

nutritional guide

your guide to healthier eating
We're proud to offer 6 Health Check™ items on our menu so you can feel even better about your delicious choices when dining at Extreme Pita.

	Serving Size (g)		Less than 960mg of Sodium		10g of Protein or more		10g of Total Fat or Less	
	Grilled Chicken Pita (sm)	250		✓ 613		✓ 17		✓ 4
	(reg)	370		✓ 924		✓ 27		✓ 6
	Thai Beef Pita (sm)	272		✓ 610		✓ 15		✓ 5
	(reg)	437		✓ 929		✓ 27		✓ 9
	Sweet Chicken Little Pita (sm)	218		✓ 587		✓ 16		✓ 2
	BBQ4U Pita (sm)	218		✓ 646		✓ 16		✓ 2
	Beefosaurus Rex Pita (sm)	209		✓ 527		✓ 14		✓ 5
	Fee-Fi-Fo-Hummus Pita (sm)	190		✓ 494		✓ 10		✓ 8

Health Check'd with recipes suggested on menu board

freestyle pitas	Serving Size (g)		Calories		Total Fat (g)		Sodium (mg)		Fibre (g)		Protein (g)		Carbohydrates (g)	
	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.
Grilled Chicken Club	250	370	241	366	4	6	613	924	5	8	17	27	36	54
Rustic Italian	255	375	268	385	7	8	991	1433	5	7	19	27	35	52
Falafel	266	402	329	519	12	19	1170	1785	5	7	20	32	36	55
Veggie	242	351	307	444	9	12	495	711	9	12	11	16	51	74
Gyro	185	275	157	244	0.7	1	275	417	5	7	6	9	51	34
Tuna	242	370	317	511	13	21	615	984	6	9	15	24	38	58
Chipotle Steak	235	355	202	316	1	2	436	674	5	7	18	28	34	51
Philly Steak	260	405	329	548	13	23	754	1245	5	7	17	27	38	59
	256	417	276	482	8	15	543	953	5	7	18	34	35	54

Freestyle Pitas include pita bread, romaine lettuce, tomato, cucumber, sautéed mushroom, red onion and green pepper.

chefinspired pitas	Serving Size (g)		Calories		Total Fat (g)		Sodium (mg)		Fibre (g)		Protein (g)		Carbohydrates (g)	
	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.	sm.	reg.
Thai Beef	272	437	273	444	5	9	610	929	6	9	15	27	44	64
Chicken Caesar	194	294	316	486	9	13	966	1550	4	7	20	31	39	62
Chicken Souvlaki	286	444	364	615	16	29	995	1676	6	9	19	31	38	59
Fiesta Mexicana	266	426	338	576	9	18	1018	1717	5	8	21	36	43	69
Bourbon Chipotle	260	400	354	563	11	18	828	1295	5	8	24	37	42	66
Buffalo Chicken	275	435	319	543	10	20	1113	1982	5	8	21	34	37	58
Chicken Shawarma	236	385	322	559	13	25	955	1600	5	9	17	27	36	58

Chef-Inspired Pitas nutritional values are based on suggested recipes

extremeteam pitas	Serving Size (g)		Calories		Total Fat (g)		Sodium (mg)		Fibre (g)		Protein (g)		Carbohydrates (g)	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.	
The Chief	526		649		25		2076		8		42		68	
Chick-Chick-Boom!	430		611		24		1707		10		39		62	
Uncle Philly	448		618		26		1338		7		42		56	

Extreme Team Pitas nutritional values are based on suggested recipes

flatbaked pitas	Serving Size (g)		Calories		Total Fat (g)		Sodium (mg)		Fibre (g)		Protein (g)		Carbohydrates (g)	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Pepperoni Extreme	222		476		18		1460		5		25		52	
Extreme Classic	254		513		21		1469		5		28		53	
Hawaiian Luau	259		494		18		1486		5		28		55	

Flatbaked Pitas nutritional values are based on suggested recipes

fresh salads	Serving Size (g)		Calories		Total Fat (g)		Sodium (mg)		Fibre (g)		Protein (g)		Carbohydrates (g)	
	reg.		reg.		reg.		reg.		reg.		reg.		reg.	
Traditional Greek	332		270		22		856		5		7		15	
Grilled Chicken Caesar	278		321		15		1325		3		25		25	

Fresh Salads nutritional values are based on suggested recipes

kids' menu	Serving Size (g)		Calories		Total Fat (g)		Sodium (mg)		Fibre (g)		Protein (g)		Carbohydrates (g)	
	sm.		sm.		sm.		sm.		sm.		sm.		sm.	
Sweet Chicken Little Pita	218		223		2		587		4		16		35	
BBQ4U Pita	218		221		2		646		5		16		35	
Beefosaurus Rex Pita	209		235		5		527		4		14		35	
Fee-Fi-Fo-Hummus Pita	190		246		8		494		6		10		36	
Pepperoni Flatbaked Pita	130		277		10		815		3		14		33	
Cheese Flatbaked Pita	146		356		16		844		3		20		33	

Kids' items nutritional values are based on suggested recipes

Menu items vary by location and might not include the entire list of menu items displayed in this nutritional guide. Please order accordingly with the menu items listed at each location. Full nutritionals available at extremepita.com.
†Each menu item identified with the Health Check symbol has been reviewed by the Heart and Stroke Foundation's registered dietitians to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org.
Nutritional information was supplied to Extreme Pita Restaurants from approved food manufacturers, the Canadian Nutrient File database published by Health Canada (2010) and the USDA Nutrient Database for Standard Reference, Release 23 (2010). Nutritional information has been based on the most widely used brands offered to our franchisees, product and nutrient values may vary from region to region. Due to Guests' individual selections, nutritional value may vary.

The most convenient way to enjoy our pitas.

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automatic reload!



Makes a great gift for friends, family and colleagues.

Franchise Opportunities

Call 1-888-729-PITA (7482)
or visit us at www.extremepita.com



Extremepita Midtown Plaza
Ph:306 954 4600
Fax:306 954 4601



menu



To find your nearest Extreme Pita restaurant visit extremepita.com

JOIN THE
EXTREME
CLUB



freestyle

Your pita, your way





Grilled Chicken
sm. 241 cal | reg. 366 cal

Health Check it with grilled chicken, tomato, cucumber, mushroom, romaine lettuce, red onion, green pepper and Tzatziki sauce.

extremeteam

So you're hungry. Really hungry. Well fear not intrepid pita warrior. Feast your eyes on one of our Extreme Team pitas. More meat and more unique veggies compared to our other pitas. And more glory!

The Chief
regular | 649 cal

Grilled chicken, Philly steak, romaine lettuce, dill pickle, sautéed mushroom, red onion, green pepper, tomato, cheddar cheese, ranch dressing and spicy bbq sauce.

Chick-Chick-Boom!
regular | 611 cal

Grilled chicken, broccoli, shredded carrot, red kidney bean, chickpea, tomato, romaine lettuce, yogurt herb & garlic sauce, Extreme Pita sauce, Greek feta dressing and chipotle hummus.

Uncle Philly
regular | 618 cal

Philly steak, sautéed green pepper, red onion, mushroom, romaine lettuce, mozzarella cheese and chipotle mayo.

chefinspired





Thai Beef
sm. 272 cal | reg. 444 cal

Health Check it with philly steak with sautéed cabbage, broccoli, carrot, mushroom, red onion, green pepper, romaine lettuce, and sweet Chili Thai sauce.

Gourmet recipes from around the world.

Chicken Caesar sm. 316 cal | reg. 486 cal

Grilled chicken, bacon, romaine lettuce, croutons, parmesan cheese and light caesar dressing.



Chicken Souvlaki sm. 364 cal | reg. 615 cal

Chicken souvlaki tossed with red onion, cucumber, black olive, tomato, romaine lettuce, feta cheese, Greek feta dressing and tzatziki sauce.



Rustic Italian
Salami, ham, pepperoni and your choice of fresh toppings and sauce.

Falafel
A traditional Middle Eastern favourite combining falafel balls, hot sauce and hummus and your choice of fresh toppings.

Veggie
Choice of fresh toppings and sauce.

Club
Turkey, ham and bacon with your choice of fresh toppings and sauce.

Gyro
Beef and lamb with your choice of fresh toppings and Tzatziki sauce.

Tuna
Choice of fresh toppings and sauce.

Chipotle Steak
Grilled steak with choice of fresh toppings and sauce.

Philly Steak
Philly steak and your choice of fresh toppings and sauce.



Fiesta Mexicana sm. 338 cal | reg. 576 cal

Grilled chicken, tomato, sautéed red onion, green pepper, jalapeño, romaine lettuce, cheese blend, Pepita Molé sauce, sour cream and fiesta seasoning.




Bourbon Chipotle sm. 354 cal | reg. 563 cal

Grilled chicken & bacon, sautéed mushroom, red onion, green pepper, romaine lettuce, tomato, cheddar cheese and Bourbon Chipotle sauce.




Buffalo Chicken sm. 319 cal | reg. 543 cal

Grilled chicken marinated in hot sauce, sautéed green pepper, mushroom, red onion, tomato, cucumber, romaine lettuce, cheddar cheese and light ranch dressing.



Chicken Shawarma sm. 323 cal | reg. 559 cal

Shawarma chicken, tomato, dill pickle, romaine lettuce, tabouleh, hummus, garlic spread and lemon-garlic Shawarma sauce.



flatbakedpitas

Signature recipes

Pepperoni Extreme 476 cal
Pizza sauce, pepperoni and mozzarella.

Extreme Classic 513 cal
Pizza sauce, pepperoni, bacon, mushroom and mozzarella.

Hawaiian Luau 494 cal
Pizza sauce, ham, bacon, pineapple and mozzarella.



saladssides&soup

Fresh Salads
All salads are made with crisp romaine lettuce.

Traditional Greek 270 cal
Grilled Chicken Caesar 321 cal

Create Your Own

- Choose any 4 veggie toppings.
- Choose your dressing.
- Add 1 protein.
- Or make your favourite regular sized pita into a salad.

Ask us about our **gluten-free options.**

Pita Chips
Plain, Cinnamon, Garlic, Jalapeño Cheddar, Chili Lime

Dips
Hummus
Chipotle Hummus
Roasted Red Pepper Hummus
Tzatziki

Soup
Small or Regular




kids menu

Pitas and Flatbaked Pitas served in small size. Includes small white milk and choice of pita chips or a cookie. For kids 12 and under. Health Check applicable to pitas and white milk only.



Sweet Chicken Little 223 cal
Grilled chicken, tomato, cucumber, romaine lettuce and honey mustard.



Fee-Fi-Fo-Hummus 246 cal
Tomato, cucumber, romaine lettuce, hummus, cheddar cheese and light Italian dressing.



BBQ4U 221 cal
Grilled chicken, tomato, cucumber, romaine lettuce and BBQ sauce.

Pepperoni Flatbaked Pita 277 cal
Pizza sauce, pepperoni and mozzarella.



Beefosaurus Rex 235 cal
Philly steak, red onion, green pepper, mushroom, romaine lettuce and BBQ sauce.

Cheese Flatbaked Pita 356 cal
Pizza sauce, blend of mozzarella and cheddar.

create your own **combo**

Add a canned drink or 591 ml water + choice of pita chips, chips, 2 cookies or small soup.

Fresh baked cookies*
Choose from chocolate chip, double chocolate chip or oatmeal raisin

Drinks

Bottled Drinks*
Pepsi, Diet Pepsi, 7-Up, Brisk Iced Tea, Mug Root Beer, Dole Orange Juice, Dole Apple Juice, Aquafina, Aquafina Plus

Canned Drinks*
Mug Root Beer, Brisk Iced Tea, Pepsi, Diet Pepsi, 7-Up

Milk
Chocolate Milk *May vary per restaurant.

