## BUILD YOUR OWN!

#### **PROTEINS**

CHICKEN 60 Cals / 110 Cals

SOUTHWEST CHICKEN 90 Cals / 170 Cals

GYRO 160 Cals / 320 Cals

DELI TURKEY 40 Cals / 80 Cals

CHICKEN SOUVLAKI 45 Cals / 90 Cals

CHICKEN SHAWARMA 80 Cals / 160 Cals BUFFALO CHICKEN 90 Cals / 170 Cals

DELI CLUB 80 Cals / 150 Cals

STEAK 60 Cals / 120 Cals

BACON 70 Cals / 140 Cals

HALLOUMI 45 Cals / 90 Cals

SMOKY BBQ BEEF BRISKET 100 Cals / 200 Cals BLACK BEAN 80 Cals / 160 Cals

FALAFEL 100 Cals / 190 Cals

CHICKEN CAESAR 100 Cals / 190 Cals

DELI HAM 50 Cals / 90 Cals



# LOPPINGS

HUMMUS 60-100 Cals



AVOCADO 45-70 Cals



ALFALFA SPROUTS
4-10 Cals



GREEN PEPPER 3-10 Cals



CUCUMBER 2-4 Cals



JALAPEÑO 2-4Cals



CHEDDAR 120 Cals



SPINACH 4-10 Cals

3-5 Cals

2-4 Cals

**PICKLE** 

2-3 Cals

10-15 Cals

**PINEAPPLE** 

5-10 Cals

**SWISS** 

90 Cals

**GREEN OLIVES** 

**ROMAINE LETTUCE** 

**ICEBERG LETTUCE** 



ONION 5-10 Cals



MUSHROOMS 4-10 Cals



TOMATO 3-5 Cals



HOT PEPPERS



2-3 Cals



BLACK OLIVES 15-25 Cals





FETA 90 Cals

### **SAUCES & SPICES**

ANCHO CHIPOTLE 30-60 Cals BALSAMIC 20-35 Cals BBQ 15-30 Cals CAESAR 45-90 Cals

DONAIR 15-30 Cals

GARLIC AIOLI 15-30 Cals
HONEY GARLIC 15-30 Cals
HONEY MUSTARD 20-35 Cals
HOT SAUCE 5-10 Cals
LEMON ZA'ATAR 10-20 Cals

LIGHT MAYO 20-40 Cals
MUSTARD 0 Cals
RANCH 35-70 Cals
SPECIAL SAUCE 50-100 Cals
SPICY MAYO 40-80 Cals

SPICY THAI 20-40 Cals
TZATZIKI 20-40 Cals

Pro Tip: Choose up to 3 sauces for the perfect flavour!

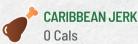


O Cals



TEX-MEX

0 Cals





GARLIC PLUS
0 Cals



kids'PIT

Kids under 10 get a choice of a Petita® + kid's drink (170-420 Cals) & cookie (160-170 Cals)

**DELI TURKEY 170 Cals** 

**BACON 200 Cals** 

**CHEESE 250 Cals** 

DELI HAM 180 Cals

**CHICKEN 190 Cals** 

### MAKE IT EXTRA

GLUTEN-FREE PITA | 300 Cals

PITA CHIPS | 320 Cals

**DOUBLE MEAT |** 80-320 Cals

EXTRA BACON | 70 Cals

EXTRA CHEESE | 30-120 Cals