



NO MESS, NO STRESS

CATERING



Order online at pitapit.ca or on the app

UNIT 98 - 3200 NORTH ISLAND HIGHWAY, NANAIMO, BC, V9T 1W1
call5@mypitapit.ca - (250) 729-8891

PLATTER IT UP

Choose from our themed platters or build your own.
Each platter comes with 10 regular pitas cut into halves.

PETE'S SIGNATURE

Chicken Crave*	470 Cals
Chicken Caesar*	530 Cals
Buffalo Chicken	580 Cals
Thai Chicken	440 Cals
Steak	500 Cals

CLASSIC MIXED

Chicken Caesar*	530 Cals
Chicken Souvlaki	450 Cals
Gyro	650 Cals
Cheddar	370 Cals
Falafel	490 Cals

MEAT LOVERS

Chicken Breast	480 Cals
Buffalo Chicken	520 Cals
Club	550 Cals
Steak	440 Cals
Bacon	490 Cals

DELI

Gyro	650 Cals
Turkey	430 Cals
Ham	420 Cals
Bacon	490 Cals
Club	620 Cals

VEGGIE LOVERS

Falafel	490 Cals
Cheddar	370 Cals
Black Bean	490 Cals
Feta	350 Cals
Hummus	420 Cals

calories are per pita

*Contains pork

Kindly place your order at least
24 hours in advance to help us
better accommodate your request.



SAVOURY SALADS

CAESAR

Add
chicken
110 Cals

Romaine, parmesan, croutons,
bacon, Caesar dressing
530 Cals

GREEK

Lettuce, tomatoes, cucumbers, red
onions, olives, feta, house dressing
330 Cals

GARDEN

Romaine, tomatoes, cucumbers,
red onions, cheddar, green peppers,
choice of dressing
380-580 Cals



calories are per serving

FINISH IT OFF

DRINKS

Selection varies by store
0 Cals-220 Cals



CHIPS

Selection varies by store
210-280 Cals



COOKIES

Selection varies by store
160-170 Cals



PITA CHIPS

Made fresh daily
320 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.

THE ULTIMATE COMBO

CLASSIC MIXED PITA PLATTER

370-650 Cals (per pita)

**10 ASSORTED
DRINKS**

0-220 Cals

**10 ASSORTED
BAGS OF CHIPS**

210-280 Cals

OR

**20 ASSORTED
COOKIES**

160-170 Cals



Pita Pit