



Pita Jungle Product Nutrition Guide

Date: September 3, 2010

Starters

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Large Hummus (Regular)	1/3 Platter	109	210	10	1.5	0	0	390	22	6	4	8
Large Cilantro Jalapeno Hummus	1/3 Platter	109	190	10	1.5	0	0	510	19	5	3	7
Large Roasted Bell Pepper Hummus	1/3 Platter	109	200	10	1.5	0	0	400	20	5	4	8
Small Hummus (Regular)	1/2 Platter	121	220	11	1.5	0	0	430	24	6	4	9
Small Cilantro Jalapeno Hummus	1/2 Platter	121	200	11	1.5	0	0	540	20	5	4	8
Small Roasted Bell Pepper Hummus	1/2 Platter	121	210	11	1.5	0	0	440	21	5	4	8
Hummus with Grilled Chicken	1/3 Platter	182	430	27	3.5	0	40	430	24	6	4	24
Falafel Platter	1/2 Platter	281	250	10	1.5	0	0	810	32	9	7	11
Greek Pita	1 Pita	94	250	5	1	0	0	570	41	2	1	8
Wheat Pita	1 Pita	78	160	1	0	0	0	380	34	4	0	7
White Pita	1 Pita	77	190	0	0	0	0	440	39	1	0	7

Cold Pitas

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
California Beach Club Pita	1/2 Wrap	370	360	16	6	0	45	1430	34	3	6	21

Hot Pitas

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Beef Gyro	1 Wrap	416	800	50	20	0	85	1890	59	4	8	28
Broiled Chicken Pita	1 Wrap	415	630	20	4	0	120	1150	53	4	4	54
Falafel Pita	1 Wrap	377	540	18	2.5	0	0	1620	77	11	7	22
Mediterranean Roasted Chicken (Shawarma)	1 Wrap	442	650	22	4	0	120	1150	54	4	3	56
One Thousand Beans	1/2 Platter	444	470	6	1	0	0	880	85	16	4	19
Philly Chicken Pita	1 Wrap	405	740	26	12	0	170	920	53	3	7	68
Philly Steak Pita	1 Wrap	519	750	32	18	0	145	1720	56	4	7	57



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Pita Wraps

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Lavosh Shawarma	1/2 Wrap w/ Salad	416	620	28	7	0	120	1170	44	2	6	46
Lavosh Shawarma Wrap (1/2 Wrap Only)	1 Serving	248	410	10	2	0	95	430	38	0.9	3	41
Side Salad (No Dressing)	1 Serving	139	120	9	4.5	0	25	470	5	1	3	5
Dressing for Side Salad (1 oz)	1 Serving	28	90	10	1.5	0	0	260	1	0	0	0
Spicy Chicken Wrap	1/2 Wrap	412	500	18	3	0	60	830	53	8	7	33
Veggie Garden Wrap	1/2 Wrap	429	420	16	2	0	0	440	61	11	7	12
Pesto Lavosh Turkey Wrap	1/2 Wrap w/ Salad	358	540	30	11	0	70	1560	43	2	7	26
Pesto Lavosh Turkey Wrap (1/2 Wrap Only)	1 Serving	191	340	12	6	0	45	830	37	0.8	4	21
Side Salad (No Dressing)	1 Serving	139	120	9	4.5	0	25	470	5	1	3	5
Dressing for Side Salad (1 oz)	1 Serving	28	90	10	1.5	0	0	260	1	0	0	0

Salads

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Grilled Vegetable Salad	1/2 Salad (12 oz)	332	360	30	4	0	0	260	22	6	8	5
Riviera Tuna Salad	1/2 Salad (12 oz)	336	450	32	4.5	0	30	490	23	3	3	20
Broiled Chicken Salad	1/2 Salad (12 oz)	345	320	14	2.5	0	95	360	10	3	4	37
Broiled Chicken Salad (No Dressing)	1 Serving	317	230	4.5	1	0	95	95	9	3	4	37
Dressing for Broiled Chicken Salad (1 oz)	1 Serving	28	90	10	1.5	0	0	260	1	0	0	0
Chicken Pasta Salad	1/2 Salad (15 oz)	416	590	21	3.5	0	160	490	53	0.9	2	46
Chicken Pasta Salad (No Dressing)	1 Serving	374	460	6	1.5	0	160	100	52	0.8	2	46
Dressing for Chicken Pasta Salad (1.5 oz)	1 Serving	43	140	15	2	0	0	390	1	0	0	0
Honey Pasta Salad	1/2 Salad (16 oz)	439	650	29	4	0	35	200	89	4	13	10



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Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Honey Pasta Salad (No Honey Dressing)	1 Serving	382	490	29	4	0	35	130	51	4	13	9
Honey Dressing for Honey Pasta Salad (2 oz)	1 Serving	57	170	0.5	0	0	0	75	39	0	0	0
Large Greek Salad	1/2 Salad (10.5 oz)	294	320	28	8	0	40	1100	13	3	5	8
Large Greek Salad (No Dressing)	1 Serving	252	190	13	6	0	40	710	11	3	4	8
Dressing for Large Salad (1.5 oz)	1 Serving	43	140	15	2	0	0	390	1	0	0	0
Mediterranean Chicken Salad	1/2 Salad (13 oz)	368	400	16	3.5	0	70	770	40	5	22	28
Mediterranean Chicken Salad (No Dressing)	1 Serving	339	310	6	2	0	70	510	39	5	22	28
Dressing for Mediterranean Chicken Salad (1 oz)	1 Serving	28	90	10	1.5	0	0	260	1	0	0	0
Small Greek Salad	1 Salad (11.5 oz)	322	330	29	7	0	25	1070	14	4	5	6
Small Greek Salad (No Dressing)	1 Serving	265	150	10	4.5	0	25	550	12	4	4	6
Dressing for Small Salad (2 oz)	1 Serving	57	180	20	2.5	0	0	520	2	0	0.5	0
Spinach Pasta Salad	1/2 Salad (11.5 oz)	318	340	17	2.5	0	40	620	40	3	3	9
Spinach Pasta Salad (No Dressing)	1 Serving	275	210	2.5	0	0	40	230	38	2	3	9
Dressing for Spinach Pasta Salad (1.5 oz)	1 Serving	43	140	15	2	0	0	390	1	0	0	0
Wood Fired Salmon Salad	1/2 Salad (11 oz)	300	480	24	4.5	0	155	530	7	3	3	62
Wood Fired Salmon Salad (No Dressing)	1 Serving	271	390	14	3	0	155	270	6	3	3	62
Dressing for Wood Fired Samon Salad (1 oz)	1 Serving	28	90	10	1.5	0	0	260	1	0	0	0



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Wood-Fired Pizzas

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Glazed Chicken Lavosh Pizza	1/2 Pizza	378	860	35	20	0	200	1380	67	1	6	65
Lavosh Pizza	1/2 Pizza	420	640	35	18	0	105	1760	47	3	9	32

Combinations

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Chicken Combo Platter (No Pita)	1 Platter	707	830	21	4.5	0	195	1030	72	13	7	84

Soup du Jour

Recipe	Serving Size	Weight (g)	Calories	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Bowl Tomato Basil Soup	12 oz	340	170	10	2.5	0	10	1010	16	4	11	6
Cup Tomato Basil Soup	7 oz	255	130	8	2	0	5	760	12	3	8	4