

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	145	0	0	5.1	29.1	3.0	180
Wholemeal	145	0	0	5.1	29.1	3.0	180

### MEAT PITAS (totals include specified ingredients and plain pita)

Chicken Caesar* ( <i>Chicken Breast &amp; Bacon</i> )	300	9.9	3.1	21.3	29.1	3.0	618
Chicken Crave ( <i>Chicken Breast &amp; Ham</i> )	240	2.9	0	20.6	30.6	4.0	710
Chicken Breast	206	2.1	0	15.4	29.1	3.0	410
Roast Lamb	219	3.6	2.5	14.1	30.1	3.0	490
Chick n Fala ( <i>Chicken Breast &amp; Falafel</i> )	233	3.8	0	16.8	31.8	3.0	460
Steak	244	5.8	0	15.5	30.4	4.3	724
BLT*	332	15.7	6.3	16.7	29.1	3.0	597
Ham	213	1.5	0	15.5	33.7	4.9	780
Roast Beef	259	2.2	0	16.3	31.1	3.0	748
Tuna	207	0	0	19.5	29.1	3.0	376

### VEGETARIAN PITAS (totals include specified ingredients and plain pita)

Mozzarella Melt	264	7.4	1.2	8.0	38.9	3.0	305
Falafel	198	3.4	0	7.9	34.9	3.0	279
Cheddar	232	7.7	4.2	10.2	29.1	3.0	306
Feta	193	3.8	2.6	7.9	29.1	3.0	351
Swiss	195	2.1	2.8	7.9	29.1	3.0	402
Garden	145	0	0	5.1	29.1	3.0	180

### FILLINGS

Shredded Lettuce	3	0	0	0	0	0	1
Tomatoes	3	0	0	0	0	0	0
Green Peppers	3	0	0	0	0	0	0
Cucumbers	0	0	0	0	0	0	0
Red Onions	3	0	0	0	1.0	0	0
Mushrooms	2	0	0	0	0	0	0
Beetroot	8	0	0	0	2.1	1.7	25
Pineapple	8	0	0	0	2.0	1.6	0
Jalapenos	0	0	0	0	0	0	35
Black Olives	13	1.4	0	0	0	0	n/a
Gherkins	6	0	0	0	1.1	0.8	38
Carrots	0	0	0	0	0	0	0

### SPREADS

Hummus	19	6.4	0	1.4	1.7	0	105
Babaganoush	9	3.1	0	0	1.4	0	70
Tzatziki	16	0	0	0	1.9	1.9	17
Avocado	32	2.7	0	0	0	0	101

### CHEESES

Cheddar	87	7.4	4.2	5.1	0	0	126
Feta	71	5.7	3.9	4.4	0	0	255
Swiss	25	2.1	1.4	1.4	0	0	113

### SAUCES

Aioli Lite	45	4.5	0	0	1.1	0	91
Aioli Garlic	54	5.2	0	0	0	0	147
Lite Mayo	11	0	0	0	1.9	0	73
USA Mayo	103	11.2	2.8	0	0	0	90
Honey Mustard	19	0	0	0	4.2	3.5	67
Sweet Chilli	22	0	0	0	5.4	4.9	86
BBQ	19	0	0	0	4.2	4.6	158
Teriyaki	18	0	0	0	4.2	3.2	219
Caesar	46	4.8	0	0	0	0	104
Ranch	83	9.0	1.3	0	0	0	81
Pepper Vinaigrette	19	0	0	0	3.6	3.2	50
Tropical Mango	12	0	0	0	3.0	2.5	20
Dijon Mustard	15	0	0	0	0	0	230
Hot Chilli	0	0	0	0	0	0	72

