

The Perfect Pita introduces

Perfectly Lite



All sandwiches listed below are on whole wheat pita.
Add 20 calories for white.

SANDWICHES

HUMMUS SANDWICH

Topped with lettuce, tomato and cucumber • 374 calories

TOASTED CHEESE PITA

2 slices of provolone cheese melted inside our Perfect Pita • 436 calories

SMOKED TURKEY BREAST

Topped with lettuce, tomato and mayo • 506 calories

CHICKEN GYRO

Served with lettuce, tomato and mayo in our Perfect Pita • 553 calories

Add 2 oz shepherd salad served on the side • 26 calories

GYRO

Topped with onion, lettuce and tomato • 450 calories

Add 2 oz tzatziki on the side • 55 calories

ALL AMERICAN BLT

Topped with lettuce, tomato and mayo 590 calories

HUMMUS VEGGIE (choose your favorite hummus) / VEGGIE DELIGHT (red wine vinaigrette)

Lettuce, tomato, cucumber, green pepper, onion, feta cheese (1 oz), provolone cheese toasted

Hummus Veggie • 568 calories

Veggie Delight • 560 calories

FALAFEL PITA (vegan)

Lightly fried chick pea based veggie patties topped with onion, lettuce and tomato • 390 calories

Add a 2 oz tzatziki on the side • 55 calories

EGG & CHEESE BREAKFAST PITA (full size)

526 calories

SPINACH MELT

Cooked spinach sautéed with shredded onion, feta cheese and melted provolone • 512 calories

with chicken • 572 calories

SALADS

(Dressing, pita bread and croutons not included)

CHICKEN CAESAR SALAD

525 calories

MEDITERRANEAN SAMPLER

A combination of tabouli, hummus and white bean salad, all on a bed of mixed lettuce • 520 calories

GARDEN SALAD

Crisp iceberg and romaine lettuce mixed with red cabbage, red onion and tomato • 47 calories

ZORBA SALAD

Crisp iceberg and romaine lettuce mixed with red cabbage, red onion, tomato, green pepper, cucumber, Greek olives & feta cheese • 195 calories

Add:

Whole wheat pita • 220 calories

White pita • 240 calories

Add 2 oz of:

Turkey 60 calories

Chicken 60 calories

Steak 88 calories

Gyro 100 calories

Tuna 104 calories

Falafel 110 calories

Hard boiled egg 70 calories

Shepherd salad 26 calories

Salad Dressings (2 oz):

Red Wine Vinaigrette • 80 calories

Lemon Herb • 19 calories

PIZZA

RED PIZZA

527 calories

HUMMUS

Perfectly vegan, perfectly lite!

8 oz container • 352 calories

2 oz container • 88 calories

SOUPS

NAVY BEAN SOUP (vegan)

8 oz • 120 calories

12 oz • 180 calories

Half pita • 110 calories

CHICKEN PASTA VEGGIE

8 oz • 60 calories

12 oz • 90 calories

Half pita • 110 calories

LITE SNACKS

(All servings are 8 oz)

Tabouli • 112 calories

Tzatziki • 220 calories

White Bean Salad • 161 calories

Shepherd Salad • 104 calories

3 oz Hummus and Veggies • 160 calories

Falafel with 2 oz hummus or tzatziki • 250-290 calories

Homemade yogurt (6 oz) • 118 calories

with honey • 160 calories

with strawberries • 137 calories

Rice Pudding (6 oz) • 195 calories

Skip it and lose!

Mayo • 114 calories

Caesar • 150 calories

Feta cheese (2 oz) • 150 calories

Provolone cheese (2 slices) • 110 calories



Think Perfect