

THE SKINNY ON PITA PIT NUTRITION

At The Pita Pit you get fun foods that are anything but junk food. But don't take our word for it. See for yourself. (Competitive info is from their websites.)

Big Mac® & medium fries:

920 cal., 48 g fat,
1310 mg sodium

Quarter Pounder® with Cheese

& medium fries: 590 cal.,
45 g fat, 1460 mg sodium



1/6 slice of an 18"

pizza from **Pizza Pizza:**

Veggie: 600 cal., 17 g fat, 1230 mg sodium

Cheese: 560 cal., 14 g fat, 1200 mg sodium

Pepperoni: 590 cal., 18 g fat,

1630 mg sodium



Pita Pit Chicken Breast Pita
(Regular 9" pita/6" Petita™)

including lettuce, tomatoes and
cucumber: 329 /229 calories, 4.5 /2.5 g fat,
913/563 mg sodium



MORE ON NUTRITION

We use only Hellmann's Cholesterol-Free Light Mayo. We offer three light dressings and four vegan pitas.

For more info, visit us at www.pitapit.com.

WE DELIVER & WE'RE OPEN LATE

WE CATER LUNCHES, DINNERS
AND LATE-NIGHT MEALS.

WE'RE VEGETARIAN-FRIENDLY.

WE EVEN HAVE 6" PETITAS™
FOR KIDS, PETITE APPETITES
AND PARTY-SIZE SNACKS.

GOT A SCHOOL FUND-RAISER COMING UP?
ASK FOR OUR SCHOOL LUNCH PROGRAM BROCHURE.

WWW.PITAPIT.COM

1-33 University Crescent, Winnipeg, MB
PHONE: (204) 777-PITA (7482)

CATERING FAX NUMBER:
(204) 777-0077



CATERING MENU

MAKE YOUR NEXT LUNCH,
PARTY OR SPECIAL EVENT A FRESH
& HEALTHY HIT.

CALL (204) 777-PITA (7482)





WE MAKE ORDERING AS EASY AS 1-2-3!

1. CHOOSE YOUR PITA PLATTER(S)

Start with the main event: your pita platter(s). Each platter serves up to 15 healthy appetites and consists of either 10 regular 9-inch pitas arranged appetizingly on a platter. Simply choose how many platters you'd like and how many of each type of pita or Petita™ you'd like per tray. All come dressed with our fresh and delicious standard toppings. (Please tell us in the "special instructions" section if anyone has food allergies—and if so, to what.)

You can mix and match platters to suit your group. In this example, the order is for two platters (20 pitas in total), each tray with 3 each of Chicken Caesar and Chicken Souvlaki, 2 Gyros, plus 1 each of Cheddar and Garden.

CLASSIC PLATTER 10 x 9" pitas per tray	<input type="text" value="2"/>	QTY
Chicken Caesar	<input type="text" value="3"/>	
Chicken Souvlaki	<input type="text" value="3"/>	
Gyros	<input type="text" value="2"/>	
Cheddar	<input type="text" value="1"/>	
Garden	<input type="text" value="1"/>	
		<input type="text" value=""/>

Want a platter with a different selection of pitas? Want to customize your toppings? Want a platter that features 6-inch Petitas™? Order a Custom Platter and choose up to five custom pita or Petita™ selections per platter—and/or custom toppings.

2. CHOOSE YOUR MEAL COMPLETERS

Next, select salads, snacks and drinks. If you order a Garden salad, remember to choose a dressing.

SALAD TRAY Side salads for 15	<input type="text"/>	QTY
Greek Salad	<input type="text"/>	
Caesar Salad	<input type="text"/>	
Garden Salad*	<input type="text"/>	
*Choose dressing: Caesar, Ranch or Italian	<input type="text"/>	<input type="text"/>

3. FILL OUT & SUBMIT YOUR ORDER

Once you've completed your order form, either phone it in or fax it **a day in advance**.



If you're in a bind, we may be able to handle a same-day order, so don't be afraid to phone and ask.

MEAT PLATTER

Chicken Breast

Turkey

Club

Roast Beef

B.L.T.

VEGGIE PLATTER

Garden

Cheddar

Swiss

Hummus

Feta

CLASSIC PLATTER

Chicken Caesar

Chicken Souvlaki

Gyros

Garden

Cheddar

STANDARD TOPPINGS

Lettuce, Tomato, Green Pepper, Cheddar, Tzatziki

Lettuce, Tomato, Green Pepper, Swiss, Light Mayo

Lettuce, Tomato, Green Pepper, Cheddar, Light Mayo

Lettuce, Tomato, Onion, Cheddar, Mustard (regular)

Lettuce, Tomato, Green Pepper, Cheddar, Light Mayo

STANDARD TOPPINGS

Lettuce, Tomato, Green Pepper, Onions, Pickles, Mushrooms, Alfalfa Sprouts, Secret Sauce

Lettuce, Tomato, Green Pepper, Mushrooms, Cheddar, Tzatziki

Lettuce, Tomato, Green Pepper, Mushrooms, Swiss, Honey Mustard

Lettuce, Tomato, Green Pepper, Mushrooms, Sprouts, Cheddar, Secret Sauce

Lettuce, Tomato, Onions, Olives, Feta, Tzatziki

STANDARD TOPPINGS

Romaine, Tomato, Green Pepper, Parmesan, Lt. Caesar

Lettuce, Tomato, Onions, Feta, Tzatziki

Lettuce, Tomato, Onions, Feta, Tzatziki

Lettuce, Tomato, Green Pepper, Onions, Pickles, Mushrooms, Alfalfa Sprouts, Secret Sauce

Lettuce, Tomato, Green Pepper, Mushrooms, Cheddar, Tzatziki

CUSTOM PLATTER: CREATE YOUR OWN PLATTER OF 9" PITAS OR 6" PETITAS™.

PLEASE PRINT CLEARLY
ALL PRICES SUBJECT TO CHANGE. APPLICABLE TAXES NOT INCLUDED.

Name: _____

Company: _____

Address: _____

Date meal to be delivered: _____ Time: _____

Phone #: _____

Pick-up: Cash, debit or credit card accepted

Delivery: Cash, credit card or company cheque accepted

MEAT PLATTER 10 x 9" pitas per tray	<input type="text"/>	QTY
Chicken Breast	<input type="text"/>	
Turkey Breast	<input type="text"/>	
Club	<input type="text"/>	
Roast Beef	<input type="text"/>	
B.L.T.	<input type="text"/>	
		<input type="text" value=""/>

VEGGIE PLATTER 10 x 9" pitas per tray	<input type="text"/>	QTY
Garden	<input type="text"/>	
Cheddar	<input type="text"/>	
Feta	<input type="text"/>	
Swiss	<input type="text"/>	
Hummus	<input type="text"/>	
		<input type="text" value=""/>

CLASSIC PLATTER 10 x 9" pitas per tray	<input type="text"/>	QTY
Chicken Caesar	<input type="text"/>	
Chicken Souvlaki	<input type="text"/>	
Gyros	<input type="text"/>	
Cheddar	<input type="text"/>	
Garden	<input type="text"/>	
		<input type="text" value=""/>

CUSTOM PLATTER 10 x 9" pitas™ per tray or 15 x 6" Petitas™ per tray	<input type="text"/>	QTY
	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
Contact us for pricing	<input type="text"/>	<input type="text" value=""/>

SALAD TRAY Side salads for 15	<input type="text"/>	QTY
Greek Salad	<input type="text"/>	
Caesar Salad	<input type="text"/>	
Garden Salad*	<input type="text"/>	
*Choose dressing: Caesar, Ranch or Italian	<input type="text"/>	<input type="text" value=""/>

SNACK TRAY Deli Rolls for 15	<input type="text"/>	QTY
Ham Rolls	<input type="text"/>	
Turkey Rolls	<input type="text"/>	
Roast Beef Rolls	<input type="text"/>	
Swiss Cheese Rolls	<input type="text"/>	
Pita Triangles	<input type="text"/>	
		<input type="text" value=""/>

SIDE ITEMS Choose a total of 10 items	<input type="text"/>	QTY
Cookies	<input type="text"/>	
Frito-Lay Chips	<input type="text"/>	
Dorito Chips	<input type="text"/>	
Miss Vickie's Chips	<input type="text"/>	
		<input type="text" value=""/>

DRINKS Choose a total of 10	<input type="text"/>	QTY
Cans of Pop*	<input type="text"/>	
Bottles of Water	<input type="text"/>	
Juice*	<input type="text"/>	
*Give details in Special Instructions.	<input type="text"/>	<input type="text" value=""/>

SPECIAL INSTRUCTIONS:
Let us know if anyone has food allergies.

