



Not all menu items are available at every Pita Pit.

\*CHECK WITH PITA PIT ABOUT DELIVERY AVAILABILITY AND COST.

## CALL PITA PIT TO ASK ABOUT PRICES

OR DROP BY AND PICK UP A MENU.

For the phone & fax numbers of a Pita Pit near you, go to [pitapit.ca/locations](http://pitapit.ca/locations)

1. PICK A PITA (FILLINGS)	PITA	CALS	PETITA®	CALS
<b>CLASSICS</b>				
Philly Steak	\$	130	\$	70
Buffalo Chicken	\$	170	\$	90
Chicken Shawarma	\$	160	\$	80
Chicken Breast	\$	110	\$	60
Chicken Souvlaki	\$	120	\$	60
Rib	\$	250	\$	130
Turkey	\$	90	\$	60
Tuna	\$	90	\$	45
Roast Beef	\$	120	\$	60
Black Forest Ham	\$	100	\$	70
Gyros	\$	270	\$	160
Bacon	\$	160	\$	80
<b>VEGAN OPTIONS</b>				
Spicy Black Bean	\$	150	\$	80
Falafel	\$	190	\$	100
Garden	\$	35	\$	20
<b>PITA PIT FAVOURITES</b>				
Chicken Caesar	\$	160	\$	80
Southwest Steak	\$	180	\$	90
Chicken Crave	\$	220	\$	110
Dagwood Club	\$	140	\$	70
Southwest Chicken Club	\$	160	\$	80
<b>ALL DAY BREAKFAST</b>				
Morning Glory	\$	180	\$	90
Ham 'n' Egg	\$	220	\$	110
Meat the Day	\$	390	\$	200
Awakin' with Bacon	\$	260	\$	140
Sausage Sunrise	\$	340	\$	170
<b>2A. ROLLED (PITA BREADS)</b>				
White	-	190	-	130
Whole wheat	-	210	-	130
Aiden's Gluten Free	\$	320	\$	320
<b>2B. BOWLED (AS A SALAD)</b>				
	\$	-	\$	-
<b>3. MAKE IT AWESOME (EXTRAS)</b>				
Make it a double (filling)	\$	90-270	\$	45-160
Extra cheese	\$	60-230	\$	30-120
Extra bacon (2 slices)	\$	60	\$	60
Extra egg & hash brown	\$	180	\$	90
<b>SMOOTHIES</b>				
		<b>16 OZ</b>		<b>8 OZ</b>
Pomberry Detox	\$	300	\$	150
Mango Rejuve	\$	320	\$	160
Strawberry Banana "Oh Mega" 3	\$	340	\$	170
Strawberry-Kiwi Mega C	\$	290	\$	150
Blackberry Probiotic	\$	300	\$	150
Chocolate Banana Appeal	\$	370	\$	190
EXTRA: Iso whey protein	\$	100	\$	100
EXTRA: Double the fruit	\$	40-90	\$	40-90
EXTRA: Spinach	-	3-10	-	3-10
<b>DRINKS</b>				
Cans	\$		\$	0-160
Bottles (water, pop or juice)	\$		\$	0-260
Milk (large)	\$		\$	210-410
Milk (small)	\$		\$	130-260
Vitamin Water	\$		\$	0-120
<b>SIDES (REGULAR)</b>				
Chips (small bag)	\$		\$	120-310
Cookies (any 2)	\$		\$	320-340
Pita Pit Pita Chips (bag)	\$		\$	320
<b>SIDES (COMBO DEAL)</b>				
Buy any pita or salad and drink and get 2 cookies OR a small bag of chips for just:	\$		\$	120-340

KEY: 🌶️ SPICY 🌱 GLUTEN FREE

Pita Pit cannot guarantee a gluten free environment



Info: [pitapit.ca](http://pitapit.ca) Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

APT/SUITE \_\_\_\_\_ APARTMENT ENTRY CODE \_\_\_\_\_

PHONE \_\_\_\_\_

DELIVERY TIME\* \_\_\_\_\_ AM PM OR PICK-UP TIME \_\_\_\_\_ AM PM

Enter the time you want your order to be delivered or ready to pick up & circle AM or PM.

PRE-TAX TOTAL (all meals)	\$
DELIVERY*	\$
TAX	\$
TOTAL	\$

MEAL A		MEAL B		MEAL C	
Name:		Name:		Name:	
Pita Filling:		Pita Filling:		Pita Filling:	
Size: — Pita (large) — Petita® (small)		Size: — Pita (large) — Petita® (small)		Size: — Pita (large) — Petita® (small)	
Pita: __ White __ Whole wheat		Pita: __ White __ Whole wheat		Pita: __ White __ Whole wheat	
OR __ Gluten Free OR __ Salad		OR __ Gluten Free OR __ Salad		OR __ Gluten Free OR __ Salad	
<b>A EXTRAS</b>	<b>CALS</b>	<b>B EXTRAS</b>	<b>CALS</b>	<b>C EXTRAS</b>	<b>CALS</b>
Double Meat	45-270	Double Meat	45-270	Double Meat	45-270
Extra Bacon	60	Extra Bacon	60	Extra Bacon	60
Extra Cheese	30-230	Extra Cheese	30-230	Extra Cheese	30-230
Hummus (no charge)	20-35	Hummus (no charge)	20-35	Hummus (no charge)	20-35
Babaganoush (no charge)	25-45	Babaganoush (no charge)	25-45	Babaganoush (no charge)	25-45
Egg+Hash Browns	90-180	Egg+Hash Browns	90-180	Egg+Hash Browns	90-180
<b>VEGGIES (NO CHARGE)</b>	<b>CALS</b>	<b>VEGGIES (NO CHARGE)</b>	<b>CALS</b>	<b>VEGGIES (NO CHARGE)</b>	<b>CALS</b>
Avocado	35-50	Avocado	35-50	Avocado	35-50
Alfalfa Sprouts	4-10	Alfalfa Sprouts	4-10	Alfalfa Sprouts	4-10
Iceberg Lettuce	2-4	Iceberg Lettuce	2-4	Iceberg Lettuce	2-4
Romaine Lettuce	3-5	Romaine Lettuce	3-5	Romaine Lettuce	3-5
Spinach	4-10	Spinach	4-10	Spinach	4-10
Tomato	3-5	Tomato	3-5	Tomato	3-5
Green Pepper	4-10	Green Pepper	4-10	Green Pepper	4-10
Onion	10-15	Onion	10-15	Onion	10-15
Mushrooms	4-10	Mushrooms	4-10	Mushrooms	4-10
Green Olives	25-45	Green Olives	25-45	Green Olives	25-45
Black Olives	15-30	Black Olives	15-30	Black Olives	15-30
Pickle	1-2	Pickle	1-2	Pickle	1-2
Cucumber	2-3	Cucumber	2-3	Cucumber	2-3
Hot Peppers	1-2	Hot Peppers	1-2	Hot Peppers	1-2
Pineapple	10-15	Pineapple	10-15	Pineapple	10-15
Jalapeño	1-2	Jalapeño	1-2	Jalapeño	1-2
<b>CHEESE (NO CHARGE - PICK ONE)</b>	<b>CALS</b>	<b>CHEESE (NO CHARGE - PICK ONE)</b>	<b>CALS</b>	<b>CHEESE (NO CHARGE - PICK ONE)</b>	<b>CALS</b>
Cheddar	120-230	Cheddar	120-230	Cheddar	115-225
Feta	80-150	Feta	80-150	Feta	80-150
Swiss	40-80	Swiss	40-80	Swiss	40-80
Parmesan	30-60	Parmesan	30-60	Parmesan	30-60
<b>SAUCES (NO CHARGE)</b>	<b>CALS</b>	<b>SAUCES (NO CHARGE)</b>	<b>CALS</b>	<b>SAUCES (NO CHARGE)</b>	<b>CALS</b>
Tzatziki	15-25	Tzatziki	15-25	Tzatziki	15-25
Light Caesar	20-40	Light Caesar	20-40	Light Caesar	20-40
Light Ranch	20-35	Light Ranch	20-35	Light Ranch	20-35
Ancho Chipotle	25-50	Ancho Chipotle	25-50	Ancho Chipotle	25-50
BBQ Sauce	15-30	BBQ Sauce	15-30	BBQ Sauce	15-30
Hot Sauce	5-10	Hot Sauce	5-10	Hot Sauce	5-10
Horseradish Dijon	35-70	Horseradish Dijon	35-70	Horseradish Dijon	35-70
Honey Mustard	20-40	Honey Mustard	20-40	Honey Mustard	20-40
Light Italian	15-30	Light Italian	15-30	Light Italian	15-30
Light Mayo	20-40	Light Mayo	20-40	Light Mayo	20-40
Mustard - Regular	0	Mustard - Regular	0	Mustard - Regular	0
Teriyaki	15-30	Teriyaki	15-30	Teriyaki	15-30
Spicy Thai	20-35	Spicy Thai	20-35	Spicy Thai	20-35
Special Sauce (Greek)	50-100	Special Sauce (Greek)	50-100	Special Sauce (Greek)	50-100
Donair	15-30	Donair	15-30	Donair	15-30
Balsamic Vinaigrette	15-30	Balsamic Vinaigrette	15-30	Balsamic Vinaigrette	15-30
<b>SEASONINGS (NO CHARGE)</b>	<b>CALS</b>	<b>SEASONINGS (NO CHARGE)</b>	<b>CALS</b>	<b>SEASONINGS (NO CHARGE)</b>	<b>CALS</b>
Salt	0	Salt	0	Salt	0
Pepper	0	Pepper	0	Pepper	0
Garlic Plus	0	Garlic Plus	0	Garlic Plus	0
Tex Mex	0	Tex Mex	0	Tex Mex	0
Chipotle Mango	0	Chipotle Mango	0	Chipotle Mango	0
Cajun	0	Cajun	0	Cajun	0
<b>DRINKS &amp; SNACKS</b>	<b>CALS</b>	<b>DRINKS &amp; SNACKS</b>	<b>CALS</b>	<b>DRINKS &amp; SNACKS</b>	<b>CALS</b>
Smoothie: Size ____ oz	150-370	Smoothie: Size ____ oz	150-370	Smoothie: Size ____ oz	150-370
Kind:		Kind:		Kind:	
Double Fruit	40-90	Double Fruit	40-90	Double Fruit	40-90
Add Iso Whey Protein/scoop:	100	Add Iso Whey Protein/scoop:	100	Add Iso Whey Protein/scoop:	100
Canned Drink:	0-160	Canned Drink:	0-160	Canned Drink:	0-160
Bottled Drink:	0-260	Bottled Drink:	0-260	Bottled Drink:	0-260
Chips:	120-320	Chips:	120-320	Chips:	120-320
2 Cookies:	320-340	2 Cookies:	320-340	2 Cookies:	320-340
<b>SPECIAL REQUESTS (NO CHARGE)</b>		<b>SPECIAL REQUESTS (NO CHARGE)</b>		<b>SPECIAL REQUESTS (NO CHARGE)</b>	
Grill my onions, mushrooms & peppers		Grill my onions, mushrooms & peppers		Grill my onions, mushrooms & peppers	
Toast my pita		Toast my pita		Toast my pita	