



yogen früz

smoothies **ü** will love!

smoothies

probiotic yogurt or
non-dairy sorbet

(S) 4.19 (L) 6.19

strawberry banana 160 / 270 Cals
strawberries, bananas, pineapple juice

raspberry blast 160 / 270 Cals
raspberries, pineapple, orange juice

blueberry breeze 160 / 270 Cals
blueberries, bananas, cranberry juice

tropical storm 140 / 230 Cals
mangoes, pineapple, bananas, orange juice

peach berry sunset 120 / 220 Cals
strawberries, peaches, orange juice

very berry 120 / 240 Cals
strawberries, blackberries, blueberries, cranberry juice

chocolate banana 210 / 340 Cals
chocolate frozen yogurt, bananas, milk

chocolate raspberry 150 / 270 Cals
chocolate frozen yogurt,
raspberries, milk

BLUEBERRY BREEZE
270 CALS AS SHOWN



TROPICAL STORM
140 CALS AS SHOWN

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.

Dine in. Take out. Call us.

STRATFORD - 684 ONTARIO STREET UNIT 1 - 519-305-2201

Pita Pit Menu

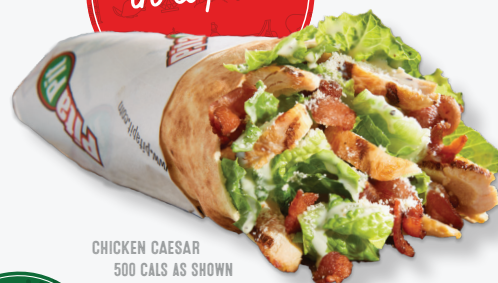
PRICES & CALORIES EFFECTIVE

OCT. 2020

f b i /PITAPITCANADA

CHOOSE IT...

ROLLED
in a pita



CHICKEN CAESAR
500 CALS AS SHOWN

OR

as a SALAD
with fresh veggies



CHICKEN SALAD
280 CALS AS SHOWN

OR

as a RICE BOWL



SOUTHWEST BAJA
760 CALS AS SHOWN

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.

Want more information?

TO VERIFY CURRENT PRICING, PLEASE CHECK WITH STORE.
FOR THE LATEST NUTRITION & ALLERGEN INFO, VISIT PITAPIT.CA AND DOWNLOAD OUR PDF.
FOR OUR CATERING MENU, VISIT PITAPIT.CA/CATERING.

YOUR CREATION

PITA BREAD, RICE, TOPPINGS + SAUCE NOT INCLUDED

1. CHOOSE YOUR FAVOURITE FILLING.

✓ VEGAN

CHICKEN

PETITA® 8.19 / 60 CALS
PITA 9.69 / 110 CALS

CAGE FREE EGGS

PETITA® 8.19 / 110 CALS
PITA 9.69 / 210 CALS

SOUTHWEST CHICKEN

PETITA® 8.19 / 90 CALS
PITA 9.69 / 170 CALS

BEEF BRISKET

PETITA® 9.19 / 100 CALS
PITA 10.69 / 200 CALS

GYRO

PETITA® 7.69 / 160 CALS
PITA 9.19 / 320 CALS

BACON

PETITA® 8.69 / 80 CALS
PITA 10.19 / 160 CALS

CHICKEN CAESAR

PETITA® 9.19 / 110 CALS
PITA 10.69 / 210 CALS

HALLOUMI

PETITA® 9.19 / 50 CALS
PITA 10.69 / 80 CALS

CHICKEN SOUVLAKI

PETITA® 8.19 / 60 CALS
PITA 9.69 / 110 CALS

BLACK BEAN ✓

PETITA® 7.99 / 80 CALS
PITA 9.49 / 160 CALS

CHICKEN SHAWARMA

PETITA® 8.19 / 80 CALS
PITA 9.69 / 160 CALS

FALAFEL ✓

PETITA® 7.69 / 100 CALS
PITA 9.19 / 190 CALS

BUFFALO CHICKEN

PETITA® 8.39 / 90 CALS
PITA 9.89 / 170 CALS

DELI CLUB

PETITA® 9.19 / 70 CALS
PITA 10.69 / 130 CALS

DELI TURKEY

PETITA® 8.19 / 40 CALS
PITA 9.69 / 30 CALS

DELI HAM

PETITA® 8.19 / 50 CALS
PITA 9.69 / 90 CALS

ADD 120 CALS FOR A PETITA® / 200 CALS FOR A WHITE PITA / 190 CALS FOR A WHOLE WHEAT PITA

2. CHOOSE YOUR FAVOURITE TOPPINGS.

| | | |
|------------------------------|-----------------------------|-----------------------------|
| ALFALFA SPROUTS 4-10 CALS | GREEN OLIVES 25-45 CALS | PARMESAN 30-60 CALS |
| AVOCADO 45-70 CALS | GREEN PEPPER 3-10 CALS | PICKLE 1-2 CALS |
| BANANA PEPPERS 2-3 CALS | HUMMUS 60-100 CALS | PINEAPPLE 5-10 CALS |
| BLACK OLIVES 15-30 CALS | ICEBERG LETTUCE 2-4 CALS | ROMAINE LETTUCE 3-5 CALS |
| CHEDDAR 120-230 CALS | JALAPEÑO PEPPERS 1 CAL | SPINACH 4-10 CALS |
| CUCUMBER 2-4 CALS | MUSHROOMS 4-10 CALS | SWISS CHEESE 40-80 CALS |
| FETA CHEESE 80-150 CALS | ONION 5-10 CALS | TOMATO 3-5 CALS |

3. CHOOSE YOUR FAVOURITE SAUCES & SPICES.

ANCHO CHIPOTLE 30-60 CALS
BALSAMIC 15-30 CALS
BBQ 15-30 CALS
CAESAR 40-80 CALS
DONAIR 15-30 CALS
GARLIC AIOLI 25-50 CALS
HONEY GARLIC 15-30 CALS
HONEY MUSTARD 20-35 CALS
HOT SAUCE 5-10 CALS
LEMON ZA'ATAR 5-10 CALS

LIGHT ITALIAN 20-35 CALS
LIGHT MAYO 20-40 CALS
LIGHT RANCH 20-35 CALS
MUSTARD 0 CALS
SPECIAL SAUCE 50-100 CALS
SPICY MAYO 40-80 CALS
SPICY THAI 20-40 CALS
TERIYAKI 15-25 CALS
TZATZIKI 20-40

SALT 0 CALS • PEPPER 0 CALS • GARLIC PLUS 0 CALS • TEX MEX 0 CALS
CHIPOTLE MANGO 0 CALS • CAJUN 0 CALS

DON'T FORGET

4. CHOOSE ADD-ONS TO COMPLETE YOUR MEAL.



PITA CHIPS
ADD N/A / 320 CALS



2 COOKIES
ADD 1.29 / 320-340 CALS



DRINKS
ADD 2.49-3.49
0-260 CALS



CHIPS
ADD 1.29 / 120-320 CALS

PITA PIT KIDS

KIDS UNDER 10 GET THEIR CHOICE OF A PITA OR RICE BOWL*, A KID'S DRINK (90-170 CALS) AND A COOKIE (160-170 CALS).

7.99

CHICKEN 180 CALS
DELI HAM 170 CALS
DELI TURKEY 200 CALS
CHEESE PITA 240 CALS

SWAP YOUR DRINK FOR A SMALL SMOOTHIE FOR 2.99
ADD 120-210 CALS

ADDITIONAL TOPPINGS ARE NOT INCLUDED IN CALORIE COUNTS

KID'S CHICKEN PETITA®
400 CALS AS SHOWN



BLUEBERRY BREEZE
160 CALS
AS SHOWN

*ADDITIONAL CHARGES APPLY

WANT ANY EXTRAS?

EXTRA CHEESE
ADD .99
30-120 CALS

DOUBLE MEAT
ADD 1.49 (PETITA®)
OR 2.99 (PITA)
40-320 CALS

ADD EGG
ADD 1.49 (PETITA®)
OR 2.99 (PITA)
110-210 CALS

EXTRA BACON
ADD 1.49
80 CALS

GLUTEN FREE
PITA
ADD 1.49
300 CALS

RICE ADD
.99 (SM)
1.99 (LG)
90-180 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.



CREATION NATION

Signatures

EFFECTIVE OCT.2020

NEED A SUGGESTION, A CHANGE OF PACE OR A QUICK AND EASY CHOICE?
CHOOSE ONE OF THESE SIGNATURE PITAS!



SMOKY BBQ BEEF BRISKET

Beef brisket, spinach, onion, mushrooms, green pepper, tomato, Swiss cheese, smoky BBQ sauce and garlic aioli sauce.

PETITA®: 9.19 / 210 CALS

PITA: 10.69 / 410 CALS



THE WESTERN

Cage-free egg, ham, spinach, tomato, onion, green pepper, cheddar cheese, Rajun Cajun seasoning, ancho chipotle sauce, black pepper.

PETITA®: 9.19 / 240 CALS

PITA: 10.69 / 480 CALS



THE SPICY GREEK

Chicken souvlaki, gyro, romaine, tomato, cucumber, green pepper, onion, hot peppers, feta cheese, tzatziki, hot sauce, Garlic Plus seasoning, black pepper.

PETITA®: 9.19 / 200 CALS

PITA: 10.69 / 400 CALS



TWISTED SPICY CHICKEN

Buffalo chicken, bacon, hummus, avocado, spinach, tomato, onion, hot peppers, green pepper, jalapeño, hot sauce, Tex Mex seasoning and cheddar cheese.

PETITA®: 9.19 / 350 CALS

PITA: 10.69 / 540 CALS

PITA BREAD AND ADDITIONAL TOPPINGS ARE NOT INCLUDED IN THESE CALORIE COUNTS. 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.



CREATION NATION

Rice Bowls

EFFECTIVE OCT.2020

NEW! TRY OUR NEW CREATION NATION RICE BOWLS!
with whole grain brown rice

SOUTHWEST BAJA BOWL



Black bean patties grilled with chipotle sauce and Tex-Mex seasoning, served on rice with spinach, tomato, onion, green pepper, avocado, Light Ranch and an extra generous portion of cheddar

8.99 / 490 CALS | 11.49 / 820 CALS

CHICKEN BRUSCHETTA BOWL



Chicken grilled with onion, mushrooms and balsamic dressing served on rice with spinach, tomato, Parmesan cheese, Roasted Garlic Aioli and an extra generous portion of feta

9.19 / 430 CALS | 11.69 / 720 CALS

HALLLOUMI & FALAFEL BOWL



Halloumi and falafel grilled with red onion and mushrooms, served on rice with spinach, cucumber, hot peppers, Lemon Za'atar sauce, tzatziki and an extra generous portion of feta

10.19 / 480 CALS | 12.69 / 790 CALS

SMOKY BBQ BEEF BRISKET BOWL



Beef brisket grilled with onion, mushrooms, green pepper and Smoky BBQ sauce, served on rice with spinach, tomato, cheddar, Roasted Garlic Aioli and more BBQ sauce

10.19 / 370 CALS | 12.69 / 610 CALS

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