

Pita Fusion Nutritional Information

(512) 388-7482



	Calories	Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	variable
Wheat Bread	170	0.5	37	5	7	310	
White Bread	200	1	43	0	7	310	
Sandwich Meats (meats only)							
	Calories	Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	
Turkey	100	4	0	0	18	840	
Ham	133	4.5	1	0	21	944	
Chicken	161	3.5	0	0	31.5	73.5 *	
Steak	150	6	1	0	23	190	
Club	216	13	0	0	25	910	
Maui	227.5	6.5	1	0	42	545 *	
Italian	313	23	0	0	33	1449	
Sicilian	408	24.5	0	0	43.5	1048	
Cali	200	13	0	0	24	855	
Tuna	140	2	0	0	30	500	
Falafel	230	5	34	6	13	1030	
Gyro	360	26	12	0	17	900	
BLT	400	36	0	0	24	1280	
Chicken Caesar	262	11.5	0	0	37	393 *	
	Calories	Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	
Feta	37	3	0.5	0	2	140	
Cheddar	55	4.5	0.5	0	0.5	85	
Provolone	80	6	0	0	5	180	
PepperJack	50	4	0	0	2	140	
Parmesan	22	1	0	0	2	76	
Sauces							
	Calories	Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	
Tzatziki	50	4	2	0	1	75	
Mango Habanero	25	0	6	0	0	115	
Yellow Mustard	19	1	1	1	1	314	
Honey Mustard	170	17	5	0	0	135	
Dijon Mustard	30	0	0	0	0	720	
Mayo	200	22	0	0	0	150	
Ranch	85	9	1.5	0	0	165 *	
Jalapeno Ranch	102	11	1.5	0	0	383 *	
House	170	18	0	0	0	213 *	
Ancho Chipotle	47	4.5	2.5	2	0	85 *	
Teriyaki	45	0	10	0	0	930	
Holy Falafel	32	1.5	4	0	0	302 *	
Razz Chipotle	38	0.5	0	0	0	75 *	
Red Pepper Hum	35	0.5	0.5	1	2	65 *	
Jal. Cilantro hummus	25	<1	4	2	3	73 *	

*Nutritional Information on these items are only estimates, based on the combination of nutrients in each ingredient within the recipe.

Nutritional information may vary due to methods of preparation, availability of ingredients, or exactness of measurements.

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Veggies!							
	Calories	Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	
Romaine	25	0	1	1	0	2	
Iceberg	4	0	1	0	0	3	
Spinach	3	0	0.5	0.5	0.5	1	
Tomato	5	0	1	0	0	1	
Red Onion	6	0	1.5	0	0	1	
Green Pepper	3	0	0.5	0	0	1	
Mushroom	4	0	0.5	0	0	1	
Pickles	3	0	1	0	0	150	
Black Olives	15	1.5	0	0	0	60	
Pineapple	10	0	2.5	0	0	11	
Banana Peppers	3	0	0	0	0	220	
Jalapeno	4	0	0.5	0	0	235	
Avocado	90	8	4	4	2	4	