

	Serving Size (g)	Energy (Kj)	Energy (Cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sugars (g)	Sodium (mg)
PITA BREAD									
Plain	68	830	198	6.9	1.1	0.3	39.6	4.0	245
Wholemeal	82	1060	253	9.4	1.7	0.2	44.8	0.9	93
Gluten Free	78	1030	246	4.5	5.7	1.0	41.0	3.3	325

QUICK REFERENCE PITAS (INCLUDES PLAIN PITA, LETTUCE, TOMATO, CUCUMBER AND CARROT, EXCLUDES CHEESE AND SAUCE)									
Chicken Caesar* (chicken breast & bacon)	319	1765	422	28.0	10.6	3.9	42.8	7.2	1027
Chicken Crave (chicken breast & ham)	314	1376	328	28.6	3.8	1.1	43.0	7.9	1048
Chicken Breast	293	1295	309	25.1	3.3	0.9	42.7	7.1	796
Roast Lamb	293	1589	380	24.8	10.6	4.2	44.0	7.0	537
Chick n Fala (chicken breast & falafel)	333	1619	387	27.8	7.4	1.2	49.2	7.4	992
Beef Steak	293	1493	357	28.6	5.6	2.2	42.7	6.9	778
BLT* (3 slices of bacon)	281	1923	459	17.0	23.0	9.3	42.1	6.5	967
Ham (3 x slices of ham)	266	1162	277	18.8	2.5	0.8	42.7	7.0	1030
Roast Beef (3 x slices of roast beef)	341	1633	390	31.5	6.9	3.1	45.5	9.0	1668
Tuna	273	1246	297	26.2	1.5	0.6	42.0	6.5	470
Mozzarella Melt (2 x patties)	283	1678	401	13.9	10.5	2.5	60.2	6.8	488
Falafel (2 x patties)	283	1566	374	13.7	9.3	0.9	54.8	6.8	666
Garden incl plain pita & 6 vege (no cheese/sauce)	233	944	225	9.1	1.1	0.3	42.2	6.6	275

MEAT FILLING VALUE (PER PORTION), (EXCLUDES PITA BREAD & VEGE)									
Chicken Breast	90	377	90	16.8	2.2	0.6	0.9	0.9	522
Roast Lamb	90	671	160	16.5	9.5	3.9	2.2	0.8	563
Beef Steak	90	575	137	20.3	4.5	1.9	0.9	0.7	504
BLT* (3 slices of bacon)	78	1005	239	8.7	21.9	9.0	0.3	0.3	693
Ham (3 x slices of ham)	63	244	58	10.5	1.4	0.5	0.9	0.8	756
Roast Beef (3 x slices of roast beef)	138	715	171	23.2	5.8	2.8	3.7	2.8	1394
Tuna	70	328	78	17.9	0.4	0.2	0.3	0.3	196

VEGETARIAN FILLING VALUE (PER PORTION), (EXCLUDES PITA BREAD & VEGE)									
Mozzarella Melt 2 x patties	80	760	182	5.6	9.4	2.2	18.4	0.6	214
Falafel 2 x patties	80	648	155	5.4	8.2	0.6	13.0	0.6	392

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ALL DAY BREAKFAST PITAS (INCLUDES MUSHROOM, RED ONION, TOMATO, GREEN PEPPER, PLAIN PITA, EXCLUDES HASH BROWN & CHEESE)									
Classic* (cabanossy 48g, bacon x 1 slice, egg 68g)	289	2164	517	25.2	32.3	11.6	42.6	6.8	1156
Bacon n Eggs* (3 x slices bacon 78g, egg 68g)	293	2359	563	24.5	31.4	11.3	42.4	6.8	1139
Ham n Eggs (3 x slices of ham 63g, egg 68g)	278	1598	382	26.3	10.9	2.8	43.0	7.3	1202
Sausage Scramble (cabanossy 48g, egg 68g)	263	1829	437	22.3	25.0	8.6	42.5	6.7	925
California Fresh (v) (egg 68g)	215	1354	323	15.8	9.5	2.3	42.1	6.5	446
BREAKFAST FILLINGS (EXCLUDES PITA BREAD)									
Egg	68	452	108	7.5	8.4	2.0	0.7	0.7	195
Cabanossy	48	475	113	6.5	15.5	6.3	0.4	0.2	479
Hashbrown	50	353	84	1.1	4.1	0.4	9.9	0.1	205
Bacon* (1 x slice)	26	335	80	2.9	7.3	3.0	0.1	0.1	231
Bacon* (3 x slices)	78	1005	239	8.7	21.9	9.0	0.3	0.3	693
Ham (3 x slices)	63	244	58	10.5	1.4	0.5	0.9	0.8	756
Breakfast (veges x4) (mushroom, red onion, tomato & green pepper)	79	72	17	1.4	0	0	1.8	1.8	6
SPREADS									
Avocado	40	270	64	0.8	5.8	0.8	1.2	0.6	188
FILLINGS									
Shredded Lettuce (Iceberg)	65	27	6	0.7	0	0	0.3	0.3	17
Tomatoes	35	27	6	0.4	0	0	0.8	0.8	3.0
Green Peppers	16	15	4	0.3	0	0	0.4	0.4	0.3
Cucumbers	20	12	3	0.2	0	0	0.3	0.3	3
Red Onions (based on brown onions)	14	18	4	0.2	0	0	0.6	0.6	2.0
Mushrooms	14	12	3	0.5	0	0	0	0	1.0
Beetroot	20	42	10	0.3	0	0	2.0	2.0	56
Pineapple	18	50	12	0	0	0	2.7	2.4	0.7
Jalapenos	7	5	1	0	0	0	0.3	0	119
Black Olives	10	50	12	0	1.3	0.2	0	0	82
Gherkins (4-5 slices)	12	33	8	0.1	0	0	1.7	1.2	49
Carrots	15	21	5	0.1	0	0	0.8	0.8	6
Corn	16	58	14	0.6	0.2	0	2	0.5	19
Lettuce, Tomato, Cucumber, Carrot	135	88	20	1.4	0	0	2.2	2.2	29

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CHEESES									
Cheddar	20	356	85	4.8	7.1	4.2	0.0	0.0	150
Feta	20	171	41	3.0	3.0	1.8	0.4	0.1	280
Swiss	14	209	50	2.8	4.2	2.8	0.4	0.1	225
SAUCES									
Aioli Lite	30	405	96	0.5	9.2	0.8	3.0	1.6	218
Aioli	30	834	199	0.6	21.6	1.6	1.4	1.2	192
BBQ	30	226	56	0.4	0.1	0	8.2	7.1	69
Caesar	30	720	171	1.0	18.2	1.6	1.7	1.4	167
Hollandaise	30	827	198	0.6	21.4	2.6	0.7	0.1	84
Honey Mustard	30	188	45	0.4	0.4	0	9.8	8.3	152
Hot Chilli	8	82	20	0.8	0.7	0	3.3	0	208
Hummus	30	216	51	2.1	2.6	0.3	3.9	1.0	162
Ketchup	30	149	35	0.4	0	0	7.7	7.4	357
Lite Mayo	30	441	105	0.4	10	0.8	3.6	2.3	290
Mayo	30	858	204	0.5	22.3	1.7	1.3	1.2	243
Mint	30	135	32	0.1	0	0	6.7	5.8	74
No Nut Satay	30	265	63	1.4	3.7	0.8	5.6	5.1	219
Peri Peri Mayo	30	804	191	0.4	20.9	1.8	1.1	1.0	182
Ranch	30	690	164	0.8	17.2	1.4	2.2	1.8	161
Sour Cream	30	294	70	6.6	4.4	0.3	1.9	1.4	26
Southwest Chipotle	30	852	203	0.5	22.2	1.9	1.2	1.0	195
Sweet Chilli	30	267	64	0.2	0.1	0	11.0	9.8	98
Teriyaki	30	121	29	0.3	0.3	0	5.9	4.8	87
Tzatziki	30	132	32	1.8	1.3	0.8	3.1	2.6	54

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