

Nutritional Guide

Your guide to eating HEALTHIER!

FREESTYLE Pitas	Serving Size (g)		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Fibre (g)		Sugars (g)		Protein (g)		Vitamin A %DV		Vitamin C %DV		Calcium %DV		Iron %DV	
	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.	sm.	reg.
Grilled Chicken	249	363	241	362	2.0	2.8	0.5	0.7	0.0	0.0	28.0	45.0	689	1039	35.1	53.3	7.8	12.5	2.1	2.6	18.6	28.5	6%	13%	56%	89%	6%	9%	17%	27%
Falafel	259	363	287	409	7.1	9.4	0.6	0.8	0.0	0.0	0.0	0.0	720	996	46.6	68.5	9.3	14.4	2.1	2.6	9.6	11.0	6%	12%	60%	98%	7%	8%	21%	82%
Gyro	242	354	349	547	15.6	25.4	6.2	10.3	0.0	0.0	26.0	42.0	670	1029	37.6	57.5	7.3	11.7	2.1	2.6	13.6	21.0	6%	12%	56%	89%	6%	9%	19%	32%
Extreme Club	267	385	298	442	7.5	11.0	2.4	3.6	0.0	0.0	32.0	48.0	1101	1626	35.6	54.0	7.3	11.7	2.8	3.6	20.2	29.9	6%	13%	56%	89%	6%	9%	21%	31%
Buffalo Chicken	259	383	242	364	2.0	2.8	0.5	0.7	0.0	0.0	28.0	45.0	1022	1705	35.1	53.3	7.8	12.5	2.1	2.6	18.6	28.5	6%	13%	56%	89%	6%	9%	17%	27%
Philly Cheese Steak	271	426	296	530	8.1	15.4	3.6	7.1	0.0	0.0	33.5	67.0	642	1075	36.6	57.6	6.4	11.7	1.8	2.6	20.7	37.6	9%	18%	38%	89%	15%	30%	20%	36%

(Freestyle Pitas include pita bread, lettuce, tomatoes, cucumbers, sautéed mushrooms, onions and green peppers.)

CHEF INSPIRED Pitas	Serving Size (g)		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Fibre (g)		Sugars (g)		Protein (g)		Vitamin A %DV		Vitamin C %DV		Calcium %DV		Iron %DV	
	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.	sm.	reg.
Maple Dijon Chicken	198	325	248	389	3.6	6.2	0.6	1.0	0.0	0.0	28.0	45.0	875	1412	37.7	58.0	6.2	9.1	5.2	9.9	17.8	27.5	12%	24%	28%	54%	6%	9%	17%	26%
Rustic Italian	263	398	348	559	14.3	23.8	5.0	8.3	0.0	0.1	34.5	52.3	1230	1940	35.9	56.3	6.3	10.7	2.0	3.4	21.6	35.4	8%	18%	34%	86%	15%	30%	17%	29%
Bourbon Chipotle Chicken	265	403	371	590	11.5	17.7	5.3	8.8	0.2	0.4	50.5	80.0	969	1485	41.8	68.6	6.8	11.5	9.3	17.9	25.1	39.0	26%	32%	34%	86%	44%	47%	20%	35%
Mandarin Chicken	223	363	377	605	11.2	20.2	1.8	3.1	0.0	0.0	28.0	45.0	910	1460	45.9	70.5	6.9	10.3	12.8	21.6	19.5	30.4	31%	54%	30%	52%	6%	10%	21%	34%
Chicken Souvlaki	288	434	369	612	13.9	25.5	4.1	7.7	0.0	0.0	22.8	41.6	851	1428	38.2	59.4	6.8	10.8	3.8	6.4	19.2	30.9	20%	32%	41%	62%	13%	22%	29%	47%
Chicken Caesar	197	292	320	472	10.5	15.6	2.9	4.0	0.0	0.0	39.4	57.8	1039	1605	34.0	48.8	5.5	7.8	2.3	3.7	21.7	31.8	17%	24%	23%	32%	7%	12%	21%	27%
Fiesta Mexicana	273	418	345	597	9.5	17.8	4.5	8.7	0.2	0.3	43.8	76.5	1547	2505	40.4	64.3	7.4	12.9	6.1	10.5	24.0	39.5	20%	39%	77%	108%	23%	44%	18%	30%
Thai Beef	257	405	336	517	5.7	8.8	2.2	3.4	0.1	0.1	24.0	38.0	1079	1773	46.0	71.6	8.0	11.7	10.4	19.1	18.6	28.4	22%	36%	83%	104%	7%	10%	16%	23%
Thai Chicken	257	405	303	465	1.9	2.8	0.5	0.7	0.0	0.0	28.0	45.0	980	1613	45.8	71.3	8.5	12.5	9.9	18.4	19.1	29.2	22%	37%	83%	104%	8%	26%	18%	23%

(Chef Inspired Pitas nutritional values are based on suggested recipes.)

CLASSIC Pitas	Serving Size (g)		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Fibre (g)		Sugars (g)		Protein (g)		Vitamin A %DV		Vitamin C %DV		Calcium %DV		Iron %DV	
	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.	sm.	reg.
Market Fresh Veggie	199	283	187	276	1.1	1.4	0.2	0.3	0.0	0.0	0.0	0.0	370	529	34.6	52.5	7.3	11.7	2.1	2.6	7.6	11.0	6%	12%	56%	89%	5%	7%	15%	24%
Tuna	249	363	235	352	1.4	1.8	0.2	0.3	0.0	0.0	16.0	26.6	592	885	34.6	52.5	7.3	11.7	2.1	2.6	18.6	28.6	6%	12%	56%	89%	5%	7%	19%	30%
Grilled Steak	249	363	274	414	5.8	8.8	2.2	3.4	0.1	0.1	24.0	38.0	788	1199	35.3	53.6	7.3	11.7	2.6	3.3	18.1	27.7	6%	12%	56%	89%	5%	7%	15%	24%
Meatball	247	365	505	751	22.1	33.5	9.8	15.1	0.3	0.5	51.8	79.8	1327	1975	42.0	60.4	5.9	8.2	3.0	8.9	32.9	49.4	14%	22%	15%	22%	33%	52%	31%	46%
Big Country Chicken & Steak (One size only)	413		468		9.7		3.7		0.1		66.0		1518		54.1		12.2		3.3		38.7		12%		89%		8%		26%	

(Classic Pitas nutritional values are based on suggested recipes.)

FLAT BAKED Pitas	Serving Size (g)		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Fibre (g)		Sugars (g)		Protein (g)		Vitamin A %DV		Vitamin C %DV		Calcium %DV		Iron %DV	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Extreme Classic	248		445		16.9		6.4		0.0		33.0		1226		52.3		7.0		7.2		24.9		12%		17%		25%		24%	
Hawaiian Luau	266		478		14.1		5.4		0.0		37.0		1452		65.4		7.0		21.5		26.2		12%		42%		26%		24%	
Buffalo Chicken	311		451		11.5		3.9		0.0		48.0		1972		53.9		8.7		8.9		29.6		17%		26%		24%		21%	
Mediterranean Chicken	300		464		14.5		8.1		0.0		66.4		1733		56.2		10.7		6.9		27.6		18%		43%		27%		38%	
Bourbon Chipotle Chicken	296		521		12.6		5.1		0.0		53.0		1364		63.6		8.7		19.2		32.3		9%		8%		25%		28%	
Pepperoni Extreme	222		408		14.5		5.3		0.0		17.6		1149		50.6		7.0		6.9		22.4		12%		17%		24%		16%	
Thai Beef	366		495		12.8		5.3		0.1		39.0		1597		62.9		9.8		15.8		30.2		15%		113%		27%		21%	
Thai Chicken	366		462		9.0		3.6		0.0		43.0		1498		62.7		10.3		15.3		30.7		15%		113%		28%		24%	
Rustic Italian	248		429		15.3		5.9		0.0		39.0		1577		50.3		7.0		7.2		26.4		12%		17%		24%		19%	

(Flat Baked Pitas nutritional values are based on suggested recipes.)

FRESH SALADS	Serving Size (g)		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Fibre (g)		Sugars (g)		Protein (g)		Vitamin A %DV		Vitamin C %DV		Calcium %DV		Iron %DV	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Traditional Greek	301		402		30.0		6.5		0.0		17.0		1291		16.7		3.8		0.0		4.9		41%		80%		16%		21%	
Grilled Chicken Caesar	277		294		14.9		3.9		0.0		57.5		1127		10.1		0.8		2.3		24.5		36%		50%		10%		19%	
Maple Dijon Chicken	294		202		5.9		0.8		0.0		44.0		1018		19.8		2.6		11.0		19.9		26%		62%		8%		15%	
Mandarin Chicken	298		453		21.4		3.0		0.0		44.0		992		39.3		3.9		24.1		23.9		44%		66%		9%		24%	

(Fresh Salads nutritional values are based on suggested recipes.)

SIDES & APPETIZERS	Serving Size (g)		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Fibre (g)		Sugars (g)		Protein (g)		Vitamin A %DV		Vitamin C %DV		Calcium %DV		Iron %DV	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Pita Chips	62		146		1.1		0.2		0.0		0.0		520		30.2		5.2		1.4		6.2		2%		0%		2%		11%	
Hummus Dip	57		133		9.5		1.0		0.0		0.0		237		7.6		1.9		0.0		5.7		0%		2%		2%		4%	
Tzatziki Dip	57		60		1.6		0.0		0.0		0.0		20		9.3		0.0		6.0		2.0		0%	</						