

## Nutritional Values [Based on 100g as @ February 2021]

This information is based upon the accuracy of the product information provided by food manufacturers. Pita Pit has made every effort to ensure the accuracy of the information however ingredient changes and/or substitutions may occur before this list is updated.

<b>PROTEIN</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Chicken Breast	413	99	19	2	1	1	1	510
Chicken - Panko Crumbed	1030	246	12	12	2	22	1	400
Chicken - Teriyaki	1040	249	21	31	26	3	1	1700
Grilled Lamb	470	112	14	3	1	6	3	910
Grilled Steak	639	153	23	5	2	1	1	560
Prawns	300	72	18	1	0	0	0	2
Pulled Pork	518	124	18	1	0	16	8	677
Black Bean Pattie (V+)	785	188	6	9	1	18	1	144
Falafel (V+)	766	183	6	10	1	16	1	467
Feta & Quinoa (Rosti) (V)	501	120	7	3	1	14	2	611
Kumara & Lentil (Rosti) (V+)	676	162	4	7	1	19	4	303
Bacon	811	194	15	15	5	1	1	965
Egg (Whole Fresh)	596	142	13	10	3	0	0	133
Cabanossi Sausage	990	237	14	32	13	1	0	998
Ham	435	104	16	3	1	3	1	1170
<b>BREAD</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Gluten Free Pita	849	203	4	4	1	35	3	261
Plain Pita	1160	277	10	2	0	55	3	360
Wholemeal Pita	1110	265	10	2	0	52	2	310
<b>FILLINGS</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Lettuce	59	14	1	0	0	3	2	10
Red Cabbage & Carrot Mix (contains red onion)	140	33	1	0	0	8	4	28
Spinach	83	20	3	0	0	1	1	23
Avocado (Smashed)	803	192	2	16	5	6	2	971
Capsicum	84	20	1	0	0	5	2	3
Carrot	172	41	1	0	0	10	5	69
Corn	298	71	3	1	13	3	3	192

<b>FILLINGS</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Cucumber	63	15	1	0	0	4	2	2
Gherkins	275	66	1	0	0	14	10	410
Hummus	595	142	7	6	1	16	1	453
Tri-colour Jalapenos	112	27	1	1	0	3	3	798
Mushroom	92	22	3	0	0	3	2	5
Pickled Beets	220	53	1	0	0	6	9	129
Pineapple	320	76	0	0	0	19	18	10
Mexican Quinoa & Brown Rice	661	158	4	3	0	28	3	249
Red Onion	168	40	1	0	0	9	4	4
Grilled Kumara	506	121	2	0	0	24	18	43
Roasted Red Peppers	103	25	15	0	0	3	0	360
Three Bean Mix	311	74	10	4	0	13	2	25
Tomatoes	109	26	1	0	0	6	4	221
Cheddar Cheese	1780	425	24	36	21	0	0	750
Feta Cheese	890	213	15	16	9	3	1	1400
Parmesan Cheese	1600	382	36	26	16	0	0	1100
<b>SEASONINGS</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Cajun Seasoning	997	238	8	5	1	32	10	11520
Chipotle Seasoning	892	213	6	7	1	27	18	16935
Garlic & Herb	723	173	5	3	0	30	11	21129
<b>TOPPINGS</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Sliced Almonds	2503	598	20	55	4	5	5	5
Toasted Seeds	2392	290	41	27	10	7	5	4
<b>SAUCES</b>	<b>Energy (kj)</b>	<b>Energy (cal)</b>	<b>Protein (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbs (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Aioli	2035	486	1	52	4	5	2	600
BBQ Sauce	740	177	1	0	0	42	36	1077
Caesar Dressing	1979	473	3	49	5	7	5	643
Cucumber Yoghurt Dressing	706	169	4	11	1	13	6	251

SAUCES	Energy (kj)	Energy (cal)	Protein (g)	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Habanero (Mexicano Only)	413	99	1	0	0	22	15	595
Hemp Seed Dressing	3184	761	0	81	9	0	4	365
Honey Mustard Dressing	684	163	1	1	1	35	31	723
Hot Chilli	342	82	1	0	0	18	10	910
Mayonnaise	2035	486	1	52	4	5	4	650
Rosemary Vinaigrette	2064	493	0	48	5	16	14	280
Smoked Chipotle Mayo	1440	344	1	34	3	9	6	564
Sour Cream	979	234	4	22	14	6	4	86
Sweet Chilli	623	149	0	0	0	36	32	327
Teriyaki Sauce	627	150	2	29	25	2	0	1190
Tomato Kasundi	372	89	2	2	1	15	10	564
Tomato Ketchup	453	108	1	0	0	24	22	833
Napolitana (Pizza Sauce)	270	65	2	2	0	11	6	380
SNACKS & TREATS	Energy (kj)	Energy (cal)	Protein (g)	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Brownie	1771	423	5	20	14	58	42	167
Brownie (Gluten Free)	1800	430	4	23	16	53	37	224
Cookie	1980	473	4	22	17	63	34	118
Grilled Wedges	640	153	3	6	0	22	0	275
Chicken Tenders	495	118	23	3	1	0	0	260
Loaded Wedges (per portion)	4966	1187	36	68	23	101	3	2388
Loaded Pita Chips - Falafel (per portion)	1135	271	10	7	2	14	9	730
Loaded Pita Chips - Chicken (per portion)	1684	402	24	19	6	37	9	865
Pita Chips (plus choice of seasoning)	1160	277	10	2	0	55	3	360

SMOOTHIES	Energy (kj)	Energy (cal)	Protein (g)	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Berry Glow	145	34	0	0	0	9	5	1
Immuni Tropical	174	41	1	0	0	9	7	8
Mango Banana Probiotic	163	38	1	0	0	9	7	8
Green Energiser	223	53	0	0	0	12	9	2
ChocoNana	284	67	1	1	1	13	10	43
Yoghurt - Plain	173	41	6	1	1	1	1	50
Soy Milk (Smoothies)	273	65	3	4	0	5	2	40