

BUILD YOUR OWN!

PROTEINS

CHICKEN 60 Cals / 110 Cals	BUFFALO CHICKEN 90 Cals / 170 Cals	BLACK BEAN 80 Cals / 160 Cals
SOUTHWEST CHICKEN 90 Cals / 170 Cals	DELI CLUB 80 Cals / 150 Cals	FALAFEL 100 Cals / 190 Cals
GYRO 160 Cals / 320 Cals	STEAK 60 Cals / 120 Cals	CHICKEN CAESAR 100 Cals / 190 Cals
DELI TURKEY 40 Cals / 80 Cals	BACON 70 Cals / 140 Cals	DELI HAM 50 Cals / 90 Cals
CHICKEN SOUVLAKI 45 Cals / 90 Cals	HALLOUMI 45 Cals / 90 Cals	 Chicken Caesar 390 Cals as depicted
CHICKEN SHAWARMA 80 Cals / 160 Cals	SMOKY BBQ BEEF BRISKET 100 Cals / 200 Cals	

TOPPINGS

 HUMMUS 60-100 Cals	 SPINACH 4-10 Cals	 ONION 5-10 Cals
 AVOCADO 45-70 Cals	 ROMAINE LETTUCE 3-5 Cals	 MUSHROOMS 4-10 Cals
 ALFALFA SPROUTS 4-10 Cals	 ICEBERG LETTUCE 2-4 Cals	 TOMATO 3-5 Cals
 GREEN PEPPER 3-10 Cals	 PICKLE 2-3 Cals	 HOT PEPPERS 2-3 Cals
 CUCUMBER 2-4 Cals	 GREEN OLIVES 10-15 Cals	 BLACK OLIVES 15-25 Cals
 JALAPEÑO 2-4 Cals	 PINEAPPLE 5-10 Cals	 PARMESAN 30-60 Cals
 CHEDDAR 120 Cals	 SWISS 90 Cals	 FETA 90 Cals

SAUCES & SPICES

ANCHO CHIPOTLE 30-60 Cals	GARLIC AIOLI 15-30 Cals	LIGHT MAYO 20-40 Cals
BALSAMIC 20-35 Cals	HONEY GARLIC 15-30 Cals	MUSTARD 0 Cals
BBQ 15-30 Cals	HONEY MUSTARD 20-35 Cals	RANCH 35-70 Cals
CAESAR 45-90 Cals	HOT SAUCE 5-10 Cals	SPECIAL SAUCE 50-100 Cals
DONAIR 15-30 Cals	LEMON ZA'ATAR 10-20 Cals	SPICY MAYO 40-80 Cals

SPICY THAI 20-40 Cals
TZATZIKI 20-40 Cals

Pro Tip: Choose up to 3 sauces for the perfect flavour!

 SALT+PEPPER 0 Cals	 GREEK 0 Cals
 TEX-MEX 0 Cals	 GARLIC PLUS 0 Cals
 CARIBBEAN JERK 0 Cals	 CHIPOTLE MANGO 0 Cals

kids' PIT

Kids under 10 get a choice of a Petita® + kid's drink (170-420 Cals) & cookie (160-170 Cals)

DELI TURKEY 170 Cals	BACON 200 Cals	CHEESE 250 Cals
DELI HAM 180 Cals	CHICKEN 190 Cals	

MAKE IT EXTRA

GLUTEN-FREE PITA 300 Cals	DOUBLE MEAT 80-320 Cals
PITA CHIPS 320 Cals	EXTRA BACON 70 Cals
	EXTRA CHEESE 30-120 Cals

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.