

Pita Pit

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Specialty Pitas - Smaller Wheat						
Baja Chicken Bacon Ranch	380	5	870	33	4	21
Southwest Fajita Chicken	330	6	770	33	3	18
Chicken Pesto	300	3	965	30	3	22
Thai Chicken	260	0	960	39	4	18
Specialty - Smaller Salad						
Baja Chicken Bacon Ranch	240	5	560	5	1	15
Southwest Fajita Chicken	190	6	460	5	0	12
Chicken Pesto	160	3	655	2	0	16
Southwest Fajita Steak	230	6	600	4	0	11
Thai Chicken	120	0	650	11	1	12
Protein Small Custom						
Chicken Breast	60	0	200	2	0	12
Tuna	70	0	230	0	0	14
Topping Small Custom						
Avocado	30	0.5	0	2	1	0
Banana Peppers	5	0	200	1	1	0
Carrots	10	0	15	2	1	0
Hummus	70	0	120	4	2	1
Spinach	5	0	20	1	0	0



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Small Sauce Custom						
Ancho Chipotle	45	0.5	130	2	0	0
Boom Boom	80	1	130	1	0	0
BBQ	60	0	270	14	1	0
Honey Mustard	45	0.5	65	3	0	0
Horseradish Dijon	70	1	120	3	0	0
Jalapeno Ranch	55	0.5	115	1	0	0
Light Mayo	35	0	125	0	0	0
Pesto	50	1	90	0	0	1
Secret Sauce	45	0.5	15	0	0	0
Sriracha	15	0	230	3	0	0
Teriyaki	15	0	115	3	0	0
Thai Satay	30	0	140	3	0	0
Yellow Mustard	0	0	620	0	0	0
Brown Rice & Quinoa Bowls						
Hula Teriyaki Chicken	480	0	2400	80	3	30
Thai Buddha	550	1	1240	70	5	30

