

	Serving Size (g)	Energy (Kj)	Energy (Cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sugars (g)	Sodium (mg)
PITA BREAD									
Plain	46	561	134	4.8	0.7	0.2	27.9	2.8	173
Wholemeal	50	645	154	5.7	1.0	0.1	27.3	0.4	57
Gluten Free	48	550	131	2.4	3.1	0.5	21.9	1.8	173

QUICK REFERENCE PITAS (INCLUDES PLAIN PITA, LETTUCE, TOMATO, CUCUMBER AND CARROT, EXCLUDES CHEESE AND SAUCE)									
Chicken Breast	171	825	191	15.8	1.7	0.5	29.6	4.5	330
Chicken Caesar* (chicken breast 50g & bacon 26g)	197	1140	266	19.3	8.4	2.9	29.9	4.6	610
Chick n Fala (chicken breast 50g & falafel 40g)	211	1148	268	18.2	5.7	0.8	36.3	4.8	523
Beef Steak	171	931	222	16.8	3.2	1.3	29.6	4.4	470
BLT* (2 slices of bacon)	173	1242	296	12.4	14.2	5.0	29.9	4.3	749
Ham (2 x slices of ham)	163	726	173	9.8	1.5	0.5	29.8	4.4	500
Roast Beef (2 x slices of roast beef)	213	1088	260	21.0	4.6	2.0	31.6	5.6	1119
Roast Lamb	171	846	202	12.8	2.4	0.8	31.9	5.4	645
Tuna 64g	185	909	217	21.8	1.1	0.4	29.4	4.3	369
Beetroot, Feta & Mint (1 x patty)	161	985	234	7.82	6.70	1.24	34.86	4.88	443
Sweet Corn, Coriander & Chilli (1 x patty)	161	922	219	7.10	4.74	0.52	36.46	5.16	358
Falafel (1 x patty)	161	934	222	7.9	4.8	0.5	35.8	4.3	383
Mozzarella Melt (1 x patty)	161	991	237	8.3	5.4	1.3	38.3	4.3	297
Pollenta & Super Grains (2 Sticks)	177	1266	302	7.40	11.79	1.10	41.20	4.22	327
Garden incl plain pita & 6 vege (no cheese/sauce)	139	628	150	6.0	0.7	0.2	29.4	4.3	190

MEAT FILLING VALUE (PER PORTION), (EXCLUDES PITA BREAD & VEGE)									
Chicken Breast	50	214	46	10.3	1.0	0.3	0.5	0.5	140
Bacon* (1 x slice of bacon)	26	316	75	3.5	6.8	2.4	0.4	0.1	280
Beef Steak	50	320	76	11.3	2.5	1.1	0.5	0.4	280
BLT* (2 slices of bacon)	52	631	151	6.9	13.5	4.8	0.8	0.3	559
Ham (1 x slices of ham)	21	58	14	2.2	0.4	0.1	0.3	0.2	155
Ham (2 x slices of ham)	42	115	28	4.3	0.8	0.3	0.7	0.4	310
Roast Beef (2 x slices of roast beef)	92	477	114	15.5	3.9	1.8	2.5	1.8	929
Roast Lamb	50	235	56	7.3	1.7	0.6	2.8	1.4	455
Tuna 64g	64	298	71	16.3	0.4	0.2	0.3	0.3	179

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VEGETARIAN FILLING VALUE (PER PORTION), (EXCLUDES PITA BREAD & VEGE)									
Beetroot, Feta & Mint (1 x patty)	40	374	89	2.3	6.0	1.0	5.8	0.9	253
Falafel (1x Patty)	40	323	77	2.4	4.1	0.3	6.7	0.3	193
Mozzarella Melt (1x Patty)	40	380	91	2.8	4.7	1.1	9.2	0.3	107
Pollenta & Super Grains (2 Sticks)	56	655	157	1.9	11.1	0.9	12.1	0.2	137
Sweet Corn, Coriander & Chilli (1 x patty)	40	311	74	1.6	4.0	0.3	7.4	1.2	168
ALL DAY BREAKFAST PITAS									
Classic* (cabanossi 38g, bacon x 1 slice, egg 46g)	206	1573	376	20.1	24.3	9.0	30.0	4.6	897
Bacon n Eggs* (2 x slices bacon 52g, egg 46g)	192	1512	361	18.5	18.9	6.5	30.1	4.5	796
Ham n Eggs (2 x slices of ham, egg 46g)	186	996	238	15.9	6.1	1.9	30.0	4.6	547
Sausage Scramble (cabanossi 38g, egg 46g)	178	1257	300	16.7	17.5	6.6	29.6	4.4	617
California Fresh (v) (egg 46g)	140	881	210	11.6	5.3	1.6	29.3	4.2	237
BREAKFAST FILLINGS (EXCLUDES PITA BREAD)									
Egg (Fresh Whole Egg)	46	274	65	6.0	5.0	1.0	0	0	61
Cabanossi	38	376	90	5.1	12.2	5.0	0.3	0.2	380
Hashbrown	50	353	84	1.1	4.1	0.4	9.9	0.1	205
Bacon* (1 x slice)	26	316	75	3.5	6.8	2.4	0.4	0.1	280
Bacon* (2 x slices)	52	631	151	6.9	13.5	4.8	0.8	0.3	559
Ham (2 x slices)	42	115	28	4.3	0.8	0.3	0.7	0.4	310
Breakfast (veges x4)	(mushroom, red onion, tomato & green pepper)	48	46	11	0.9	0	1.3	1.3	3
SPREADS									
Avocado	20	135	32	0.4	2.9	0.4	0.6	0.3	94
FILLINGS									
Shredded Lettuce (Iceberg)	35	14	3	0.4	0	0	0.1	0.1	9
Tomatoes	20	16	4	0.2	0	0	0.5	0.5	2.0
Green Peppers	10	10	2	0.2	0	0	0.3	0.3	0
Cucumbers	10	6	1	0.1	0	0	0.1	0.1	2
Red Onions (based on brown onions)	10	13	3	0.2	0	0	0.5	0.5	1.0
Mushrooms	8	7	2	0.3	0	0	0	0	0
Beetroot	10	22	5	0.2	0	0	1.5	1.0	17
Pineapple	10	28	7	0	0	0	1.5	1.4	0

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FILLINGS									
Jalapenos	4	3	0	0	0	0	0.2	0	68
Black Olives	6	30	7	0	0.8	0.1	0	0	49
Gherkins (4-5 slices)	12	33	8	0.1	0	0	1.7	1.2	49
Carrots	10	14	3	0	0	0	0.5	0.5	4
Corn	10	36	9	0.4	0.1	0	1.3	0.3	12
Lettuce, Tomato, Cucumber, Carrot	75	50	12	0.7	0	0	1.2	1.2	17
CHEESES									
Cheddar	15	267	64	3.6	5.3	3.2	0.0	0.0	113
Feta	15	128	30	2.3	2.3	1.4	0.3	0.1	210
Swiss	10	149	35	2.0	3.0	2.0	0.2	0.1	161
SAUCES									
Aioli	20	297	71	0.2	6.4	0.6	3.3	1.3	132
BBQ	20	148	35	0.3	0	0	8.3	7.3	215
Caesar	20	306	73	0.2	6.8	0.6	2.9	1	95
Hollandaise	20	411	98	0.5	10.3	1	1.3	1.1	63
Honey Mustard	20	131	31	0.3	0.4	0	6.4	5.7	147
Hot Chilli	20	22	5	0	0	0	1.2	0.6	55
Hummus	20	102	24	1.1	1.0	0.2	2.6	0.1	78.6
Ketchup	20	91	22	0.3	0	0	4.9	4.4	167
Mayo	20	281	67	0.2	6.5	0.6	2.1	1.6	148
Mint	20	78	19	0	0	0	4.5	3.7	42
Peri Peri Mayo	20	305.0	72.9	0.2	7.2	0.6	2.0	0.7	114.3
Sour Cream	20	196	47	4.4	2.9	0.2	1.3	0.9	17
Southwest Chipotle	20	314	75	0.2	7.2	0.6	2.5	1.2	114
Sweet Chilli	20	125	30	0	0	0	7.2	6.4	65
Tzatziki (with Egg)	20	322	77	0.3	7.71	0.9	1.71	0.88	84

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