

FRESH THINKING • HEALTHY EATING

	Energy (cal)	Total Fat (g)	Sat. Fat (g)	Protein (g)	Carb (g)	Sugars (g)	Sodium (mg)
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PITAS

Plain	174	0	0	6.1	34.9	3.5	216
Wholemeal	174	0	0	6.1	34.9	3.5	216

MEAT PITAS (totals include specified ingredients and plain pita)

Chicken Caesar* (<i>Chicken Breast & Bacon</i>)	376	11.6	5.0	30.2	34.9	3.5	838
Chicken Crave (<i>Chicken Breast & Ham</i>)	318	4.6	1.4	29.8	37.3	5.4	933
Chicken Breast	283	3.8	1.9	24.6	34.9	3.5	630
Roast Lamb	307	6.4	2.5	22.3	37.4	4.5	774
Chick n Fala (<i>Chicken Breast & Falafel</i>)	330	5.5	1.9	27.3	40.7	3.5	729
Steak	352	10.4	1.4	24.8	37.2	5.8	1197
BLT*	278	23.5	9.4	22.8	34.9	3.5	842
Ham	277	2.3	0	21.8	39.5	6.4	1125
Roast Beef	347	3.3	0	23.1	37.9	3.5	1077
Tuna	286	0	0	32.0	34.9	3.5	436

VEGETARIAN PITAS (totals include specified ingredients and plain pita)

Mozzarella Melt	412	14.7	2.4	11.8	54.6	3.5	466
Falafel	280	3.3	0	11.7	46.4	3.5	415
Cheddar	348	14.8	8.4	16.3	34.9	3.5	468
Feta	270	7.6	5.2	11.9	34.9	3.5	558
Swiss	274	4.2	5.6	11.7	34.9	3.5	666
Garden	174	0	0	6.1	34.9	3.5	216

FILLINGS

Shredded Lettuce	6	0	0	0	0	0	2
Tomatoes	5	0	0	0	0	0	0
Green Peppers	6	0	0	0	1.3	0	0
Cucumbers	2	0	0	0	0	0	1
Red Onions	6	0	0	0	1.0	0	0
Mushrooms	4	0	0	0	0	0	0
Beetroot	10	0	0	0	2.9	2.4	34
Pineapple	11	0	0	0	2.9	2.6	0
Jalapenos	1	0	0	0	0	0	50
Black Olives	19	2.0	0	0	0	0	n/a
Gherkins	9	0	0	0	1.8	1.3	53
Carrots	0	0	0	0	0	0	0

SPREADS

Hummus	38	12.8	0	2.8	3.4	0	210
Babaganoush	18	6.2	0	1.8	2.8	1.0	140
Tzatziki	32	1.6	1.0	1.8	3.8	3.8	34
Avocado	64	5.8	0	0	1.2	0	202

CHEESES

Cheddar	87	7.4	4.2	5.1	0	0	126
Feta	48	3.8	2.6	2.9	0	0	171
Swiss	50	4.2	2.8	2.8	0	0	225

SAUCES

Aioli Lite	82	8.1	1.3	0	2.1	1.5	165
Aioli Garlic	91	8.9	1.3	0	1.7	1.1	250
Lite Mayo	20	0	0	0	3.5	1.6	133
USA Mayo	175	19.0	4.8	0	0	0	153
Honey Mustard	34	0	0	0	7.6	6.4	121
Sweet Chilli	40	0	0	0	9.8	8.8	156
BBQ	34	0	0	0	7.7	8.3	288
Teriyaki	32	0	0	0	7.6	5.9	398
Caesar	83	8.8	1.3	0	1.7	0	189
Ranch	151	16.5	2.4	0	0	0	148
Pepper Vinaigrette	34	0	0	0	6.6	5.8	90
Tropical Mango	21	0	0	0	5.5	4.5	37
Dijon Mustard	28	0	0	1.2	1.7	0	418
Hot Chilli	1	0	0	0	2.0	0	130

* Values prior to heating, likely to decrease significantly once bacon grilled.

Note: The nutritional information provided is based on data from our supplier(s) for standard product formulations and recipes. Some variation in the nutritional information may occur due to the season of the year, use of alternate suppliers, region of the country and/or small differences in product assembly. The option of adding Secret Sauce, or any other sauce, to vegetables during grilling will alter the nutritional content. Please inform your Pita Roller if you do not wish to have sauces added during the grilling process.

