrition information listed here was generated with Genesis SQL and is based on standard recipes and formulations. Variation may occur due to, among other things, differences in products assembly and preparation at the restaurant level, differences in suppliers, ingredient substitution, recipe revision or season of the year. MTY Tiki Ming Enterprises Inc. and its employees do not assume any responsibility for any variation in the actual nutritional content of the products offered in its outlets and the nutritional information listed here.

Updated: February 2020

create your own calorie guide

menu item	small pita (Cals)	regular pita / flatbaked (Cals)	salads (Cals)	bowls (Cals)
pita	130	230	-	-
salad base	-	-	10	-
green and grains base	-	-	-	170
toppings				
romaine lettuce	5	10	-	-
spinach	5	10	-	-
spring mix	5	10	-	-
alfalfa sprouts	0	0	0	0
black beans	20	35	35	35
broccoli	5	10	10	10
red cabbage	5	10	10	10
chick peas	50	80	80	80
cucumbers	5	10	10	10
edamame	25	40	40	40
green peppers	5	10	10	10
hot banana peppers	5	10	10	10
jalapeno	5	10	10	10
kalamata olives	30	45	45	45
mushrooms	2	5	5	5
pickled onion	5	10	10	10
pickles	5	10	10	10
pineapple	10	15	15	15
red onions	5	10	10	10
roasted corn	20	35	35	35
roasted red peppers	15	20	20	20
roasted zucchini	20	25	25	25
tabbouleh	20	40	40	40
tomatoes	5	10	10	10
premium toppings				
avocado	30	30	30	30
bacon	70	70	70	70
egg	70	70	70	70
cheese				
cheddar & mozzarella mix	30	60	60	60
feta	25	50	50	50
goat	40	80	80	80
parmesan	20	40	40	40
saucses				
asian sesame soy	60	90	90	90
BBQ	35	50	50	50
buffalo hot sauce	5	10	10	10
ranch	70	110	110	110
caesar	80	160	160	160
chipotle aioli	90	140	140	140
greek feta vinaigrette	80	120	120	120
honey dijon	100	150	150	150
hummus	35	50	50	50
jalapeno lime aioli	90	190	190	190
lemon basil balsamic	80	120	120	120
light mayo	60	90	90	90
pizza sauce	10	15	15	15
roasted garlic yogourt	60	90	90	90
shish taouk	70	90	90	90
sriracha	20	30	30	30
sweet chili thai	50	70	70	70
tzatziki	20	30	30	30
protein				
buffalo chicken	80	110	110	110
chicken shawarma	90	130	130	130
chicken souvlaki	120	160	160	160
grilled chicken	90	130	130	130
ham	50	80	80	80
philly steak	160	240	240	240
salmon	80	80	80	80
spicy garden crumble	150	150	150	150
turkey	40	70	70	70
falafel	150	200	200	200
pepperoni	45	60	45	45
garnishes				
cheddar sun chips	30	30	30	30
croutons	30	30	30	30
flax seed	25	25	25	25
sesame seeds	30	30	30	30
protein (breakfast only)				
whole eggs (2)	150	-	-	-
egg whites (2)	50	-	-	-

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.