

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>)	155	9.9	3.1	16.2	0	0	438
Chicken Crave (<i>Chicken Breast & Ham</i>)	95	2.9	0	15.5	0	1.0	530
Chicken Breast	61	2.1	0	10.3	0	0	230
Roast Lamb	74	3.6	2.5	9.0	1.0	0	310
Chick n Fala (<i>Chicken Breast & Falafel</i>)	88	3.8	0	11.7	2.7	0	280
Steak	99	5.8	0	10.4	0	1.3	544
BLT*	187	15.7	6.3	11.6	0	0	417
Ham	68	1.5	0	10.4	4.6	1.9	600
Roast Beef	114	2.2	0	11.2	1.0	0	568
Tuna	62	0	0	14.4	0	0	196

VEGETARIAN SALADS (totals include specified ingredients)

Mozzarella Melt	119	7.4	1.2	2.9	9.8	0	125
Falafel	53	3.4	0	2.8	5.8	0	99
Cheddar	87	7.7	4.2	5.1	0	0	126
Feta	48	3.8	2.6	2.8	0	0	171
Swiss	50	2.1	2.8	2.8	0	0	222
Garden	0	0	0	0	0	0	0

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

* 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.

