

Where available

Contact your Pita Pit to ask about availability.



yogen früz

probiotic yogurt or non-dairy sorbet

smoothies

(S) (L)

strawberry banana 130 / 250 Cals

strawberries, banana, orange juice

very berry 120 / 240 Cals

strawberries, raspberries, blueberries, cranberry juice

tropical storm 140 / 280 Cals

mango, pineapple, banana, orange juice

peach berry sunset 120 / 220 Cals

strawberries, peaches, cranberry juice

chocolate banana 210 / 350 Cals

chocolate frozen yogurt, banana, milk



Üsensations

(S) (L)

cookies 'n' cream

300 / 540 Cals

topped with real cookies 'n' cream cookies, crumbled.



strawberry cheesecake

210 / 340 Cals

made with strawberries and cheesecake "bites"

tropical storm sorbet

270 / 530 Cals

mango, banana and pineapple topped with coconut flakes



banana chocolate swirl

240 / 480 Cals

chocolate yogurt, banana, chocolate curls

build your own frozen dessert with any combination of fruit and frozen yogurt or non-dairy sorbet.

Menu

MENU AND CALORIES EFFECTIVE
APRIL 20, 2021

f t i /PITAPITCANADA

CHOOSE IT...

ROLLED
in a pita



CHICKEN CAESAR
500 Cals as shown

OR
as a
SALAD
with fresh veggies



CHICKEN SALAD
280 Cals as shown

OR
as a
RICE
BOWL



HALLOUMI & FALAFEL
530 Cals as shown

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.

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Dine in. Take out. Call us.

VIEW OUR COMPLETE MENU AT PITAPIT.CA/MENU
FIND A PITA PIT NEAR YOU AT PITAPIT.CA/LOCATIONS

Want more information?

TO ASK ABOUT CURRENT PRICING, PLEASE CHECK WITH STORE.
FOR THE LATEST NUTRITION & ALLERGEN INFO, VISIT PITAPIT.CA AND DOWNLOAD OUR PDF.
FOR OUR CATERING MENU, VISIT PITAPIT.CA/CATERING.

YOUR CREATION

PITA BREAD, RICE, TOPPINGS + SAUCE NOT INCLUDED

1. CHOOSE YOUR FAVOURITE FILLING.

VEGAN

CHICKEN

PETITA® 60 Cals
PITA 110 Cals

STEAK

PETITA® 60 Cals
PITA 120 Cals

SOUTHWEST CHICKEN

PETITA® 90 Cals
PITA 170 Cals

BEEF BRISKET

PETITA® 100 Cals
PITA 200 Cals

GYRO

PETITA® 160 Cals
PITA 320 Cals

BACON

PETITA® 70 Cals
PITA 140 Cals

CHICKEN CAESAR

PETITA® 100 Cals
PITA 190 Cals

HALLOUMI

PETITA® 45 Cals
PITA 90 Cals

CHICKEN SOUVLAKI

PETITA® 45 Cals
PITA 90 Cals

BLACK BEAN

PETITA® 80 Cals
PITA 160 Cals

CHICKEN SHAWARMA

PETITA® 80 Cals
PITA 160 Cals

FALAFEL

PETITA® 100 Cals
PITA 190 Cals

BUFFALO CHICKEN

PETITA® 90 Cals
PITA 170 Cals

DELI CLUB

PETITA® 80 Cals
PITA 150 Cals

DELI TURKEY

PETITA® 40 Cals
PITA 80 Cals

DELI HAM

PETITA® 50 Cals
PITA 90 Cals

ADD 130 Cals for a Petita® / 180 Cals for a White OR Whole Wheat Pita

2. CHOOSE YOUR FAVOURITE TOPPINGS.

 ALFALFA SPROUTS 4-10 Cals	 GREEN OLIVES 10-15 Cals	 PARMESAN 30-60 Cals
 AVOCADO 45-70 Cals	 GREEN PEPPER 3-10 Cals	 PICKLE 2-3 Cals
 BANANA PEPPERS 2-3 Cals	 HUMMUS 60-100 Cals	 PINEAPPLE 5-10 Cals
 BLACK OLIVES 15-25 Cals	 ICEBERG LETTUCE 2-4 Cals	 ROMAINE LETTUCE 3-5 Cals
 CHEDDAR 120 Cals	 JALAPEÑO PEPPERS 2-4 Cals	 SPINACH 4-10 Cals
 CUCUMBER 2-4 Cals	 MUSHROOMS 4-10 Cals	 SWISS CHEESE 90 Cals
 FETA CHEESE 90 Cals	 ONION 5-10 Cals	 TOMATO 3-5 Cals

WANT ANY EXTRAS?



EXTRA CHEESE
ADD 30-120
Cals



DOUBLE MEAT
ADD 40-320 Cals



EXTRA BACON
ADD 70 Cals



GLUTEN FREE
PITA ADD
300 Cals



RICE ADD
90-180
Cals

3. CHOOSE YOUR FAVOURITE SAUCES & SPICES.

ANCHO CHIPOTLE 30-60 Cals
BALSAMIC 20-35 Cals
BBQ 15-30 Cals
CAESAR 45-90 Cals
DONAIR 15-30 Cals
GARLIC AIOLI 15-30 Cals
HONEY GARLIC 15-30 Cals
HONEY MUSTARD 20-35 Cals
HOT SAUCE 5-10 Cals

LEMON ZA'ATAR 10-20 Cals
LIGHT MAYO 20-40 Cals
MUSTARD 0 Cals
RANCH 35-70 Cals
SPECIAL SAUCE 50-100 Cals
SPICY MAYO 40-80 Cals
SPICY THAI 20-40 Cals
TERIYAKI 15-25 Cals
TZATZIKI 20-40 Cals

SALT 0 Cals · PEPPER 0 Cals · GARLIC PLUS 0 Cals · TEX MEX 0 Cals
CHIPOTLE MANGO 0 Cals · GREEK 0 Cals · CARIBBEAN JERK 0 Cals

DON'T FORGET

NOT ALL ITEMS ARE
AVAILABLE AT EVERY
PITA PIT LOCATION

4. CHOOSE ADD-ONS TO COMPLETE YOUR MEAL.



PITA CHIPS
add 320 Cals



2 COOKIES
add 320-340 Cals



DRINKS
ADD 0-260 Cals



CHIPS
add 120-320 Cals

PITA PIT KIDS MENU

Kids under 10 get their choice of a PITA OR RICE BOWL*, A KID'S DRINK (90-170 Cals) AND A cookie (160-170 Cals).

CHICKEN 190 Cals
DELI HAM 180 Cals
DELI TURKEY 170 Cals
BACON 200 Cals
CHEESE 250 Cals

SWAP YOUR DRINK
FOR A SMALL
SMOOTHIE*
add 120-210 Cals

ADDITIONAL TOPPINGS ARE NOT INCLUDED IN CALORIE COUNTS

KID'S CHICKEN
PETITA®
350 Cals as shown



VERY BERRY
120 Cals
AS SHOWN

*ADDITIONAL CHARGES APPLY

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