

SALADS

Large / Small

CAESAR SALAD Lettuce, croutons, bacon, parmesan & light Caesar dressing	\$5.00	\$4.00
GARDEN SALAD (VEGAN) Fresh salad veggies to your taste with your favourite dressing	\$4.00	\$3.00
GREEK SALAD Lettuce, tomatoes, cucumbers, red onions, feta cheese, black olives & Greek dressing	\$5.00	\$4.00
BUILD YOUR OWN SALAD Whatever you like, we'll make it	\$4.00	\$3.00
ADD CHICKEN:	\$2.25	\$1.50
ADD TUNA:	\$2.25	\$2.25
ADD CHEESE: Cheddar, swiss, feta or parmesan	\$1.00	\$1.00
ADD BACON/EXTRA BACON:	\$1.00	\$1.00

SALAD DRESSINGS

French, Italian (regular and light), Caesar (light),
The Pita Pit's own special Greek,
ranch (light), Thousand Islands



CHIPS & COOKIES

Frito Lay chips (small bag)	\$1.20
2 cookies(variety of flavours)	\$1.50



**WE DELIVER,
WE'RE
OPEN LATE
& WE CATER!**

ASK FOR OUR CATERING MENU
OR SCHOOL LUNCH BROCHURE
AND MAKE YOUR NEXT PARTY,
BUSINESS LUNCH OR
SCHOOL FUND-RAISER A HIT.

WWW.PITAPIT.COM

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PHONE: (204) 777-PITA (7482) FAX: (204) 777-0077



**HOW
HUNGRY
ARE
YOU?**

NEW 2010 MENU
FOR APPETITES
BIG AND SMALL





GRILLED MEAT PITAS Reg. 9"/6" Petita™

CHICKEN BREAST ✓ Lean white chicken	\$7.35	\$5.85
CHICKEN CAESAR Chicken, bacon, romaine & parmesan	\$7.85	\$6.35
CHICKEN CRAVE Chicken, ham & swiss	\$7.85	\$6.35
SPICY BUFFALO CHICKEN Seasoned, coated chicken breast	\$7.35	\$5.85
CHICKEN SOUVLAKI ✓ Greek-style marinated chicken	\$7.35	\$5.85
GYROS Mediterranean spiced beef & lamb	\$6.75	\$5.25
PHILLY STEAK Beefsteak, grilled veggies, melted cheese	\$7.85	\$6.35
SOUTHWEST CHICKEN Chicken with ancho chipotle sauce	\$7.35	\$5.85
SOUTHWEST STEAK Beefsteak with ancho chipotle sauce	\$7.85	\$6.35
BBQ RIB (where available) Tender pork in BBQ sauce	\$7.35	\$5.85

EXTRAS Reg. 9"/6" Petita™

DOUBLE MEAT	\$2.25	\$1.50
EXTRA CHEESE	\$1.00	\$1.00
EXTRA BACON	\$1.00	\$1.00
BABAGANOUSH	\$N/A	\$N/A
HUMMUS	\$1.00	\$1.00

FRESH TOPPINGS Alfalfa sprouts, cucumbers, green peppers, hot peppers, jalapeños, lettuce (iceberg & romaine) mushrooms, olives (black and green), onions, pickles, pineapple, spinach, tomatoes



CLASSIC DELI PITAS Reg. 9"/6" Petita™

BLACK FOREST HAM ✓ Lean and yummy	\$6.50	\$5.00
BLT Bacon, lettuce & tomato	\$6.50	\$5.00
CLUB Turkey, ham & bacon	\$7.35	\$5.85
DAGWOOD CLUB ✓ Turkey, ham & beef	\$7.85	\$6.35
ROAST BEEF ✓ Thinly sliced lean roast beef	\$6.50	\$5.00
TUNA ✓ Flaked white tuna	\$6.50	\$5.00
TURKEY ✓ Lean turkey breast slices	\$7.35	\$5.85

MAKE IT A COMBO!

ADD A DRINK & CHIPS TO ANY PITA	\$2.77
ADD A DRINK & 2 COOKIES TO ANY PITA (chocolate or chocolate chip)	\$2.77

SAUCES

Ancho chipotle, BBQ, hot sauce, light Caesar, light mayo, mustards (honey, horseradish Dijon, regular), light ranch, Pita Pit's own Greek Special Sauce, teriyaki, tzatziki.

VEGETARIAN PITAS Reg. 9"/6" Petita™

BABAGANOUSH (VEGAN) Seasoned eggplant & garlic spread	\$N/A	\$N/A
CHEDDAR Premium shredded cheddar	\$5.50	\$4.00
FALAFEL (VEGAN) Spiced, grilled chickpea patties	\$6.50	\$5.00
FETA Crumbly Mediterranean-style cheese	\$5.50	\$4.00
GARDEN (VEGAN) ✓ A build-your-own salad in a pita	\$5.00	\$3.50
HUMMUS (VEGAN) Chickpea, garlic & tahini spread	\$6.50	\$5.00
SWISS Fresh off the block!	\$5.50	\$4.00

DRINKS

DASANI WATER	\$2.00
JUICE (apple, orange, others—just ask)	\$2.00
MILK (2% white or chocolate)	\$2.00
CANNED POP (regular or diet)	\$1.30
BOTTLED POP (591 ml—regular or diet)	\$2.00
SPECIALTY & ENERGY DRINKS (Vitamin Water, Fuze, others—just ask)	\$2.40

* Tick mark = 450 calories or less with 6 g of fat or less (9" size) based on lots of veggies (except olives), but before adding sauces, cheese or other extras. Almost all our 6" Petitas™ qualify for tick marks.

Chicken Caesar

Black Forest Ham

Tuna

Garden (with Cheddar)

