

## Pita Pit

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Artisan Pitas (smaller wheat)</b>						
Chicken Pesto	310	3	965	32	3	21
Thai Chicken	270	3.5	960	40	4	18
<b>Specialty Bowls</b>						
Thai Buddha	550	1	1240	70	5	30
Hula Teriyaki Chicken	480	0	2400	80	3	30
<b>Classic Pitas (smaller wheat)</b>						
Chicken Caesar	320	3.5	870	29	3	23
Buffalo Chicken	300	2.5	1065	29	3	21
Philly	325	4	783	32	3	16
<b>Build Your Own Pita</b>						
Chicken Breast	110	0	350	3	0	21
Falafel	210	1	370	24	7	7
Garden Hummus	140	0	240	8	4	2
<b>Specialty Pitas (smaller)</b>						
Hardwood Smoked Brisket	580	7	1060	65	6	21
Chicken Pesto	490	6	1330	50	7	35
Thai Chicken	390	0	1235	55	5	29
<b>All Protein</b>						
Chicken Breast	110	0	350	3	0	21
Black Bean Patty	110	0	730	16	8	11
Falafel	210	1	370	24	7	7
Egg	90	1.5	160	1	0	0

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<b>Toppings</b>						
Avocado	60	1	0	3	2	1
Carrots	10	0	15	2	1	0
Cucumbers	0	0	0	0	0	0
Fire Roasted Corn	34	0	0	6	1	1
Green Peppers	5	0	0	1	0	0
Hummus	70	0	120	4	2	1
Iceberg Lettuce	5	0	0	1	0	0
Mushrooms	5	0	0	0	0	0
Onions	5	0	0	1	0	0
Pineapple	15	0	0	0	0	0
Roasted Red Peppers	5	0	85	1	0	0
Roasted Red Pepper Hummus	70	0	150	3	2	1
Romaine Lettuce	5	0	0	1	1	1
Spinach	10	0	0	2	1	1
<b>Sauce (.5 ounces)</b>						
Ancho Chipotle	45	0.5	120	2	0	0
BBQ	30	0	135	7	0	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	1	0	0
Pesto	50	1	90	0	0	1
Secret Sauce	45	0.5	120	0	0	0
Yellow Mustard	0	0	160	0	0	0