

CREATE YOUR OWN

Rolled

Bowled?

OR



1. Rolled in a Pita or Bowled Salad
2. Choose your protein
3. Choose your fillings
4. Choose your sauce or seasoning

Want your dressing on the side? Just ask.

* Calories do not include toppings or fillings. ** Suitable for people avoiding gluten, not people with celiac disease because Pita Pit cannot guarantee a gluten-free environment

Choice of protein:

- Chicken
- Turkey
- Pumpkin and Spinach Burger
- Buffalo Chicken
- Steak
- Spiced Oumph!
- Pork
- Tuna
- Pulled Oumph!
- Bacon
- Eggs
- Falafel
- Sausage
- Halloumi

• TOP IT YOUR WAY •

- Guacamole (30-61 cals)
- Red Onions (5-9 cals)
- Red Cabbage (5-8 cals)
- Irish Cheddar Cheese (38-76 cals)
- Cos Lettuce (6-10 cals)
- Mushrooms (2-3 cals)
- Carrot (6-10 cals)
- Greek Style Feta Cheese (27-53 cals)
- Tzatziki (14-28 cals)
- Green Peppers (4-7 cals)
- Black Olives (13-26 cals)
- Swiss Cheese (37-73 cals)
- Pesto (42-83 cals)
- Red Peppers (5-8 cals)
- Grated Parmesan Cheese (16-32 cals)
- Spinach (8-11 cals)
- Tomatoes (4-8 cals)
- Vegan Cheddar (29-57 cals)
- Mixed Lettuce (3-5 cals)
- Dill Pickles (2-4 cals)
- Vegan Feta (31-61 cals)
- Sweet Corn (12-24 cals)
- Hummus (39-77 cals)

SAUCES

- Garlic Mayo (29-43 cals)
- Ranch (37-55 cals)
- Ketchup (10-15 cals)
- Balsamic Vinaigrette (4-6 cals)
- Sweet Chilli (23-35 cals)
- Honey Mustard (36-54 cals)
- Smoked Ketchup (8-16 cals)
- Tomato Relish (24-48 cals)
- Sriracha (9-14 cals)
- Mayo (27-41 cals)
- BBQ (12-17 cals)
- Vegan Mayo (66-98 cals)
- Caesar (41-61 cals)
- Hot Sauce (2-3 cals)
- Southwest Chipotle (10-16 cals)

Seasonings

Salt, Pepper, Garlic, Cajun, Oregano, Chilli Flakes, Piri Piri

Adults and youth (aged 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

SNACKS

See packaging for nutritional content & allergen info

Pita Chips & Dip (1) €2.40

Jo's Protein Balls €2.75

Jo's Caffé Mocha Bliss • Jo's Chia Energy Bombs •
Jo's Peanut Butter Bomb • Jo's Protein Ball • Jo's Rawlo's

Broderick's Brownies €1.60

Goey Brownie bar • Caramental bar •
Rocky Road bar • Tiffin Bar • Peanut chunk bar

Keoghs Crisps €1.40

Mature Irish cheese and onion •
Atlantic sea salt and Irish cider vinegar • Sweet chilli and Irish red pepper •
Chorizo and Cherry Tomato • Irish Cheddar and Red Onion

Ben & Jerry's 100ml €3.00

Chocolate Fudge Brownie • Cookie Dough •
Caramel Chew Chew • Strawberry Cheesecake • Vanilla

Fulfil Bars 100ml €2.70

Chocolate Peanut Butter • Chocolate Brownie •
Chocolate Deluxe • Chocolate Salted Caramel • Chocolate Hazelnut Whip •
Peanut & Caramel • Triple Choc Deluxe • Chocolate Orange •
White Chocolate & Cookie Dough • Chocolate Caramel & Cookie Dough •
Milk Chocolate & Mint • Dark Chocolate & Mint

Serving Java Republic coffee & tea. Minerals selection in store.

Allergens:

- | | | |
|----------------|-------------|---------------------|
| 1. Cereals | 6. Soybeans | 11. Sesame |
| 2. Crustaceans | 7. Milk | 12. Sulphur dioxide |
| 3. Eggs | 8. Nuts | 13. Lupin |
| 4. Fish | 9. Celery | 14. Molluscs |
| 5. Peanuts | 10. Mustard | |

ALLERGENS INFO?

Please ask one of our crew to show you where our allergens folder is located in store. If you have any allergen concerns, please notify Pita Pit staff BEFORE placing your order

ORDER DIRECT FOR DELIVERY OR
CLICK + COLLECT AT WWW.PITAPIT.IE



deliveroo

JUST EAT

bamboo



WWW.PITAPIT.IE

Pita Pit, Point Campus, Corner of Mayor Street and North Wall Avenue, Dublin 1 T: 01 9631997
Pita Pit, Unit 452 Blanchardstown Centre (beside McDonalds drive thru) Dublin 15. T: 01 9631996
Pita Pit, Circle K Fermoy, Junction 14, M8, Gortore, Fermoy, Co Cork P61 HP52

Pita Pit

MENU

GRILL IT

STUFF IT

TOAST IT

LOVE IT!



ORDER DIRECT FOR DELIVERY OR
CLICK + COLLECT AT WWW.PITAPIT.IE

FRESH THINKING • HEALTHY EATING

all DAY BREAKFAST

ORIGINAL PITA €5.95

PETITA €4.95

*Allergens (please ask server for allergen list)

Craicn' Eggs (3,7,10)*

Free Range Scrambled Eggs sprinkled with Crushed Black Pepper, Guacamole, Fresh Baby Spinach, Fresh Tomatoes, Sautéed Red Onions, Crumbled Greek Feta and Hot Sauce

Meat the Day (1,3,7,10,12)

Crispy Bacon, Galway Sausage, Dublin Black Pudding, Free Range Scrambled Eggs, Grilled Mushrooms, Smoked Tomato Ketchup, Mixed Leaf Lettuce, Fresh Tomatoes and Irish Cheddar Cheese

Veggie Brekkie (1,10)

Mixed Leaf Lettuce, Fresh Tomatoes, Sautéed Red Onions & Mushrooms, Fresh Green Peppers, Black Olives, Tomato Relish, Crushed Black Pepper, Vegan Greek Style Feta and Za'atar

NEW!

Mexican Quesapita (1, 3, 7, 10) (Calories: Orig 502, Pet 278)

Crispy Bacon or eggs, Grilled Green Peppers & Red Peppers, Irish Cheddar Cheese, Swiss Cheese and Southwest Chipotle Sauce

Ham and Egg Flatbread (1, 3, 10) (Calories: Orig 300, Pet 168)

BLT Flatbread (1) (Calories: Orig 345, Pet 198)

Bacon, Cos Lettuce and Tomato

Toasted Special (1, 3, 6, 7, 10) (Calories: Orig 405, Pet 234)

Ham, Fresh Tomatoes, Irish Cheddar Cheese, Red Onion and Light Mayo

Bacon/Sausage & Egg combo with coffee (1, 3, 10) €4.95

Porridge/ Soup (148) €2.95



GOURM&t

ORIGINAL PITA €7.95

LARGE SALAD €7.95

PETITA €5.95

SMALL SALAD €5.95

Chicken Pesto (3, 5, 7, 8, 12) (Calories: Orig 469, Pet 275)

Grilled Chicken Breast with Garlic and Herbs, Basil Pesto, Fresh Baby Spinach, Semi-Sundried Tomatoes, Black Olives, Sautéed Red Onions, Grated Parmesan Cheese and Balsamic Vinaigrette

Ragin' Cajun (1, 7, 9, 10) (Calories: Orig 502, Pet 277)

Grilled Chicken Breast or Steak with Cajun Spice Mix, Guacamole, Crisp Cos Lettuce, Fresh Tomatoes, Sweet Corn, Jalapeños, Sautéed Red Onions, Irish Cheddar Cheese and Sriracha

Chicken Caesar (3, 7) (Calories: Orig 505, Pet 288)

Grilled Irish Chicken Breast, Crispy Bacon, Fresh Tomatoes, Grated Parmesan Cheese, Crushed Black Pepper, Crisp Cos Lettuce, Toasted Pumpkin Seeds & Zesty Caesar Sauce



Shredded Pork (12) (Calories: Orig 337, Pet 196)

Crispy Pulled Pork, Grilled Mushrooms & Red Onions, Fresh Tomatoes, Red Cabbage Slaw, Shredded Crispy Carrot, Mixed Leaf Lettuce & BBQ

Grilled Irish Steak (3,7,10) (Calories: Orig 425, Pet 241)

Irish Steak, Fresh Tomatoes, Grilled Mushrooms and Red Onions, Green Peppers, Dill Pickle, Irish Cheddar Cheese, Mixed Leaf Lettuce & Southwest Chipotle Sauce

Piri Piri Chicken (7) (Calories: Orig 472, Pet 262)

Piri Piri Chicken, Guacamole, Fresh Tomatoes, Jalapenos, Green Peppers, Mixed Leaf Lettuce, Swiss Cheese & Hot Sauce.

A-Tuna-Matata (3, 4, 7, 10) (Calories: Orig 469, Pet 268)

Skipjack Tuna, Guacamole, Sweet Corn, Sautéed Red Onions, Green Peppers, Fresh Tomatoes, Crushed Black Pepper, Dill Pickle, Crisp Cos Lettuce & Light Mayo.

CREW FAVE

Buffalo Chicken (1, 3, 5, 7, 10) (Calories: Orig 713, Pet 395)

Spicy Breaded Chicken, Crispy Bacon, Grilled Green Peppers & Red Onions, Sweet Corn, Fresh Tomatoes, Irish Cheddar Cheese, Crisp Cos Lettuce, Mayo & Sweet Chilli Sauce

NEW!

Southwest Chicken (1, 3, 7, 10) (Calories: Orig 504, Pet 280)

Grilled Irish Chicken Breast, Crispy Bacon, Fresh Tomatoes, Grated Parmesan Cheese, Crushed Black Pepper, Crisp Cos Lettuce, Toasted Pumpkin Seeds & Southwest Chipotle Sauce

Turkey Club (7, 10) (Calories: Orig 173, Pet 86)

Turkey Breast, Crispy Bacon, Guacamole, Fresh Tomatoes, Irish Cheddar Cheese, Crisp Cos Lettuce & Ranch Sauce

Chicken Tenders (1,7,9) (Calories: Large 332, Regular 221)

With Salads **Regular €5.95** **Large €7.95**

ORIGINAL PITA €7.95

LARGE SALAD €7.95

PETITA €5.95

SMALL SALAD €5.95

VEG&TARIAN VEGAN

Falafel (Vegetarian: 1,7, Vegan 1, 12) (Calories: Orig 584, Pet 318)

Falafel, Hummus, Tzatziki, Black Olives, Fresh Baby Spinach, Carrot, Fresh Tomatoes, Crumbled Greek Feta, Vegan Mayo

Had me at Halloumi (1, 7) (Calories: Orig 570, Pet 323)

(vegan option available)

Grilled Halloumi Cheese, Tzatziki, Mixed Leaf Lettuce, Cucumber, Black Olives, Fresh Tomatoes and Zaatar

Garden (Vegetarian 1, 7, 12, Vegan 1, 12) (Calories: Orig 57, Pet 30)

Shredded Crispy Carrot, Fresh Tomatoes, Black Olives, Cucumber, Dill Pickle, Mixed Leaf Lettuce, Crumbled Greek Feta, Tzatziki & Balsamic Vinaigrette

Pumpkin & Spinach Burger (1,12)

(Calories: Orig 425, Pet 243)

Pumpkin & Spinach Burger, Fresh Baby Spinach, Fresh Tomatoes, Grilled Mushrooms with Balsamic, Shredded Crispy Carrot, Red Cabbage Slaw and Sriracha Sauce

Spiced Oumph! (1, 6) (Calories: Orig 515, Pet 281)

Oumph! Spiced Soya, Grilled Red Onion and Red Pepper, Hummus, Oregano, Crisp Cos Lettuce, Fresh Tomatoes, Black Olives, Vegan Cheddar Cheese

Pulled Oumph! (1, 6) (Calories: Orig 354, Pet 208)

Oumph! Pulled soya, Grilled Red Onion, Mushroom and Red Pepper, Fresh Baby Spinach, Shredded Crispy Carrot, Sriracha Sauce and Vegan Mayo

SMOOTHIES €4.95 EACH

Breakfast Bananza (1,8) (Calories: 430)

Banana, Dates, Oats, Peanut Butter & Unsweetened Almond Milk

Tropical Revive (7) (Calories: 366)

Mango, Papaya, Banana, Kiwi, Melon, Greek Frozen Yogurt & Pineapple Juice

Immune Boost (7) (Calories: 343)

Raspberry, Strawberry, Mango, Banana, Greek Frozen Yogurt & Apple Juice

Wild Berry (7) (Calories: 283)

Raspberry, Blackberry, Blueberry, Greek Frozen Yogurt & Apple Juice

KIDS Full of wholesome goodness!

Cheeky Chicken (7)

Brave Beef (7)

Super Veggie (7)

Happy Ham (7)

Just Cheese (7)

Kids Pita with drink €4.95

KIDS COMBO MEAL with drink and snack €6.45



Combo Meal:	Price
Original Pita and drink	€8.80
Original Pita, drink and Snack	€9.90
Original Pita and Soup	€9.90
2 Original Pita, 2 Petita, 2 Snacks	€29.95
Family deal: 2 Original Pita, 2 Petita, 4 Drinks, 4 Snacks	€39.95