



PITA PIT - MENU NUTRITIONAL INFORMATION

Revision date: 11/01/2025

Approved by: FSQA Manager

Menu Items	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large	Small	Large
	Serving Size (g)	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Proteins (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)													
CREATED FOR YOU - PITA																												
C4U Ancho Chicken Pita	490	801	540	920	27	52	9	17	0	0.5	65	130	50	69	6	11	11	20	26	46	1800	3370	700	1300	300	550	4.5	6.5
C4U Cordon Bleu Pita	397	680	470	800	27	51	7	13	0.34	0.68	70	140	33	39	2	3	3	5	27	49	830	1480	550	1300	300	550	3.5	5
C4U Chicken Crave 2.0 Pita	425	737	360	650	10	24	5	11	0	0.17	60	130	48	71	3	5	17	34	23	43	1250	2550	600	1400	200	400	3.5	5
C4U Fiesta Steak Pita	454	737	580	1210	38	76	10	20	0.45	1	70	135	43	89	3	7	10	22	22	45	1210	2560	500	850	300	550	4	7.5
C4U Halloumi & Falafel Pita	454	624	570	870	36	55	15	24	0.5	1	70	135	43	56	4	4	7	18	23	41	1510	2220	500	800	600	850	3.5	4
C4U Halloumi Bacon Pita	425	624	670	830	46	53	14	23	0.71	1.17	85	120	43	53	3	4	11	18	27	39	1600	2050	550	900	450	800	3.5	4.5
C4U Sweet Heat Pita	481	811	520	900	25	48	8	15	0.36	0.71	70	135	55	81	3	5	16	29	24	42	1850	3450	500	850	300	500	3	4
C4U Jalapeno Club Pita	454	737	510	870	22	41	7	14	0.34	0.68	50	100	54	80	2	4	17	33	23	40	1170	2160	550	1350	300	550	2.5	3.5
C4U Lemon Pepper Chicken Pita	454	740	430	700	23	43	7	14	0	0.5	60	115	36	44	3	5	7	11	21	37	1060	1910	450	800	200	350	2.5	3.5
C4U Mighty Caesar Pita	369	586	460	780	26	50	4.5	9	0.18	0	65	125	36	46	3	5	3	5	23	40	960	1700	400	750	125	200	3	4.5
C4U BBQ Brisket Pita	454	765	600	1050	32	61	9	18	0.55	1.11	60	115	57	87	2	3	23	45	22	39	1310	2410	800	1550	350	600	3.5	5.5
C4U Southwest Baja Pita	454	765	630	1070	41	73	9	18	0.36	0.5	45	85	55	79	7	9	11	22	18	30	1180	2130	700	900	350	600	4.5	7
C4U Spicy Buffalo Cesar Pita	471	793	650	1160	40	78	9	18	0	0.5	60	115	49	71	3	5	10	18	23	41	1930	3650	400	750	350	600	3.5	5
C4U Spicy Greek Pita	471	791	360	610	16	32	7	14	0	0.37	60	125	37	48	3	5	6	10	22	40	1930	3770	550	1000	225	400	3	4.5
C4U Veg Cheeseburger Pita	482	794	540	940	27	51	8	15	0	0.5	35	70	63	97	6	11	16	31	19	32	1420	2630	600	1100	300	550	4	6
C4U West Coast Club Pita	506	707	580	1010	31	61	8	16	0.36	0.5	85	165	49	70	5	8	15	28	27	48	2030	3860	750	1400	300	500	3	4.5
C4U Zesty chicken /bacon Pita	425	709	460	780	23	44	3.5	6	0.15	0.27	50	100	49	69	3	5	16	30	19	32	1430	2540	450	800	125	225	2.5	3.5
C4U Chicken Bruschetta Pita	397	680	530	910	35	68	7	14	0.21	0.41	70	135	34	40	2	3	4	7	22	38	1160	2120	450	800	250	450	3.5	5
C4U Balsamic bacon Pita	436	662	510	830	29	55	9	17	0	1	45	90	42	49	3	4	7	11	23	39	1030	1790	450	800	350	650	4	5.5
C4U BBQ Bacon Cheeseburger Pita	454	794	530	910	26	49	10	19	0.48	0.94	70	135	50	72	3	4	15	27	27	48	1790	3380	600	1100	600	1100	12	22.5
CREATED FOR YOU - SALAD BOWL																												
C4U Ancho chicken Salad	250	501	380	760	25	49	8	17	0	0.6	65	130	21	41	5	10	9	18	21	41	1590	3170	650	1250	250	500	3	5
C4U Cordon Bleu Salad	194	388	320	650	24	48	6	13	0	0.68	70	140	6	12	1	2	2	4	22	44	630	1250	500	950	300	550	2	3.5
C4U Chicken Crave Salad	258	460	250	500	11	21	5	11	0	0.17	65	130	22	43	2	4	16	32	19	38	1210	2310	550	1050	175	350	2	3.5
C4U Fiesta Steak Salad	229	459	480	960	37	74	10	19	0	0.88	70	135	20	39	3	6	10	19	18	36	1120	2240	400	800	250	500	3	5
C4U Halloumi & Falafel Salad	257	459	420	830	33	66	14	28	1	1.4	70	140	15	29	3	6	5	11	18	36	1300	2600	450	850	550	1050	2	4
C4U Halloumi & Bacon Salad	197	393	490	980	41	81	13	26	1	1.15	80	160	15	30	2	3	9	17	18	36	1260	2470	400	750	400	800	2	3
C4U Sweet Heat Salad	256	511	370	740	23	46	7	14	0	0.71	70	135	27	53	2	3	14	27	18	36	1650	3240	400	800	225	450	1	2.25
C4U Jalapeno Club Salad	226	452	360	720	19	39	7	14	0	0.62	50	95	27	53	1	3	16	32	18	35	970	1930	550	1050	250	500	1	2
C4U Lemon Pep Chicken Salad	276	496	380	760	31	62	8	16	0	0.93	60	115	10	19	2	3	7	13	16	32	1040	2080	350	700	150	300	1	2
C4U Mighty Caesar Salad	139	286	290	620	22	47	4	8	0	0.21	60	125	9	17	1	3	2	4	16	35	690	1500	350	650	50	175	1	2.5
C4U BBQ Brisket Salad	233	467	450	900	29	58	8	17	1	1.11	60	115	30	60	1	2	22	44	17	34	1110	2210	750	1500	300	550	2	4
C4U Southwest Baja Salad	233	465	500	1010	39	79	9	18	0	0.71	45	85	28	56	6	12	10	20	13	26	1040	2070	550	1100	300	550	3	5.5
C4U Spicy Buffalo Caesar Salad	246	493	500	1000	38	76	8	17	0	0.69	60	115	21	43	2	4	8	17	18	36	1720	3440	350	700	300	550	2	3.5
C4U Spicy Greek Salad	274	491	230	460	15	29	7	13	0	0.37	65	125	10	19	2	4	4	8	18	35	1810	3560	500	950	175	350	2	3
C4U Veg cheeseburger Salad	254	508	390	780	24	48	7	15	0	0.69	35	70	35	69	5	10	14	29	14	27	1220	2430	550	1050	250	500	2	4.5
C4U West Coast Club Salad	281	562	430	870	29	58	8	16	0	0.72	85	165	21	44	3	8	13	24	22	44	1830	3840	700	1350	225	500	1	3.5
C4U Zesty Chicken/bacon Salad	202	403	320	630	21	42	3	6	0	0.21	50	100	23	43	2	4	15	29	14	27	1230	2330	400	750	100	175	1	2
C4U Chicken Bruschetta Salad	194	390	380	760	33	66	7	13	0	0	70	135	7	13	1	3	3	6	17	33	960	1910	400	800	200	3.5	2	4
C4U Balsamic bacon Salad	181	362	340	670	26	52	8	17	0	1	45	90	10	20	1	3	5	9	17	33	800	1590	400	750	300	600	2	4
C4U BBQ Bacon Cheeseburger Salad	245	491	400	800	25	49	9	18	0	1	70	135	24	48	2	5	13	27	22	43	1570	3140	500	1000	250	500	2	4
CREATED FOR YOU - RICE BOWL																												
C4U Ancho chicken Rice	364	728	800	1590	28	55	9	18	0	0.6	65	130	108	215	8	16	10	20	31	62	1620	3240	650	1300	300	550	4	8
C4U Cordon Bleu Rice	307	615	740	1480	27	54	7	14	0	0.68	70	140	93	186	4	9	3	6	33	65	660	1320	500	1000	300	550	3.5	6.5
C4U Chicken Crave Rice	372	687	660	1330	14	27	6	12	0	0.17	65	130	109	217	5	10	17	34	30	59	1250	2380	600	1100	200	400	3.5	6
C4U Fiesta Steak Rice	300	661	830	1740	37	77	9	20	0	0.88	50	135	106	207	6	11	10	20	21	55	840	2220	300	750	250	500	3	7
C4U Halloumi & Falafel Rice	371	686	830	1670	36	72	15	29	1	1.4	70	140	102	203	6	12	6	13	29	57	1340	2670	450	900	550	1100	3.5	7
C4U Halloumi & Bacon Rice	310	620	910	1820	44	87	14	27	1	1.15	80	160	102	203	5	9	10	19	29	57	1300	2540	400	800	450	850	3	6
C4U Sweet Heat Rice	369	738	800	1580	28	52	8	15	0	0.71	75	135	113															

Bacon	3 slices (18g)	6 slices (36 g)	70	150	5	10	1.5	1.5	0.11	0.22	20	40	1	2	0	0	1	1	7	13	330	650	100	200	0	0	0.4	0.75				
Beef Brisket	43	85	100	200	6	13	2.5	2.5	0.21	0.43	30	55	3	6	0	0	1	3	7	14	340	670	350	650	0	10	0.75	1.5				
Buffalo Chicken	43	85	90	180	3.5	7	0	0	0	0	15	30	9	17	0	1	0	0	6	12	160	310	100	175	0	10	0.75	1.25				
Chicken	43	85	50	100	1	2	0	0	0	0	35	65	0	0	0	0	0	0	10	20	170	330	125	250	0	0	0.3	0.75				
Chicken & Bacon	55	109	100	190	4.5	9	1.5	1.5	0.07	0.14	45	85	1	2	0	0	0	1	15	29	380	760	200	400	0	10	0.75	1.25				
Chicken Shawarma	43	85	50	100	2.5	5	0	0	0	0	30	60	1	2	0	0	0	1	8	16	260	510	100	175	10	20	0.75	1.25				
Chicken Souvlaki	43	85	50	100	1.5	2.5	0	0	0	0	30	55	2	4	0	0	0	1	9	18	390	770	150	300	10	20	0.3	0.5				
Southwest chicken	57	113	100	190	5	10	1	1	0	0	35	70	4	7	0	0	3	6	10	20	270	540	175	350	10	20	0.4	1				
Chicken Crave	60	119	70	140	1.5	3	0	0	0	0	40	75	1	2	0	0	0	1	13	26	270	560	200	700	0	0	0.5	1				
Southwest Steak	57	113	110	210	6	13	1.5	1.5	0.09	0.17	25	50	5	9	0	0	3	7	9	17	420	840	175	350	10	20	1	2				
Steak	43	85	60	120	2.5	5	1	1	0.09	0.17	25	45	1	2	0	0	0	1	9	17	320	630	150	300	0	10	1	1.75				
Deli ham	2 slices (34g)	4 slices (68g)	35	80	1	2.5	0	0	0	0	15	30	2	3	0	0	0	1	6	12	200	460	175	950	0	0	0.3	0.5				
Deli Turkey	2 slices (37.5g)	4 Slices (75)	60	120	0.5	1.5	0	0	0.01	0.01	25	50	3	6	0	0	1	1	7	13	390	770	300	600	0	10	0.4	0.75				
Deli Club	2 slices (42 g)	4 slices (84)	70	150	2.5	5	1	1	0.04	0.08	25	50	3	5	0	0	1	2	9	17	400	830	300	850	0	0	0.4	1				
Gyro	3 slice (55g)	6 Slices (110g)	150	300	13	26	4.5	4.5	0.3	0.6	30	60	2	4	0	0	1	2	9	18	370	740	175	350	20	40	1.25	2.5				
BBQ Rib Patty	1.5oz	3 oz	160	310	11	23	4.5	9	0	0	50	95	0	0	0	0	0	0	12	24	55	115	150	300	20	30	0.5	1				
Ham Black Forest Sliced	1 slice	2 slices	20	35	0.5	1	0	0	0	0	5	15	1	2	0	0	0	0	3	6	100	200	75	175	0	0	0.1	0.3				
Halloumi	43	85	140	280	11	23	7	14	0.43	0.85	30	60	2	3	0	0	1	3	9	18	470	940	50	100	300	600	0	0				
Black Beans Patty	2 patties (48g)	4 patties (96g)	100	200	5	11	0	1	0	0	0	0	11	23	2	0	5	2	1	3	4	7	8	180	350	150	300	20	50	1.25	2.5	
Pepperoni	1.5 oz		110		8		3	1	0	0	0	30	0	11	23	2	0	5	2	1	3	4	7	8	180	350	150	300	20	50	1.25	2.5
TOPPINGS																																
Cheddar Cheese	28	57	110	210	9	17	6	11	0.3	0.6	30	60	2	3	0	1	0	1	7	13	210	420	20	40	200	400	0	0	0.1			
Mozarella Cheese	28	57	80	170	6	12	4	8	0	0	20	40	1	2	0	0	0	0	7	14	190	380	30	50	175	400	0.1	0.2				
Swiss Cheese	28	57	100	210	8	15	4.5	9	0.28	0.57	20	40	1	2	0	0	0	0	8	16	110	220	10	20	225	450	0	0	0			
Parmesan Cheese	4	14	15	35	1	2	0.5	1.5	0.05	0.09	5	10	0	0	0	0	0	0	2	3	60	115	0	10	40	75	0	0	0			
Feta Cheese	28	57	70	130	6	11	4	8	0	0	20	40	0	0	0	0	0	0	4	8	330	650	20	40	100	200	0	0	0			
Alfalfa Sprouts	7	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	5	10	20	0	0	0.1	0.2					
Black Olives	14	28	15	30	1.5	3	0	0	0	0	0	0	1	2	0	0	0	0	0	0	105	210	0	10	20	0.5	1					
Cucumber	14	28	0	0	0	0	0	0	1	0	0	0	0	2	0	0	0	0	0	0	5	30	50	0	0	0	0.1					
Green Olives	14	28	20	40	2.5	4.5	0	0.5	0	0	0	0	1	2	0	0	0	0	0	0	220	440	10	20	10	20	0.1	0.2				
Green Peppers	14	28	0	5	0	0	0	0	0	0	0	0	1	2	0	0	0	1	0	0	5	30	50	0	0	0.1	0.1					
Roasted Red Peppers	14	28	0	5	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0.2	0.3	2	4	20	40	0	0	0.2	0.5				
Hot Peppers	7	14	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	5	5	20	40	0	0	0	0.1					
Jalapenos	7	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	95	95	10	20	10	20	0	0	0				
Lettuce Iceberg	43	85	5	10	0	0	0	0	0	0	0	0	0	2	3	1	1	1	2	0	1	5	10	75	125	10	20	0.2	0.4			
Lettuce Romaine	43	85	5	15	0	0	0	0	0	0	0	0	0	2	3	1	2	1	1	1	2	5	10	125	225	20	30	0.5	1			
Shredded Carrots	14	28	5	10	0	0	0	0	0	0	0	0	1	3	0	1	1	1	0.1	0.3	10	20	40	100	0	10	0	0.1				
Mushrooms	14	28	0	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	1	5	5	50	100	0	0	0.1	0.2				
Onions	7	14	0	5	0	0	0	0	0	0	1	0	1	2	0	0	0	1	0	0	5	20	30	0	0	0	0	0				
Pinapple	14	28	5	15	0	0	0	0	0	0	0	0	2	4	0	0	1	3	0	0	0	0	20	40	0	0	0	0.1				
Pickles	14	28	40	80	2.5	5	0	0.5	0	0	0	0	0	4	8	0	1	0	0	1	45	85	100	200	0	0	0.2	0.3				
Spinach Baby	28	28	5	5	0	0	0	0	0	0	0	0	0	2	2	1	1	0	0	1	25	25	175	175	30	30	1	1				
Tomato	14	28	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	30	0	0	0	0	0				
Croutons	7	14	35	70	1.5	2.5	0	0.5	0	0	5	5	5	9	0	1	0	1	1	2	80	160	20	30	10	20	0.2	0.4				
SPREAD																																
Hummus	28	57	45	90	2.5	5	0	1	0	0	0	0	5	9	2	3	0	0	3	5	110	220	75	150	20	30	0.75	1.5				
Avocado	28	57	45	90	4	8	0.5	1	0	0	0	0	3	6	2	4	0	1	1	2	75	150	150	300	0	10	0.2	0.4				
SAUCES																																
Ancho Chipotle	28	57	110	220	8	16	1.5	3	0	0	10	15	8	15	0	0	6	12	0	1	280	550	0	0	10	20	0.2	0.4				
Balsamic Gluten Free	28	57	100	200	10	21	1	1.5	0	0	0	0	3	5	0	0	2	3	0	0	170	330	0	10	20	30	0.4	0.75				
BBQ	28	57	50	110	0	0	0	0	0	0	0	0	13	25	1	2	8	17	1	2	310	610	100	175	30	50	0.4	1				
Caesar	28	57	150	310	17	33	1.5	3	0.06	0.11	15	30	1	2	0	0	0	1	1	2	230	460	10	20	20	30	0.1	0.2				
Donair	28	57	60	110	1.5	3	0	0	0	0	0	0	12	23	0	0	9	19	1	2	35	70	0	0	20	40	0	0				
Garlic Aioli	28	57	140	270	15	29	1	2.5	0	0	15	30	2	3	0	0	1	1	0	1	230	460	20	30	10	20	0.1	0.2				
Honey Garlic	28	57	70	140	0	0	0	0	0	0	0	0	18	36	0	0	1															

SMOOTHIES																												
Berry Bliss	12 oz (354 ml)	16 oz (473 ml)	280	390	1.5	2.5	1	2	0	0	5	10	66	92	4	4	49	65	2	2	55	100	250	400	100	150	0.5	0.4
Sunset paradise	12 oz (354 ml)	16 oz (473 ml)	290	400	1	2	1	2	0	0	5	10	68	93	2	2	48	64	2	2	60	105	300	450	75	125	0.5	0.75
Chocolate Banana	12 oz (354 ml)	16 oz (473 ml)	300	370	3	7	2.5	5	0	0.1	15	30	62	66	2	2	44	42	9	12	190	210	850	1000	350	400	0.75	0.4
Strawberry & Banana	12 oz (354 ml)	16 oz (473 ml)	290	420	1	2	1	2	0	0	5	10	71	97	2	2	52	70	2	3	50	100	450	550	100	150	0.75	0.75
Whey Protein (Scoop)	14 g	28 g	50	100	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13	25	35	65	75	150	0	0	0	0
FROZEN DESSERT																												
Low Fat Vanilla Yogurt (Base)	1/2 EA (50g)	1 EA(100g)	70	140	1	2	1	2	0	0	5	10	14	28	0	0	7	14	1	1	45	90	100	200	40	100	0	0
Crushed KitKat		28	150	7				5	0.03		5	0	19	0			14	2	2		20		75	75	40		0.3	
Crushed Smarties		28	140	9				5	0		0	0	19	0			15	2	2		5		125	125	10		1	
Cookie Crumble		28	130	5			1.5		0.04		0	0	21	1			11	2	2		100		40	40	20		1.25	
Cheesecake bites		28	100	6			3.5		0.25		30	0	11				8	2	2		65		75	75	30		0.4	0.4
JUST FRUIT DESSERT																												
Mango Frozen Dessert	113	213	100	210	1	2.5	1	2	0	0	5	10	23	46	1	2	15	29	1	2	50	95	200	400	50	100	0.1	0.2
Strawberry Frozen Dessert	113	213	90	180	1	2	1	2	0	0	5	10	20	39	1	2	9	19	1	2	45	90	175	350	50	100	0.4	1
Rasberry Frozen Dessert	99	185	90	180	1.5	2.5	1	2	0	0	5	10	20	39	3	5	9	18	2	3	45	90	175	350	75	125	0	0.1
Peach Frozen Dessert	113	213	90	190	1	2.5	1	2	0	0	5	10	20	39	1	2	11	23	1	2	45	90	200	400	50	100	0.1	0.2
Blueberry Frozen Dessert	99	185	90	180	1	2.5	1	2	0	0	5	10	20	39	1	2	10	21	1	2	50	95	150	250	75	100	0.1	0.2
Pinapple Frozen Dessert	113	213	100	200	1	2	1	2	0	0	5	10	22	43	1	2	13	25	1	2	50	95	175	350	50	100	0.2	0.4
Banana Frozen Dessert	113	213	120	250	1	2	1	2	0	0	5	10	27	54	1	2	16	31	2	3	45	90	300	600	50	100	0.2	0.4