PITA PITA | NUTRITION GUIDE

Estimated nutrition based on standard recipes and serving portions. Actual values may vary. Pita and wrap bread included only in sandwiches; sandwich sauces excluded.

Plates & Kids Meals

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mixed Meat Plate	1,470	72.7	23.1	353	2,225	89.8	3.2	6	116
Mixed Meat Lunch Plate	1,240	59.9	19.4	272	1,892	87.6	3.2	5.4	88.2
Mixed Chicken Lunch Plate	1,160	47	12.8	283	1,912	89.2	3.2	6.1	100.5
Meat & Veggie Plate	1,450	72.3	18.1	147	1,783	127.8	12.4	5	69.4
Meat & Veggie Lunch Plate	1,160	55.1	13.8	102	1,445	115.7	10.2	4.5	50.2
Shrimp Plate	690	23.6	6.5	182	980	84.2	3.2	5	33
Kids Meal – Chicken Tawook	1,160	41.4	9.5	154	1,572	137.6	7.8	2.1	62.8
Beef Shawarma Plate	1,250	66.2	22.2	222	1,540	86.2	3.2	5	73.5
Shish Kebab Plate	1,100	49.8	17.5	240	1,525	80.2	3.2	3.5	79.5
Beef Kufta Plate	1,190	65.8	24.2	244	1,985	88.2	3.2	5.1	63.5
Chicken Shawarma Plate	1,140	55.8	14.8	207	1,450	84.8	3.2	5	75
Chicken Tawook Plate	1,070	31.4	8.7	300	1,745	88.2	3.2	5.9	111.5
Chicken Kufta Plate	1,070	41.8	12	278	2,375	94.2	3.2	7	91.5
Falafel Plate (6 pc)	1,070	46.2	9.7	12	1,267	133.7	14.1	3.5	29.1
Veggie Plate	1,230	54.1	10.8	12	1,752	155.4	16.9	7.1	30.4
Veggie Lunch Plate	1,040	44	9.2	12	1,470	136.7	13.4	6.2	24.7

Bowls

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Shawarma Bowl	1,010	47.2	12	142	1,325	91.8	5.2	5	55.5
Beef Shawarma Bowl	1,090	54.2	17	152	1,385	92.8	5.2	5	54.5
Falafel Bowl	970	40.9	8.6	12	1,203	124.3	12.4	4	24.9

Pita Sandwiches

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef Shawarma Pita	710	36.6	12.3	140	1,100	43	3	5	51

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef Shish Kebab Pita	620	25.6	9.1	152	1,090	39	3	4	55
Beef Kufta Pita	560	27.6	10.3	116	1,170	43	3	4.8	35
Chicken Shawarma Pita	640	29.6	7.3	130	1,040	42	3	5	52
Chicken Tawook Pita	500	10.4	2.5	144	1,050	43	3	5.2	59
Chicken Kufta Pita	360	9.6	2.5	76	990	43	3	5	31
Falafel Pita	670	29.9	4.7	0	1,123	78.8	11.7	5.3	22.1

Wraps

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef Shawarma Wrap	790	41.1	13.5	140	1,300	52	3	5	52
Beef Shish Kebab Wrap	700	30.1	10.3	152	1,290	48	3	4	56
Beef Kufta Wrap	640	32.1	11.5	116	1,370	52	3	4.8	36
Chicken Shawarma Wrap	720	34.1	8.5	130	1,240	51	3	5	53
Chicken Tawook Wrap	580	14.9	3.7	144	1,250	52	3	5.2	60
Chicken Kufta Wrap	440	14.1	3.7	76	1,190	52	3	5	32
Falafel Wrap	750	34.4	5.8	0	1,323	87.8	11.7	5.3	23.1

Appetizers & Sides

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hummus (4 oz, no bread/oil garnish)	190	11	1.5	0	300	17	4	1	6
Hummus (8 oz, no bread/oil garnish)	380	22	3	0	600	34	8	2	12
Mutawama (4 oz, no bread/oil garnish)	150	10	3	10	350	8	0	3	5
Mutawama (8 oz, no bread/oil garnish)	300	20	6	20	700	16	0	6	10
Baba Ghanouj (4 oz, no bread/oil garnish)	160	12	2	0	250	11	4	3	3
Baba Ghanouj (8 oz, no bread/oil garnish)	320	24	4	0	500	22	8	6	6
Falafel (1 Piece)	100	5.4	0.9	0	107	8.9	1.8	0	3.6
Falafel (3 Pieces)	300	16.2	2.7	0	321	26.7	5.4	0	10.8
Falafel (6 Pieces)	600	32.4	5.4	0	642	53.4	10.8	0	21.6
Falafel (12 Pieces)	1,200	64.8	10.8	0	1,284	106.8	21.6	0	43.2
Stuffed Grape Leaves (5 Pieces)	230	9	1.5	0	530	32	3	2	5

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Stuffed Grape Leaves (10 Pieces)	460	18	3	0	1,060	64	6	4	10

Salads

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Arabic Salad (8 oz Side)	130	9	1	0	180	11	3	4	2
Fattoush Salad (8 oz Side)	220	12	2	0	310	22	4	4	4
Jerusalem Salad (8 oz Side)	190	15	2	0	200	10	2	3	3
Arabic Salad (16 oz Small)	260	18	2	0	360	22	6	8	4
Fattoush Salad (16 oz Small)	440	24	3	0	620	44	8	8	8
Jerusalem Salad (16 oz Small)	380	30	4	0	400	20	4	6	6
Arabic Salad (32 oz Large)	520	36	4	0	720	44	12	16	8
Fattoush Salad (32 oz Large)	880	48	6	0	1,240	88	16	16	16
Jerusalem Salad (32 oz Large)	760	60	8	0	800	40	8	12	12

Loaded Fries

Menu item	Calories	Fat (g)	Sat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Loaded Fries (No Protein)	1,220	73	15	40	930	116	6	3	25
Loaded Fries with Chicken	1,540	83	16	200	1,380	118	6	3	68
Loaded Fries with Beef	1,610	87	17	215	1,490	118	6	3	72

Nutritional values are estimates based on standard recipes and serving portions. Actual values may vary. Assumptions include standard 10 oz rice on the Veggie Plate and representative cooked meat, bread and frying values.