

| Item | Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Total Carbohydrates | Dietary Fiber | Sugars | Protein |
|-------------------------|--------------|----------|-----------|---------------|-----------|-------------|---------|---------------------|---------------|--------|---------|
| Wheat Bread | 1 Pita | 190 | 1 G | 0 G | 0 G | 0 MG | 20 MG | 36 G | 4 G | 1 G | 8 G |
| White Bread | 1 Pita | 200 | 1 G | 0 G | 0 G | 0 MG | 10 MG | 41 G | 2 G | 2 G | 7 G |
| Beef Kafta | 5 OZ | 230 | 11 G | 4.5 G | 0 G | 65 MG | 390 MG | 6 G | 1 G | 1 G | 25 G |
| Chicken Kafta | 5 OZ | 150 | 4 G | .5 G | 0 G | 85 MG | 690 MG | 1 G | 0 G | 0 G | 27 G |
| Chicken Shawarma | 5 OZ | 170 | 9 G | 2 G | .5 G | 115 MG | 700 MG | 1 G | 0 G | 0 G | 24 G |
| Chicken Tawook | 5 OZ | 210 | 4.5 G | 1.5 G | 0 G | 145 MG | 150 MG | 0 G | 0 G | 0 G | 43 G |
| Halal Tenders | 5 OZ | 190 | 6 G | 1 G | .5 G | 40 MG | 560 MG | 16 G | 0 G | 1 G | 18 G |
| Tenders | 5 OZ | 240 | 6 G | 1 G | 0 G | 40 MG | 1220 MG | 25 G | 1 G | 1 G | 20 G |
| Halal Gyro | 5 OZ | 310 | 25 G | 10 G | 1.5 G | 70 MG | 1030 MG | 2 G | 0 G | 1 G | 20 G |
| Gyro | 5 OZ | 400 | 33 G | 13 G | 0 G | 70 MG | 850 MG | 8 G | 1 G | 0 G | 17 G |
| French Fries | 3 OZ | 140 | 6 G | 1 G | 0 G | 0 MG | 360 MG | 23 G | 1 G | < 1 G | 1 G |
| Falafel | 5 OZ | 230 | 3.5 G | 0 G | 0 G | 0 MG | 60 MG | 38 G | 11 G | 7 G | 12 G |
| Baklava | 1 OZ | 170 | 13 G | 7 G | 0 G | 25 MG | 120 MG | 11 G | < 1G | 3 G | 5 |
| Garlic | 1 OZ | 150 | 16 G | 4 G | 5 G | 0 MG | 5 MG | 3 G | 0 G | 0 G | 1 G |
| Hommus | 1 OZ | 90 | 6 G | 1.5 G | 1.5 G | 0 MG | 220 MG | 6 G | 2 G | 1 G | 2 G |
| Basmati Rice w/ Saffron | 8 OZ | 120 | 1.5 G | 0 G | 0 G | 0 MG | 75 MG | 24 G | 0 G | 0 G | 2 G |
| Taboulli | 8 OZ | 160 | 10 G | 1.5 G | 0 G | 0 MG | 180 MG | 16 G | 7 G | 3 G | 6 G |
| Tahini | 1 OZ | 110 | 10 G | 1.5 G | 0 G | 0 MG | 75 MG | 4 G | 2 G | 0 G | 3 G |
| Tzatziki | 1 OZ | 25 | 2 G | 1 G | 0 G | 5 MG | 35 MG | 1 G | 0 G | 1 G | 1 G |
| Ranch | 1 OZ | 140 | 16 G | 3 G | 2 G | 5 MG | 160 MG | 0 G | 0 G | 0 G | 0 G |
| Chipotle | 1 OZ | 110 | 12 G | 2 G | 1.5 G | 5 MG | 180 MG | 1 G | 0 G | 0 G | 0 G |
| Fattoush | 1 OZ | 70 | 7 G | 1 G | 0 G | 0 MG | 160 MG | 2 G | 0 G | 2 G | 0 G |
| Lemon Rice | 8 OZ | 460 | 10 G | 2.5 G | 2 G | 25 MG | 1750 MG | 81 G | 1 G | 6 G | 13 G |
| Lentil | 8 OZ | 160 | 1 G | 0 G | 0 G | 0 MG | 10 MG | 29 G | 4 G | 1 G | 9 G |
| Hot Curry | 8 OZ | 100 | 5 G | 1 G | 1.5 G | 0 MG | 510 MG | 13 G | 3 G | 3 G | 2 G |

| Item | Allergy Factors | | | | | | | | | | |
|-------------------------|-----------------|---------|-----------|-----------|-------|------|------|--------|-----|--------|---------|
| | Gluten | Peanuts | Tree Nuts | Sulphites | Lupin | Eggs | Milk | Sesame | Soy | Celery | Mustard |
| Wheat Bread | X | | | | | | | | | | |
| White Bread | X | | | | | | | | | | |
| Beef Kafta | X | | | O | | O | O | | | | |
| Chicken Kafta | X | | | | | | | | O | X | X |
| Chicken Shawarma | | | | X | | | | | X | | |
| Chicken Tawook | | | | O | | | | | X | | |
| Halal Tenders | X | | | | | | X | | X | | |
| Tenders | X | | | | | | | | | | |
| Halal Gyro | X | | | | | | | | X | | |
| Gyro | X | | | | | | | | X | | |
| French Fries | X | | | | | | | | X | | |
| Falafel | O | | | O | O | | | | O | | |
| Baklava | X | | X | | | | | | | | |
| Garlic | | | | X | O | X | | | X | | |
| Hommus | | | | O | O | | | X | X | | |
| Basmati Rice w/ Saffron | | | | | | | | | X | | |
| Taboulli | X | | | O | O | | | | | | |
| Tahini | | | | | | | | X | | | |
| Tzatziki | | | | | | | X | | | | |
| Ranch | | | | | | | X | | | | |
| Chipotle | | | | X | | X | | | X | | |
| Fattoush | | | | | | | | | | | |
| Lemon Rice | O | | | X | O | | | | X | | |
| Lentil | | | | O | O | | | | X | | |
| Hot Curry | | | | | O | | | | X | | |

O = May Contain

X = Contains

Attention Valued Guests

Foods prepared at Pita Way may contain or may have come in contact with: EGGS, DAIRY, WHEAT, SOY, PEANUTS, AND TREE NUTS. Please request to speak to management if you have any questions or concerns.