

NUTRITIONAL FACTS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
PITA BREADS										
White	200	0.5	0	0	0	460	42	2	2	7
Wheat	200	1	0	0	0	420	40	4	3	8
BREAKFAST PITAS (totals include specified ingredients and white pita, eggs and hashbrowns)										
Morning Glory	510	22.5	4.5	0	295	1140	59	4	3	17
Ham n' Eggs (Ham)	570	24.5	5.5	0	320	1780	60	4	4	26
Awakin' with Bacon (Bacon)	614	30.5	7	0	315	1564	59	4	3	23
Steak & Eggs (Steak)	585	27	6	0	318	1340	60	4	4	25
Meat the Day (Bacon & Ham)	622	28.5	6.5	0	330	1992	60	4	4	29
MEAT PITAS (totals include specified ingredients and white pita)										
Dagwood (Prime Rib, Turkey, Ham)	390	9	3	0	72	1865	46	2	4	32
Chicken Caesar (Chicken, Bacon)	353	8	2	0	60	932	43	2	2	25
Chicken Crave (Chicken, Ham)	361	6	2	0	75	1360	44	2	3	31
Club (Turkey, Ham, Bacon)	362	3.5	1	0	50	1630	45	2	3	25
Philly Steak	350	9.5	3.5	0	47	860	44	2	4	23
Gyro	540	25.5	10	0	80	1360	53	2	3	22
Chicken Souvlaki (marinated)	310	5	1	0	60	980	44	2	2	21
Chicken Breast	301	4	1	0	50	720	43	2	2	22
Buffalo Chicken (Chicken)	355	4	1	0	50	2076	57	2	14	22
Turkey	300	2.5	0	0	50	1520	46	2	2	25
Prime Rib	360	11.5	4.5	0	45	930	44	2	4	20
Black Forest Ham	320	4.5	2	0	50	1740	44	2	4	25
B.L.T.	371	12.5	4	0	30	1096	45	3	4	17
Tuna	270	1.5	0	0	25	690	42	2	2	21
VEGGIE PITAS (totals include specified ingredients and white pita)										
Falafel	440	18.5	1.5	0	0	810	60	6	4	12
Hummus	380	14.5	1	0	0	700	52	6	4	11
Spicy Black Bean	310	3.5	0	0	0	1190	58	10	3	18
Feta	360	12.5	8	0	40	1100	44	4	2	17
Cheddar	420	18.5	10	0	50	640	44	2	2	21
Provolone	400	16.5	10	0	40	960	44	2	2	21
Garden	200	0.5	0	0	0	460	42	2	2	7
KIDS PITAS (totals include specified ingredients and wheat pita)										
Lil Turkey	250	2	0	0	25	950	42	4	3	9
Lil Hummus	380	15	1	0	0	660	50	8	5	12
Quesapita	420	19	10	0	50	780	42	4	3	22
Lil Chicken Breast	301	4.5	1	0	50	680	41	4	3	23
Lil Ham	260	3	1	0	25	1060	41	4	4	17
TOPPINGS										
Cucumbers	0	0	0	0	0	0	0	0	0	0
Green Peppers	5	0	0	0	0	0	1	0	0	0
Hummus	90	7	0.5	0	0	120	5	2	1	2
Lettuce, Shredded	5	0	0	0	0	0	1	0	1	0
Mushrooms	5	0	0	0	0	0	0	0	0	0
Olives, Black	15	1.5	0	0	0	125	1	0	0	0
Onions	5	0	0	0	0	0	1	0	1	0
Pepperocinis	5	0	0	0	0	140	1	1	0	0
Pickles	0	0	0	0	0	125	0	0	0	0
Romaine Lettuce	5	0	0	0	0	0	1	1	1	1
Salt and Pepper	0	0	0	0	0	155	0	0	0	0
Spinach, Fresh	10	0	0	0	0	35	2	1	0	1
Tomatoes	10	0	0	0	0	0	2	1	1	0
Alfalfa Sprouts*	5	0	0	0	0	0	0	0	0	1
Artichoke Hearts*	10	0	0	0	0	95	1	1	0	0
Avocado*	45	4	0.5	0	0	0	2	2	0	1
Black Beans*	20	0	0	0	0	70	4	2	0	1
Carrots*	10	0	0	0	0	15	2	1	1	0
Cilantro*	0	0	0	0	0	0	0	0	0	0
Corn*	20	0	0	0	0	70	4	0	1	0
Cranberries, Dried*	45	0	0	0	0	0	10	1	9	0
Green Chiles*	5	0	0	0	0	20	2	1	1	0
Jalapenos*	0	0	0	0	0	240	0	0	0	0
Olives, Kalamata*	40	4	0	0	0	230	1	0	0	0
Pineapple*	10	0	0	0	0	0	2	0	2	0
Roasted Red Peppers*	5	0	0	0	0	85	1	0	0	0
Babaganoush*	90	7	0.5	0	0	135	5	2	1	2
SAUCES										
Ancho Chipotle	94	7	1	0	0	248	7	0	5	0
BBQ	66	0	0	0	0	274	17	0	15	0
Buffalo Sauce	27	0	0	0	0	678	9	0	6	0
Caesar	60	5	1	0	15	360	4	0	1	1
Honey Mustard	94	7.5	1.5	0	9	132	6	0	6	0
Horseradish Dijon	132	12	2	0	9	236	5	0	5	0
Hot Sauce	0	0	0	0	0	1134	0	0	0	0
Jalapeno Ranch	94	9	1.5	0	9	311	1	0	1	14
Light Mayo	66	6.5	1	0	9	245	2	0	0	0
Ranch	94	10	1.5	0	9	255	1	0	1	1
Secret (spicy vinaigrette)	185	20.5	1.5	0	0	63	1	0	0	0
Teriyaki	28	0	0	0	0	226	6	0	6	0
Tzatziki	50	4.5	0	0	0	75	3	0	2	1
Yellow Mustard	0	0	0	0	0	311	0	0	0	0
Balsamic Vinaigrette*	57	4.5	0.5	0	0	179	4	0	4	0
Blue Cheese Dressing*	170	18	3	0	14	198	1	0	1	1
Chipolte BBQ Sauce*	53	0	0	0	0	137	14	0	12	1
Dijon Mustard*	28	0	0	0	0	567	0	0	0	0
Honey Dijon (fat free)*	42	0	0	0	0	264	8	1	5	1
Italian (fat free)*	9	0	0	0	0	463	3	0	2	0
Ketchup*	30	0	0	0	0	280	8	0	5	0
Boom Boom Sauce*	160	16	2	0	14	255	3	0	2	0
Honey Lime*	123	10	1	0	9	160	7	0	7	0
Raspberry Vinaigrette (fat free)*	33	0	0	0	0	75	7	0	6	0
Vidalia Sweet Onion*	104	8.5	1	0	0	99	7	0	8	0
Salsa*	9	0	0	0	0	198	2	0	2	0
Sour Cream*	57	5.5	3	0	19	14	2	0	1	1
Sundried Tomato Pesto Vinaigrette*	104	11	2	0	0	274	2	0	1	0
CHEESES										
Cheddar	110	9	5	0	25	180	1	0	0	7
Feta	80	6	4	0	20	320	1	1	0	5
Parmesan	50	3.5	2	0	5	160	0	0	0	4
Provolone	100	8	5	0	20	250	1	0	0	7
Blue Cheese Crumbles*	100	8	5	0	25	380	0	0	0	6
Gorgonzola Cheese*	50	4	3	0	12	130	1	0	1	4
Pepper Jack Cheese*	100	8	4	0	25	160	1	0	0	6
Swiss Cheese*	80	6	4	0	20	40	1	0	0	6