

# nutritional guide

## your guide to healthier eating

We're proud to offer 6 Health Check™ items on our menu so you can feel even better about your delicious choices when dining at Extreme Pita.



	Serving Size (g)	Less than 960mg of Sodium	10g of Protein or more	10g of Total Fat or Less
<b>Grilled Chicken Pita</b> (sm)	250	✓ 613	✓ 17	✓ 4
(reg)	370	✓ 924	✓ 27	✓ 6
<b>Thai Beef Pita</b> (sm)	272	✓ 610	✓ 15	✓ 5
(reg)	437	✓ 929	✓ 27	✓ 9
<b>Sweet Chicken Little Pita</b> (sm)	218	✓ 587	✓ 16	✓ 2
<b>BBQ4U Pita</b> (sm)	218	✓ 646	✓ 16	✓ 2
<b>Beefosaurus Rex Pita</b> (sm)	209	✓ 527	✓ 14	✓ 5
<b>Fee-Fi-Fo-Hummus Pita</b> (sm)	190	✓ 494	✓ 10	✓ 8

Health Check'd with recipes suggested on menu board

freestyle pitas	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V	
	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.
<b>Grilled Chicken</b>	250	370	241	366	4	6	0	0	2	2	32	51	613	924	5	8	5	7	17	27	36	54	100	163	52	79	17	29
<b>Club</b>	255	375	268	385	7	8	0	0	2	3	32	43	991	1433	5	7	5	7	19	27	35	52	100	163	49	74	15	26
<b>Rustic Italian</b>	266	402	329	519	12	19	0	0	5	9	38	60	1170	1785	5	7	4	7	20	32	36	55	103	169	49	75	16	29
<b>Falafel</b>	242	351	307	444	9	12	0	0	1	1	0	0	495	711	9	12	6	9	11	16	51	74	100	162	51	77	28	43
<b>Veggie</b>	185	275	157	244	0.7	1	0	0	0	0	0	0	275	417	5	7	4	6	6	9	34	51	100	162	49	74	13	23
<b>Gyro</b>	242	370	317	511	13	21	0	1	5	8	30	50	615	984	6	9	4	6	15	24	38	58	100	162	49	74	21	36
<b>Tuna</b>	235	355	202	316	1	2	0	0	0	0	27	43	436	674	5	7	4	6	18	28	34	51	100	162	49	74	14	26
<b>Chipotle Steak</b>	260	405	329	548	13	23	0	0	2	4	28	44	754	1245	5	7	6	11	17	27	38	59	105	173	49	74	20	35
<b>Philly Steak</b>	256	417	276	482	8	15	0	0	4	7	32	64	543	953	5	7	4	7	18	34	35	54	103	170	49	75	17	33

Freestyle Pitass include pita bread, romaine lettuce, tomato, cucumber, sautéed mushroom, red onion and green pepper.

chef inspired pitas	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V	
	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.
<b>Thai Beef</b>	272	437	273	444	5	9	0	0	2	3	23	46	610	929	6	9	11	14	15	27	44	64	121	211	96	148	18	34
<b>Thai Chicken</b>	266	405	261	396	2	4	0	0	1	1	31	50	728	1052	6	10	11	14	18	28	44	65	122	211	99	153	17	31
<b>Chicken Caesar</b>	194	294	316	486	9	13	0	0	3	4	46	70	966	1550	4	7	3	6	20	31	39	62	161	220	25	35	19	32
<b>Chicken Souvlaki</b>	286	444	364	615	16	29	0	0	5	10	61	102	995	1676	6	9	5	8	19	31	38	59	178	246	36	50	19	33
<b>Fiesta Mexicana</b>	266	426	338	576	9	18	0	0	4	8	49	85	1018	1717	5	8	8	13	21	36	43	69	109	180	52	78	18	32
<b>Bourbon Chipotle</b>	260	400	354	563	11	18	0	0	5	8	55	87	828	1295	5	8	10	18	24	37	42	66	105	172	52	78	17	30
<b>Buffalo Chicken</b>	275	435	319	543	10	20	0	0	4	8	49	86	1113	1982	5	8	6	10	21	34	37	58	104	172	56	87	17	30
<b>Chicken Shawarma</b>	236	385	322	559	13	25	0	0	3	5	38	64	955	1600	5	9	3	6	17	27	36	58	110	184	31	52	19	35

Chef-Inspired Pitass nutritional values are based on suggested recipes

extremeteam pitas	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.
<b>The Chief</b>	526	649	25	0	9	109	2076	8	19	42	68	173	80	36
<b>Chick-Chick-Boom!</b>	430	611	24	0	4	89	1707	10	8	39	62	189	74	39
<b>Uncle Philly</b>	448	618	26	0	10	87	1338	7	8	42	56	111	84	36

Extreme Team Pitass nutritional values are based on suggested recipes

flatbaked pitas	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Pepperoni Extreme	222		476		18		0		9		43		1460		5		7		25		52		21		17		21	
Extreme Classic	254		513		21		0		10		50		1469		5		8		28		53		22		18		22	
Hawaiian Luau	259		494		18		0		9		54		1486		5		11		28		55		22		22		23	

Flatbaked Pitas nutritional values are based on suggested recipes

fresh salads	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Traditional Greek	332		270		22		0		5		17		856		5		5		7		15		403		67		17	
Grilled Chicken Caesar	278		321		15		0		4		73		1325		3		5		25		25		379		57		18	

Fresh Salads nutritional values are based on suggested recipes

kids' menu	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Sweet Chicken Little Pita	218		223		2		0		1		31		587		4		5		16		35		130		30		17	
BBQ4U Pita	218		221		2		0		1		31		646		5		5		16		35		130		30		17	
Beefosaurus Rex Pita	209		235		5		0		2		23		527		4		5		14		35		119		45		17	
Fee-Fi-Fo-Hummus Pita	190		246		8		0		2		7		494		6		4		10		36		128		24		18	
Pepperoni Flatbaked Pita	130		277		10		0		5		24		815		3		4		14		33		12		9		11	
Cheese Flatbaked Pita	146		356		16		0		10		46		844		3		4		20		33		20		9		11	

Kids' items nutritional values are based on suggested recipes

Sides and dips	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V	
	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.
Tabouli Salad	15	30	13	27	1	2	0	0	0	0	0	0	80	160	0	1	0	1	0	1	1	3	10	20	9	17	1	3
Bean Salad	15	30	18	36	1	2	0	0	0	0	0	0	49	97	1	1	0	0	1	1	2	4	0	0	0	0	1	2
Broccoli Salad	15	30	14	28	1	2	0	0	0	0	1	3	41	83	0	1	0	0	0	1	1	2	14	27	13	26	0	1
Hummus Dip	15	30	33	66	2	5	0	0	0	1	0	0	48	96	1	2	0	1	1	2	2	4	0	0	0	1	3	6
Roasted Red Pepper Hummus Dip	15	30	31	63	2	4	0	0	0	1	0	0	74	149	1	1	0	1	1	2	2	4	1	2	0	0	3	5
Chipotle Hummus Dip	15	30	26	53	2	4	0	0	0	1	0	0	47	95	1	1	1	2	1	2	2	4	0	0	0	0	2	5
Tzatziki Dip	15	30	21	43	2	3	0	0	2	3	1	2	58	117	0	0	1	1	0	1	1	2	0	0	0	0	0	0

Pita Chips (1bag)

Plain	40		98		1		0		0		0		189		2		1		3		20		0		0		7	
Garlic	40		96		1		0		0		0		385		2		1		3		19		0		0		6	
Jalapeño & Cheddar	40		99		1		0		0		0		220		2		1		3		20		0		0		7	
Chili & Lime	40		99		1		0		0		0		230		2		1		3		20		2		0		7	
Cinnamon	40		99		1		0		0		0		185		2		1		3		20		0		0		7	

Cookies (each)

Chocolate Chip	37		160		8		0		4		10		120		1		15		2		23		6		0		4	
Double Chocolate Chip	37		160		8		0		5		10		135		1		15		2		23		6		0		4	
Oatmeal Raisin	37		150		7		0		4		10		130		2		13		2		23		4		0		4	

Toppings	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.
Jalapeño Peppers 5 slices	11	—	2	—	0	—	0	—	0	—	0	—	111	—	0	—	0	—	0	—	0	—	0	—	0	—	0	—
Jalapeño Peppers 8 slices	—	18	—	3	—	0	—	0	—	0	—	0	—	181	—	0	—	0	—	0	—	1	—	0	—	0	—	0

Sides and dips	Serving Size (g)		Calories		Total Fat (g)		Trans-Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Fibre (g)		Sugar (g)		Protein (g)		Carbohydrates (g)		Vitamin A in %D/V		Vitamin C in %D/V		Iron in %D/V		
	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	
	Dill Pickles 2 slices	16	—	2	—	0	—	0	—	0	—	150	—	0	—	0	—	0	—	0	—	0	—	1	—	0	—	1	—
Dill Pickles 3 slices	—	25	—	4	—	0	—	0	—	0	—	225	—	1	—	0	—	0	—	0	—	0	—	1	—	0	—	1	
Pineapple 18 slices	—	29	—	16	—	0	—	0	—	0	—	0	—	2	—	0	—	3	—	0	—	4	—	0	—	6	—	0	
Croutons 5 slices	6	—	26	—	1	—	0	—	0	—	0	—	64	—	0	—	0	—	1	—	4	—	0	—	0	—	2	—	
Croutons 8 slices	—	10	—	43	—	1	—	0	—	1	—	0	—	107	—	0	—	0	—	1	—	7	—	0	—	0	—	3	
Cheddar Cheese	15	30	58	117	5	9	0	0	3	6	13	27	111	221	0	0	0	0	4	7	1	1	4	8	0	0	0	0	
Feta Cheese	15	30	43	86	3	7	0	0	2	4	11	22	137	275	0	0	0	0	3	5	0	1	4	8	0	0	0	0	
Mozzarella Cheese	15	30	45	89	3	6	0	0	2	4	9	19	105	211	0	0	0	0	4	8	1	1	4	7	0	1	0	0	
Parmesan Cheese	15	30	59	117	1	2	0	0	1	1	3	5	266	531	0	0	3	6	3	6	9	19	1	2	0	0	0	0	
Dressings & Sauces																													
Light Mayo	15	30	46	91	5	9	0	0	1	1	0	0	135	271	0	0	0	1	0	0	1	2	7	13	0	0	0	0	
Honey Mustard	15	30	26	51	0	1	0	0	0	0	0	0	70	139	0	0	5	9	0	0	5	10	0	0	0	0	0	0	1
BBQ - Regular	15	30	21	42	0	1	0	0	0	0	0	0	195	390	0	0	4	8	0	0	5	10	0	1	1	1	1	2	
BBQ - Chipotle	15	30	16	31	0	0	0	0	0	0	0	0	158	315	0	0	4	8	0	0	4	9	0	1	0	1	1	1	
Hot Sauce	15	30	2	4	0	0	0	0	0	0	0	0	456	913	0	0	0	0	0	0	0	1	0	1	6	12	0	1	
Light Caesar	15	30	29	58	2	4	0	0	0	1	5	9	197	393	0	0	1	2	0	0	3	5	0	0	0	0	0	0	
Light Ranch	15	30	40	79	3	7	0	0	1	1	5	9	143	287	0	0	2	4	0	0	2	4	0	0	0	0	0	0	
Light Italian	15	30	8	15	0	1	0	0	0	0	0	0	139	279	0	0	1	1	0	0	1	2	0	0	0	0	0	0	
Greek Feta & Oregano	15	30	43	87	4	9	0	0	0	1	1	2	111	221	0	0	0	1	0	0	1	1	0	1	0	0	1	1	
Balsamic	15	30	57	114	5	10	0	0	0	1	0	0	62	123	0	0	2	3	0	0	2	4	0	1	0	0	1	1	
Pizza Sauce	15	30	10	20	0	1	0	0	0	0	0	0	72	144	0	0	1	2	0	1	2	3	3	5	4	9	1	1	
Sweet Chili Thai	15	30	28	55	0	0	0	0	0	0	0	0	150	300	0	0	6	12	0	0	6	13	0	1	1	2	0	0	
Sour Cream	15	30	24	47	2	4	0	0	1	2	6	13	15	30	0	0	1	1	1	1	1	2	3	6	0	0	0	0	
Pepita Mole Sauce	15	30	30	60	1	2	0	0	0	0	0	0	145	290	0	0	3	6	1	1	4	8	0	0	0	0	0	0	
Chipotle Mayo	15	30	34	68	3	7	0	0	0	1	0	0	113	225	0	0	1	2	0	0	2	3	5	10	0	0	0	0	
Bourbon Chipotle Sauce	15	30	28	55	0	1	0	0	0	0	0	0	46	92	0	0	6	12	0	0	6	13	0	0	0	0	0	1	
Lemon Garlic Shawarma Sauce	15	30	70	140	7	14	0	0	1	2	5	10	115	230	0	0	0	0	0	0	1	2	0	0	0	0	0	0	
Extreme Sauce	15	30	55	110	6	11	0	0	1	2	3	5	145	290	0	0	1	2	0	0	2	3	1	2	5	10	0	0	
Yogurt Sweet Basil & Garlic Sauce	15	30	35	70	4	7	0	0	1	1	5	10	130	260	0	0	0	0	0	1	1	2	0	0	0	0	0	0	
Chipotle Pepper Sauce	15	30	0	0	0	0	0	0	0	0	0	0	45	90	0	0	3	6	0	0	3	6	0	0	0	0	0	0	
Garlic Spread	15	30	22	45	2	4	0	0	1	2	6	11	67	135	0	0	1	1	1	1	1	2	3	5	0	0	0	0	

Menu items vary by location and might not include the entire list of menu items displayed in this nutritional guide. Please order accordingly with the menu items listed at each location. Full nutritional information available at [extremepita.com](http://extremepita.com).

†Each menu item identified with the Health Check symbol has been reviewed by the Heart and Stroke Foundation's registered dietitians to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on recommendations in *Canada's Food Guide*. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See [healthcheck.org](http://healthcheck.org).

Nutritional information was supplied to Extreme Pita Restaurants from approved food manufacturers, the Canadian Nutrient File database published by Health Canada (2010) and the USDA Nutrient Database for Standard Reference, Release 23 (2010). Nutritional information has been based on the most widely used brands offered to our franchisees, product and nutrient values may vary from region to region. Due to Guests' individual selections, nutritional value may vary.

