



# Nutritional Information

6"=Petita 9"=Original w=white wm=wholemeal S=Salad

Pitas & Salads	Calories					Fat (g)				Saturates (g)				Carbs (g)				Sugars (g)				Protein (g)				Fibre (g)				Sodium (mg)				Salt (g)											
	6"		9"			6"		9"		S	6"		9"		S	6"		9"		S	6"		9"		S	6"		9"		S	6"		9"		S										
	w	wm	w	wm	S	w	wm	w	wm		w	wm	w	wm		w	wm	w	wm		w	wm	w	wm		w	wm	w	wm		w	wm	w	wm		w	wm								
Chicken	163	147	324	288	165	2	2.1	3.8	3.9	4.0	0.6	0.6	1.1	1.2	1.2	21	19	43	38	6	3	2.6	6	5	5	15	15	29	28	24	1.2	4.7	2	9	4	145	172	286	342	160	0.4	0.4	0.7	0.9	0.4
Chicken Caesar	207	191	413	376	253	5.3	5.4	10.4	10.5	10.5	1.8	1.8	3.6	3.6	3.6	21	19	43	38	7	3.2	2.8	6	5	5	19	18	36	35	31	1.2	4.7	2	10	4	404	431	804	860	678	1.0	1.1	2.0	2.1	1.7
Chicken Crave	196	180	390	354	231	3.8	3.8	7.3	7.4	7.4	1.2	1.2	2.3	2.3	2.4	21	19	43	38	7	3.1	2.7	6	5	5	19	19	37	37	33	1.2	4.7	2	9	4	245	272	486	542	360	0.6	0.7	1.2	1.4	0.9
Spicy Chicken	174	158	346	310	187	2.1	2.1	3.9	4.0	4.0	0.6	0.6	1.1	1.2	1.2	23	21	47	43	11	5.2	4.8	10	9	9	15	15	29	28	25	1.3	4.7	2	10	4	205	232	406	462	280	0.5	0.6	1.0	1.2	0.7
Chicken Tikka	176	160	350	314	191	3	3.1	5.8	5.9	6.0	0.8	0.8	1.4	1.5	1.5	21	19	44	40	8	3.5	3.1	7	6	6	15	15	29	28	24	1.5	5	3	10	4	209	237	415	471	289	0.5	0.6	1.0	1.2	0.7
Chicken Souvlaki*	163	147	324	288	165	2	2.1	3.8	3.9	4.0	0.6	0.6	1.1	1.2	1.2	21	19	43	38	6	3	2.6	6	5	5	15	15	29	28	24	1.2	4.7	2	9	4	145	172	286	342	160	0.4	0.4	0.7	0.9	0.4
Steak	154	138	307	271	148	2.1	2.1	3.9	4.0	4.0	0.7	0.8	1.4	1.4	1.4	21	19	43	38	6	3	2.6	6	5	5	13	12	25	24	20	1.2	4.7	2	9	4	95	123	194	250	68	0.2	0.3	0.5	0.6	0.2
Spicy Steak	165	149	329	292	170	2.1	2.2	3.9	4.1	4.1	0.7	0.8	1.4	1.4	1.4	23	21	47	43	11	5.1	4.7	10	9	9	13	13	25	24	20	1.3	4.7	2	10	4	155	183	314	370	188	0.4	0.5	0.8	0.9	0.5
Ham	169	153	336	300	177	3.9	3.9	7.3	7.4	7.4	1.2	1.2	2.3	2.3	2.3	21	19	43	39	7	3.1	2.7	6	5	5	12	12	24	23	19	1.2	4.7	2	9	4	269	296	519	574	392	0.7	0.7	1.3	1.4	1.0
Turkey Club	168	152	342	306	183	4	4	7.8	8.0	8.0	1.4	1.4	2.7	2.7	2.8	21	19	44	39	7	3.2	2.8	6	5	5	12	11	23	23	19	1.2	4.7	2	10	4	428	455	862	917	735	1.1	1.1	2.2	2.3	1.8
Turkey	144	128	289	253	130	0.9	1	1.7	1.8	1.9	0.3	0.3	0.5	0.5	0.5	21	19	44	39	8	3.1	2.7	6	5	5	12	12	24	23	19	1.2	4.7	2	9	4	269	296	519	574	392	0.7	0.7	1.3	1.4	1.0
Tuna	143	127	312	276	153	0.7	0.7	1.4	1.5	1.6	0.1	0.2	0.3	0.3	0.4	21	19	43	38	6	3	2.6	6	5	5	13	13	32	31	27	1.2	4.7	2	9	4	197	224	464	519	337	0.5	0.6	1.2	1.3	0.8
Falafel*	187	171	338	302	249	5.1	5.2	7.8	10.0	8.0	0.1	0.1	0.1	0.1	1.0	29	27	55	50	29	4	4	7	6	6	8	8	8	14	10	4	8	7	14	8	344	371	556	611	413	1.6	1.6	2.4	2.5	1.0
Veggie	104	88	213	190	54	0.4	0.5	0.8	1.1	1.0	0.1	0.1	0.1	0.1	0.2	21	19	43	39	6	3	2.6	6	5	5	4	4	8	8	4	1.2	4.7	2	11	4	69	96	144	223	17	0.2	0.2	0.4	0.5	0.0
Grilled Halloumi	202	186	378	341	218	8.4	8.5	14.1	14.2	14.2	5	5.1	8.4	8.4	8.5	21	19	44	39	7	3.7	3.3	7	6	6	10	10	18	17	14	1.2	4.7	2	9	4	429	456	744	799	617	1.1	1.1	1.9	2.0	1.5
Toppings	Calories		Fat (g)			Saturates (g)			Carbs (g)			Sugars (g)			Protein (g)			Fibre (g)			Sodium (mg)			Salt (g)																					
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S															
Spinach	5	7	0.1	0.2	0.0	0.0	0.2	0.4	0.2	0.4	0.2	0.4	0.5	0.7	0.4	0.7	2.3	3.4	0.0	0.0																									
Cos Lettuce	3	5	0.1	0.2	0.0	0.0	0.3	0.5	0.3	0.5	0.2	0.2	0.2	0.3	0.2	0.3	0.0	0.0	0.0	0.0																									
Mixed Leaf	4	5	0.0	0.1	0.0	0.0	0.5	0.7	0.1	0.2	0.2	0.3	0.3	0.4	0.2	0.4	2.4	3.6	0.0	0.0																									
Tomato	3	7	0.0	0.0	0.0	0.0	0.6	1.2	0.6	1.2	0.1	0.3	0.2	0.4	1.8	3.6	0.0	0.0																											
Red Onion	5	9	0.0	0.0	0.0	0.0	0.9	1.9	0.4	0.8	0.1	0.2	0.2	0.3	0.4	0.8	0.0	0.0																											
Green Pepper	4	7	0.0	0.1	0.0	0.0	0.7	1.2	0.7	1.1	0.2	0.3	0.2	0.4	0.1	0.1	0.0	0.0																											
Mushroom	2	4	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.5	0.2	0.3	1.5	2.5	0.0	0.0																											
Pineapple	8	13	0.0	0.0	0.0	0.0	1.8	3.1	1.8	3.1	0.0	0.1	0.1	0.1	0.3	0.5	0.0	0.0																											
Sweetcorn	12	21	0.1	0.2	0.0	0.1	2.3	3.9	1.1	1.8	0.4	0.7	0.3	0.6	3.0	5.0	0.0	0.0																											
Cucumber	1	2	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.1	0.5	0.9	0.0	0.0																											
Greek Peppers	51	89	5.1	8.9	0.3	0.6	0.9	1.6	0.8	1.5	0.2	0.4	0.2	0.4	60	105	0.2	0.3																											
Mango	9	14	0.0	0.0	0.0	0.0	2.1	3.5	2.1	3.5	0.1	0.2	0.4	0.7	0.3	0.5	0.0	0.0																											
Black Olives	20	33	1.4	2.4	0.2	0.3	1.5	2.4	0.0	0.0	0.1	0.3	0.3	0.5	125	208	0.3	0.5																											
Pickles	4	6	0.0	0.0	0.0	0.0	0.8	1.4	0.8	1.4	0.0	0.0	0.1	0.3	84	140	0.2	0.4																											
Jalapeno	1	3	0.0	0.0	0.0	0.0	0.2	0.5	0.2	0.4	0.0	0.1	0.1	0.2	42	90	0.1	0.2																											
Baked Beans	27	55	0.4	0.8	0.1	0.1	3.8	7.7	2.0	4.1	1.4	2.7	1.4	2.8	84	168	0.2	0.4																											

Figures include main ingredient(s) & 5 toppings (onion, mushroom, green pepper, tomato & lettuce) plus a pita shell (if applicable).  
 \*A grilling sauce is used to enhance delicious taste. Please add the nutritional info for secret sauce on reverse side."





# Nutritional Information

6"=Petita 9"=Original w=white wh=wholemeal S=Salad

Breakfast Pitas	Calories				Fat (g)				Saturates (g)				Carbs (g)				Sugars (g)				Protein (g)				Fibre (g)				Sodium (mg)				Salt (g)			
	6"		9"		6"		9"		6"		9"		6"		9"		6"		9"		6"		9"		6"		9"		6"		9"					
	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm	w	wm				
Scrambled Eggs	133	117	270	234	3.6	3.7	6.8	7.0	0.9	0.9	1.7	1.7	19	17	39	35	1	1	2	1	7	6	13	12	0	4	1	8	178	206	349	405	0.4	0.5	0.9	1.0
Eggs & Sausage	221	204	434	398	9.2	9.2	17.2	17.4	2.8	2.8	5.2	5.3	22	20	46	41	1	1	3	2	12	12	23	22	1	4	1	8	490	518	934	990	1.2	1.3	2.3	2.5
Eggs & Bacon	178	161	359	322	6.9	6.9	13.4	13.5	2.1	2.1	4.1	4.1	19	17	39	35	1	1	2	1	10	10	20	19	0	4	1	8	437	465	867	923	1.1	1.2	2.2	2.3
Eggs & Ham	199	183	393	357	7.1	7.1	13.3	13.4	2.0	2.1	3.8	3.9	19	17	40	35	1	1	2	2	15	15	29	28	0	4	1	8	378	406	724	780	0.9	1.0	1.8	1.9
English Breakfast	265	249	522	486	12.4	12.5	23.8	23.9	4.0	4.0	7.7	7.7	23	21	46	42	2	1	3	2	16	15	30	29	1	4	1	9	749	777	1452	1508	1.9	1.9	3.6	3.8
Sauces/Dressings	Calories		Fat (g)		Saturates (g)		Carbs (g)		Sugars (g)		Protein (g)		Fibre (g)		Sodium (mg)		Salt (g)																			
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S																		
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S																		
Caesar	60	121	6.6	13.1	0.6	1.2	0.1	0.1	0.0	0.0	0.2	0.4	0.0	0.0	48	96	0.1	0.2																		
Ranch	39	79	4.1	8.1	0.3	0.7	0.6	1.2	0.2	0.4	0.1	0.2	0.0	0.0	76	152	0.2	0.4																		
BBQ Chipotle	14	28	0.0	0.0	0.0	0.0	3.4	6.8	2.6	5.2	0.1	0.1	0.0	0.0	92	184	0.2	0.5																		
BBQ	17	34	0.0	0.0	0.0	0.0	4.1	8.2	3.7	7.4	0.2	0.2	0.1	0.1	40	79	0.1	0.2																		
Texas grill	30	60	2.7	5.3	0.2	0.5	1.4	2.8	1.0	2.0	0.0	0.0	0.0	0.0	112	224	0.3	0.6																		
Harissa	35	71	3.6	7.2	0.3	0.6	0.6	1.3	0.4	0.8	0.1	0.2	0.0	0.0	236	472	0.6	1.2																		
Balsamic	56	111	6.0	12.0	1.0	2.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0	0	0.0	0.0																			
Honey Dijon	36	72	1.0	2.0	0.0	0.0	6.0	13.0	6.0	12.0	1.0	2.0	0.0	1.0	191	382	0.5	1.0																		
Sweet Chilli	18	35	0.0	0.0	0.0	0.0	4.3	8.6	3.8	7.6	0.0	0.1	0.0	0.1	99	198	0.2	0.5																		
Secret Sauce	37	74	4.0	8.0	0.5	1.0	0.3	0.6	0.1	0.2	0.1	0.1	0.1	0.2	11	22	0.1	0.1																		
Light Mayo	27	54	2.6	5.2	0.3	0.5	0.6	1.2	0.3	0.5	0.0	0.0	0.0	0.0	68	136	0.2	0.3																		
Hot & Spicy	11	22	0.0	0.1	0.0	0.0	2.4	4.8	2.1	4.3	0.1	0.2	0.1	0.1	60	120	0.2	0.3																		
Tomato Sauce	11	21	0.0	0.0	0.0	0.0	2.4	4.8	2.4	4.7	0.1	0.2	0.1	0.1	35	69	0.1	0.2																		
Brown Sauce	13	25	0.0	0.0	0.0	0.0	2.9	5.7	2.3	4.6	0.1	0.2	0.1	0.1	58	116	0.2	0.3																		
Spreads	Calories		Fat (g)		Saturates (g)		Carbs (g)		Sugars (g)		Protein (g)		Fibre (g)		Sodium (mg)		Salt (g)																			
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S																		
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S																		
Tzatziki	16	32	1.0	2.0	0.8	1.7	0.8	1.7	0.3	0.6	0.8	1.6	0.0	0.1	54	108	0.1	0.3																		
Houmous	59	118	4.7	9.4	0.5	0.9	2.1	4.2	0.1	0.1	1.6	3.2	1.0	2.0	96	192	0.2	0.5																		
Tom & Pepper Chutney	26	51	0.0	0.1	0.0	0.0	6.0	12.0	5.6	11.2	0.2	0.4	0.2	0.4	19	38	0.0	0.1																		
Guacamole	26	43	1.9	3.2	0.3	0.5	1.4	2.4	0.3	0.5	0.3	0.5	0.9	1.5	57	95	0.1	0.2																		
Cheese	Calories		Fat (g)		Saturates (g)		Carbs (g)		Sugars (g)		Protein (g)		Fibre (g)		Sodium (mg)		Salt (g)																			
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S																		
	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S	6"	9" & S																		
Swiss	74	111	5.6	8.4	4.0	6.0	0.0	0.0	0.0	0.0	5.8	8.7	0.0	0.0	108	162	0.3	0.4																		
Cheddar	79	119	6.4	9.6	4.0	5.9	0.2	0.3	0.0	0.1	5.2	7.8	0.0	0.0	152	228	0.4	0.6																		
Feta	50	75	4.0	6.1	2.7	4.1	0.3	0.5	0.3	0.5	3.1	4.7	0.0	0.0	288	432	0.7	1.1																		
Parmesan	21	29	1.5	2.1	1.0	1.3	0.0	0.1	0.0	0.1	1.8	2.5	0.0	0.0	38	53	0.1	0.1																		

Figures include main ingredient(s) & 5 toppings (onion, mushroom, green pepper, tomato & lettuce) plus a pita shell (if applicable).

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.

Ingredients subject to change. Some numbers have been rounded to the nearest whole number.

Updated May 2014