

FRESH THINKING • HEALTHY EATING

	Energy (cal)	Total Fat (g)	Sat. Fat (g)	Protein (g)	Carb (g)	Sugars (g)	Sodium (mg)
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MEAT SALADS (totals include specified ingredients)

Chicken Caesar* (<i>Chicken Breast & Bacon</i>)	202	11.6	5.0	24.1	0	0	622
Chicken Crave (<i>Chicken Breast & Ham</i>)	144	4.6	1.4	23.7	2.4	1.9	717
Chicken Breast	109	3.8	1.9	18.5	0	0	414
Roast Lamb	133	6.4	2.5	16.2	2.5	1.0	558
Chick n Fala (<i>Chicken Breast & Falafel</i>)	156	5.5	1.9	21.2	34.6	0	513
Steak	178	10.4	1.4	18.7	31.1	2.3	981
BLT*	104	23.5	9.4	16.7	0	0	626
Ham	103	2.3	0	15.7	33.4	2.9	909
Roast Beef	173	3.3	0	17.0	31.8	0	861
Tuna	112	0	0	25.9	0	0	220

VEGETARIAN SALADS (totals include specified ingredients)

Mozzarella Melt	238	14.7	2.4	5.7	19.7	0	250
Falafel	106	3.3	0	11.7	46.4	3.5	415
Cheddar	174	14.8	8.4	16.3	34.9	3.5	468
Feta	96	7.6	5.2	11.9	34.9	3.5	558
Swiss	100	4.2	5.6	11.7	34.9	3.5	666
Garden	0	0	0	0	0	0	0

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.

