

nutritional guide

your guide to healthier eating

	Serving Size (g)	Less than 960mg of Sodium	10g of Protein or more	10g of Total Fat or Less
♥ Grilled Chicken Pita (sm)	265	652	21	4
♥ Thai Beef Pita (sm)	272	610	15	5
♥ Sweet Chicken Little Pita (sm)	233	626	20	2
♥ BBQ4U Pita (sm)	233	684	20	2
♥ Beefosaurus Rex Pita (sm)	209	527	14	5
♥ Fee-Fi-Fo-Hummus Pita (sm)	190	494	10	8

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.
Grilled Chicken	265	375	250	359	4	5	0	0	2	2	43	56	652	892	5	7	5	7	21	28	35	53	100	162	49	74	15	26
Club	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
Rustic Italian	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
Smoked Turkey	235	350	195	305	1	2	0	0	0	0	15	24	659	1057	5	7	4	6	14	22	32	52	100	162	49	74	14	25
Falafel	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
Veggie	185	275	157	244	1	1	0	0	0	0	0	0	275	417	5	7	4	6	6	9	34	51	100	162	49	74	13	23
Gyro	242	360	317	484	13	19	0	0	5	8	30	45	614	926	6	9	4	6	15	23	38	57	100	162	49	74	21	35
Tuna	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	17	26
Chipotle Steak	275	410	359	558	14	24	0	0	2	4	36	47	851	1278	5	7	7	11	21	28	38	59	105	173	49	74	23	36
Philly Steak	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 Pitas 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.
Buffalo Chicken	290	440	328	536	10	19	0	0	4	8	60	92	1152	1950	5	8	6	10	24	36	37	57	104	171	53	82	15	27
Thai Beef	272	452	273	472	5	9	0	0	2	3	23	46	610	1079	6	9	11	20	15	27	44	71	121	211	96	149	18	34
Thai Chicken	281	425	270	417	2	3	0	0	1	1	42	55	766	1170	6	10	11	20	21	29	44	70	121	211	96	149	16	28
Chicken Caesar	209	299	325	480	9	12	0	0	3	4	57	75	1005	1518	4	6	3	6	24	32	39	61	161	219	22	30	17	29
Chicken Souvlaki	301	449	352	574	13	25	0	0	5	9	55	82	1040	1656	5	8	5	7	23	34	37	56	176	243	32	44	19	32
Fiesta Mexicana	281	431	447	570	9	17	0	0	4	8	60	91	1056	1685	5	8	7	13	25	37	43	68	108	179	49	74	17	29
Bourbon Chipotle	275	405	363	557	11	17	0	0	5	8	66	92	867	1264	5	8	10	18	27	38	41	65	104	171	48	73	16	27
Chicken Shawarma	251	390	331	546	12	23	0	0	3	5	48	69	991	1571	5	8	3	5	20	29	36	56	109	183	28	47	18	29

Chef-Inspired Pitas 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.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.	reg.
Hercules	481	875	53	1	21	101	2085	10	7	38	65	171	34	74														
Chick-Chick-Boom!	450	614	23	0	4	106	1714	9	8	45	61	187	66	35														
Uncle Philly	569	791	36	0	15	129	1713	8	10	58	60	119	100	42														

Extreme Team Pitas 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		53		21		17		21	
Extreme Classic	254		513		21		0		10		50		1469		6		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		6		5		7		15		403		67		17	
Grilled Chicken Caesar	283		315		14		0		4		79		1293		3		5		26		24		379		52		15	

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	233		232		2		0		1		42		626		4		5		20		35		129		26		15	
BBQ4U Pita	233		230		2		0		1		42		684		4		5		20		35		130		27		15	
Beefosaurus Rex Pita	209		235		5		0		2		23		527		4		5		14		35		119		45		17	
Fee-Fi-Fo-Hummus Pita	190		247		8		0		2		7		494		6		4		10		36		128		24		18	
Pepperoni Flatbaked Pita	130		277		10		0		5		24		815		3		4		15		33		12		9		11	
Cheese Flatbaked Pita	146		357		16		0		10		46		845		4		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	—	0	—	150	—	0	—	0	—	0	—	0	—	0	—	1	—	0	—	1
Dill Pickles 3 slices	—	25	—	4	—	0	—	0	—	0	—	1	—	225	—	0	—	0	—	0	—	1	—	1	—	0	—	0	—	1
Pineapple 18 slices	—	29	—	16	—	0	—	0	—	0	—	0	—	2	—	0	—	3	—	0	—	4	—	0	—	6	—	0	—	0
Croutons 5 slices	6	—	26	—	1	—	0	—	0	—	0	—	64	—	0	—	0	—	1	—	4	—	0	—	0	—	0	—	2	—
Croutons 8 slices	—	10	—	43	—	1	—	0	—	1	—	0	—	107	—	0	—	0	—	1	—	7	—	0	—	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	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	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	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	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	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	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	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	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	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	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	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	0	0	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	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.

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.

