

# BUILD YOUR OWN!

## PROTEINS

CHICKEN  
60 Cals / 110 Cals

BUFFALO CHICKEN  
90 Cals / 170 Cals

BLACK BEAN  
80 Cals / 160 Cals

SOUTHWEST CHICKEN  
90 Cals / 170 Cals

DELI CLUB  
80 Cals / 150 Cals

FALAFEL  
100 Cals / 190 Cals

GYRO  
160 Cals / 320 Cals

STEAK  
60 Cals / 120 Cals

CHICKEN CAESAR  
100 Cals / 190 Cals

DELI TURKEY  
40 Cals / 80 Cals

BACON  
70 Cals / 140 Cals

DELI HAM  
50 Cals / 90 Cals

CHICKEN SOUVLAKI  
45 Cals / 90 Cals

HALLOUMI  
45 Cals / 90 Cals

CHICKEN SHAWARMA  
80 Cals / 160 Cals

SMOKY BBQ  
BEEF BRISKET  
100 Cals / 200 Cals




Chicken Caesar  
390 Cals as depicted

## TOPPINGS

 HUMMUS  
60-100 Cals

 AVOCADO  
45-70 Cals

 ALFALFA SPROUTS  
4-10 Cals


 GREEN PEPPER  
3-10 Cals


 CUCUMBER  
2-4 Cals

 JALAPEÑO  
2-4 Cals

 CHEDDAR  
120 Cals

 SPINACH  
4-10 Cals

 ROMAINE LETTUCE  
3-5 Cals

 ICEBERG LETTUCE  
2-4 Cals


 PICKLE  
2-3 Cals

 GREEN OLIVES  
10-15 Cals


 PINEAPPLE  
5-10 Cals


 SWISS  
90 Cals

 ONION  
5-10 Cals

 MUSHROOMS  
4-10 Cals

 TOMATO  
3-5 Cals

 HOT PEPPERS  
2-3 Cals

 BLACK OLIVES  
15-25 Cals

 PARMESAN  
30-60 Cals

 FETA  
90 Cals

## 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

TZATZIKI 20-40 Cals

Pro Tip: Choose up to 3 sauces  
for the perfect flavour!

 SALT+PEPPER  
0 Cals

 TEX-MEX  
0 Cals

 CARIBBEAN JERK  
0 Cals

 GREEK  
0 Cals

 GARLIC PLUS  
0 Cals

 CHIPOTLE MANGO  
0 Cals

## kids' PIT

Kids under 10 get a choice of a Petita®  
+ kid's drink (170-420 Cals) & cookie (160-170 Cals)

DELI TURKEY 170 Cals

BACON 200 Cals

CHEESE 250 Cals

DELI HAM 180 Cals

CHICKEN 190 Cals

## MAKE IT EXTRA

GLUTEN-FREE PITA | 300 Cals

PITA CHIPS | 320 Cals

DOUBLE MEAT | 80-320 Cals

EXTRA BACON | 70 Cals

EXTRA CHEESE | 30-120 Cals