

	Calories	Fat(g)	Protien(g)	Carbs(g)	Sodium(g)	Chol.(mg)	Fiber(g)
PITA BREAD							
White and Blended Wheat	260	0.4	10	54	0.2	0	2
MEAT PITAS							
Chicken Breast	370	4.9	24	57	0.7	50	2
Chicken Caesar (Chicken, Bacon)	550	18.9	42	57	1.3	80	2
Chicken Souvlaki (marinated)	430	9.7	30.1	54	0.3	72	2
Club (Turkey, Ham, Bacon)	457	8.5	37.4	58.1	2.6	23	2
Crave (Chicken, Ham)	440	7.4	34	58	1.4	40	2
Dagwood (Roast Beef, Turkey, Ham)	435	5.8	31.5	58.8	1.9	82	2
Gyros	550	25.4	25	61	1.0	45	3
Ham	400	5.4	30	56	1.6	30	2
Philly Steak	362	2.7	25.9	58.5	0.6	28	2
Roast Beef	364	3.5	30.3	56.1	1.1	109	2
Tuna	376	1.1	37.6	54	0.7	21	2
Turkey	365	3.0	26.6	59.5	1.3	26	2
(totals include meat and pita bread only)							
VEGGIE PITAS							
Babaganoush	330	3.4	12	58	0.3	0	2
Cheddar	413	13.1	19.3	54	0.4	40	2
Feta	340	7.0	14	55.1	0.5	28	2
Garden	260	0.4	10	54	0.2	0	2
Hummus	310	2.4	12	58	0.3	0	3
Swiss American	360	8.4	16	55	0.7	25	2
(totals include pita bread and above items only)							
TOPPINGS							
Alfalfa Sprouts	2	0.1	0.3	0.3	0	0	0
Avocado	90	9.0	1.0	3.0	0	0	2
Babaganoush	70	3.0	2.0	4.0	0.1	0	2
Black Olives	5	0.5	0	0.3	0	0	0.1
Cheddar	153	12.7	9.3	0	0.2	40	0
Cucumbers	2	0	0.1	0.4	0	0	0
Feta	80	6.6	4	1.1	0.3	28	0
Green Peppers	10	0.1	0.3	2.4	0	0	0.4
Hummus	50	2	2	4	0.1	0	1
Jalapeños	5	0	0	1	0.5	0	0
Mushrooms	4	0.1	0.5	0.7	0	0	0.4
Onions	15	0.1	0.5	3.5	0	0	0.6
Pepperoncinis	5	0	0	1	0.2	0	0.6
Pickles	3	0	0.2	0.5	0.1	0	0.3
Pineapple	54	0	0.5	14	0	0	1
Romaine	3	0.1	0.3	0.6	0	0	0.2
Shredded Lettuce	3	0.1	0.3	0.6	0	0	0.2
Spinach	7	0	1	1	0	0	1
Swiss American	100	8	6	1	0.5	25	0
Tomatoes	10	0.1	0.4	2.1	0	0	0.7
SAUCE							
BBQ Sauce	18	0	0	3.5	0.2	0	0
Dijon Mustard	5	0	0	0	0.1	0	0.1
Honey Mustard	37	0.1	0.2	8.8	0.0	0	0
Hot Sauce	0	0	0	0	0.2	0	0
Ketchup	20	0	0	5	0.1	0	0
Mayonnaise	99	11	0.2	0.2	0.1	10	0
Mustard	0	0	0	0	0.1	0	0.1
Ranch	69	7.1	0.2	1.2	0.1	5	0
Salsa	10	0	0	2	0.2	0	0
Secret Sauce	40	4.7	0	0	0	0	0
Tzatziki	40	3.5	1	2	0.1	0	0

*NOTE: The nutritional information provided is based on data by our supplier(s) for standard product formulations and recipes. Some variation in the nutritional information may occur due to the season of the year, use of alternate suppliers, region of the country and/or small differences in product assembly.