

	Serving Size (g)	Energy (Kj)	Energy (Cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sugars (g)	Sodium (mg)
PITA BREAD									
Plain	68	830	198	6.9	1.1	0.3	39.6	4.0	245
Wholemeal	82	1060	253	9.4	1.7	0.2	44.8	0.9	93
Gluten Free	78	1030	246	4.5	5.7	1.0	41.0	3.3	325

QUICK REFERENCE PITAS (INCLUDES PLAIN PITA, LETTUCE, TOMATO, CUCUMBER AND CARROT, EXCLUDES CHEESE AND SAUCE)									
Chicken Breast	293	1301	301	26.8	2.8	0.8	42.6	7.0	553.0
Chicken Caesar* (chicken breast & bacon)	319	1617	376	30	10	3	43	7	833
Chick n Fala (chicken breast & falafel)	333	1625	378	29.2	6.9	1.2	49.3	7.3	746
Beef Steak	293	1493	357	28.6	5.6	2.2	42.7	6.9	778
BLT* (3 slices of bacon)	281	1864	444	18.7	21.4	7.6	43.0	6.6	1140
Ham (3 x slices of ham)	266	1191	284	18.6	3.0	1.0	43.4	7.1	1038
Roast Beef (3 x slices of roast beef)	341	1633	390	31.5	6.9	3.1	45.5	9.0	1668
Roast Lamb	293	1341	319	21.3	4.2	1.3	46.8	8.7	1093
Tuna	273	1246	297	26.2	1.5	0.6	42.0	6.5	470
Beetroot, Feta & Mint (2x patties)	283	1664	396	12.9	13.1	2.4	53.3	8.0	807
Falafel (2 x patties)	283	1563	372	13.1	9.26	0.94	55.24	6.84	687
Mozzarella Melt (2 x patties)	283	1678	401	13.9	10.5	2.5	60.2	6.8	488
Pollenta & Super Grains (3 sticks)	287	1900	453	11.2	17.7	1.6	59.9	6.5	505
Sweet Corn, Coriander & Chilli (2x patties)	283	1539	367	11.5	9.2	0.9	56.5	8.5	637
Garden incl plain pita & 6 vege (no cheese/sauce)	233	944	225	9.1	1.1	0.3	42.2	6.6	275

MEAT FILLING VALUE (PER PORTION), (EXCLUDES PITA BREAD & VEGE)									
Chicken Breast	90	384	83	18.5	1.7	0.5	0.8	0.8	252
Beef Steak	90	575	137	20.3	4.5	1.9	0.9	0.7	504
BLT* (3 slices of bacon)	78	947	226	10.4	20.3	7.3	1.2	0.4	839
Ham (3 x slices of ham)	63	274	66	10.3	1.9	0.7	1.6	0.9	737
Roast Beef (3 x slices of roast beef)	138	715	171	23.2	5.8	2.8	3.7	2.8	1394
Roast Lamb	90	423	101	13	3.1	1	5	2.5	819
Tuna	70	328	78	17.9	0.4	0.2	0.3	0.3	196

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VEGETARIAN FILLING VALUE (PER PORTION), (EXCLUDES PITA BREAD & VEGE)									
Beetroot, Feta & Mint (2 x patties)	80	747	178	4.6	12.0	2.1	11.5	1.8	506
Falafel	80	646	154	4.80	8.16	0.64	13.44	0.64	386
Mozzarella Melt (2x Patties)	80	760	182	5.6	9.4	2.2	18.4	0.6	214
Pollenta & Super Grains (3 sticks)	84	983	235	2.9	16.6	1.3	18.1	0.3	204
Sweet Corn, Coriander & Chilli (2 x patties)	80	622	149	3.2	8.1	0.6	14.7	2.3	336
ALL DAY BREAKFAST PITAS									
Classic* (cabanossi 48g, bacon x 1 slice, egg 46g)	267	1967	469	24.1	28.0	10.4	42.3	6.3	1071
Bacon n Eggs* (3 x slices bacon 78g, egg 46g)	271	2123	507	24.6	26.0	9.0	42.7	6.3	1151
Ham n Eggs (3 x slices of ham 63g, egg 46g)	256	1349	322	21.0	7.0	2.0	43.0	6.0	777
Sausage Scramble (cabanossi 48g, egg 46g)	241	1651	393	21.0	21.0	8.0	42.0	6.0	791
California Fresh (v) (egg 46g)	193	1176	280	14.0	6.0	2.0	42.0	6.0	312
BREAKFAST FILLINGS (EXCLUDES PITA BREAD)									
Egg (Fresh Whole Egg)	46	274	65	6.0	5.0	1.0	0	0	61
Cabanossi Sausage	48	475	113	6.5	15.5	6.3	0.4	0.2	479
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 slice)	52	631	151	6.9	13.5	4.8	0.8	0.3	559
Bacon* (3 x slices)	78	947	226	10.4	20.3	7.3	1.2	0.4	839
Ham (3 x slices)	63	173	41	6.5	1.2	0.4	1.0	0.6	464
Breakfast (veges x4) (mushroom, red onion, tomato & green pepper)	79	72	17	1.4	0	0	1.8	1.8	6
SPREADS									
Avocado	40	270	64	0.8	5.8	0.8	1.2	0.6	188
FILLINGS									
Shredded Lettuce (Iceberg)	65	27	6	0.7	0	0	0.3	0.3	17
Tomatoes	35	27	6	0.4	0	0	0.8	0.8	3.0
Green Peppers	16	15	4	0.3	0	0	0.4	0.4	0.3
Cucumbers	20	12	3	0.2	0	0	0.3	0.3	3
Red Onions (based on brown onions)	14	18	4	0.2	0	0	0.6	0.6	2.0
Mushrooms	14	12	3	0.5	0	0	0	0	1.0

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FILLINGS									
Pineapple	18	50	12	0	0	0	2.7	2.4	0.7
Beetroot	20	42	10	0.3	0	0	2.0	2.0	56
Jalapenos	7	5	1	0	0	0	0.3	0	119
Black Olives	10	50	12	0	1.3	0.2	0	0	82
Gherkins (4-5 slices)	12	33	8	0.1	0	0	1.7	1.2	49
Carrots	15	21	5	0.1	0	0	0.8	0.8	6
Corn	16	58	14	0.6	0.2	0	2	0.5	19
Lettuce, Tomato, Cucumber, Carrot	135	88	20	1.4	0	0	2.2	2.2	29
CHEESES									
Cheddar	20	356	85	4.8	7.1	4.2	0.0	0.0	150
Feta	20	171	41	3.0	3.0	1.8	0.4	0.1	280
Swiss	14	209	50	2.8	4.2	2.8	0.4	0.1	225
SAUCES									
Aioli	30	446	106	0.3	9.6	0.9	4.9	2	198
BBQ	30	222	53	0.4	0	0	12.5	10.9	323
Caesar	30	459	110	0.3	10.2	1	4.3	1.5	142
Hollandaise	30	617	147	0.7	15.4	1.4	2	1.6	94
Honey Mustard	30	197	47	0.5	0.6	0	9.6	8.5	221
Hot Chilli	30	29	7	0	0	0	1.5	0.8	73
Hummus	30	153	37	1.7	1.6	0.3	3.9	0.1	117.9
Ketchup	30	136	33	0.4	0	0	7.3	6.7	250
Mayo	30	421	101	0.2	9.8	0.8	3.2	2.4	222
Mint	30	117	28	0	0	0	6.8	5.6	64
Peri Peri Mayo	30	457.5	109.4	0.3	10.8	1.0	3.0	1.1	171.4
Sour Cream	30	294	70	6.6	4.4	0.3	1.9	1.4	26
Southwest Chipotle	30	472	113	0.3	10.8	0.9	3.8	1.8	171
Sweet Chilli	30	187	45	0	0	0	10.8	9.6	98
Tzatziki (with Egg)	30	482	115	0.6	11.6	1.38	2.57	1.32	126

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