

RICE BOWLS

REGULAR €9.95
LARGE €11.95

Mexican Burrito (Original & Vegetarian: 3, 7, 10, Vegan 10)
(Calories: Chicken: Reg 484, L 968, Vegetarian: Reg 716, L 855, Vegan: Reg 717, L 1001)

Brown rice, chicken, 3 bean mix, sweetcorn, crisp cos lettuce, grated cheese, guacamole, red pepper, grated carrot, fresh tomato, salsa, coriander, chipotle paste, habanero sauce, sour cream

Vegetarian and Vegan: Substitute sweet potato for chicken

Japanese Teriyaki

(Chicken & Vegetarian: 1, 3, 6, 10, 11, 12, Salmon: +4, Vegan 1, 6, 10, 11, 12)
(Calories: Chicken: Reg 506, L 863, Salmon: Reg 720, L 1006, Vegetarian Reg 380, L 681)

Brown rice, chicken or salmon, red cabbage slaw, grated carrot, edamame beans, pickled ginger, bean sprouts, Japanese mayo, sesame seeds (white and black), teriyaki sauce

Vegetarian and Vegan: Substitute broccoli for chicken or salmon



Thai Satay (3, 5)

(Calories: Reg 676, L 896, Vegetarian Reg 563, L 725)

Brown rice, satay chicken, grated carrot, cucumber, beansprouts, fried egg, pickled onion, peanuts, satay sauce, coriander

Vegetarian: Substitute satay cauliflower for chicken

Korean BBQ (1, 2, 3, 4, 6, 10, 11) (Calories: Reg 679, L 989)

Brown rice, steak, broccoli, fried egg, cucumber, pickled onion, kimchi, sesame seeds, Japanese mayo, Korean BBQ sauce

Buddha (Original & Vegetarian: 1, 3, 7, 10, 11, 12, Vegan 1, 10, 11, 12) (Calories: Salmon: Reg 443, L 885, Vegetarian: Reg 494, L 725, Vegan: Reg 640, L 957)

Red rice, salmon, broccoli, mixed lettuce, beetroot, pickled onion, ginger turmeric yoghurt, guacamole, mixed seeds, dried cranberries, hemp dressing

Vegetarian: Substitute salmon for falafel

Vegan: Falafel and substitute ginger turmeric yoghurt for mayo

Indian Spice Bowl (?) (Calories:?)

?

SNACKS

See packaging for nutritional content & allergen info

Pita Chips & Dip €2.40

Keoghs Crisps €1.40

Jo's Protein Balls €2.75

Broderick's Brownies €1.60

Ben & Jerry's 100ml €3.00

Fulfil Bars 100ml €2.70

Kind Bars €2.75

Cookies €1.50

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

SMOOTHIES

€4.95 EACH

CLASSICS

Breakfast Bananza (1, 5, 8) (Calories: 430)

Banana, dates, oats, peanut butter & unsweetened almond milk

Tropical Revive (7, 12) (Calories: 373)

Mango, papaya, banana, kiwi, melon, Greek frozen yoghurt & pineapple juice

Immune Boost (7, 12) (Calories: 378)

Raspberry, strawberry, mango, banana, Greek frozen yoghurt & apple juice

Wild Berry (7, 1) (Calories: 335)

Raspberry, blackberry, blueberry, Greek frozen yoghurt & apple juice



SUPER FOOD

Blueberry Buzz (1, 7) (Calories: 311)

Blueberry, banana, honey, oats, vanilla essence, flax seeds & frozen yoghurt

Green Machine (7) (Calories: 297)

Strawberry, baby spinach, avocado, orange, flax seeds, honey & frozen yoghurt

Energizer (7) (Calories: 358)

Beetroot, green apple, blueberry, ginger, ground turmeric, flax seeds & frozen yoghurt

Peach Mango Magic (7) (Calories: 305)

Mango, peach, banana, ground turmeric, ground ginger, flax seeds & frozen yoghurt

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 | |

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

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.

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



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



MENU

There's something for everybody!



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

Fresh thinking • Healthy eating

yogen früz

JOINING
THE
PITAPIT
FAMILY

FLAVÜRS

€3.99 REGULAR
€4.99 LARGE

- Banana (7)
- Strawberry (7)
- Raspberry (7)
- Blueberry (7)
- Mango (7)
- Peach (7)
- Tropical (7)
- Blackberry (7)
- Pineapple (7)
- Vanilla (7)

Ü SENSATION

€5.99 REGULAR
€6.99 LARGE

- Mocha
- Cookies and Cream
- Cheesecake (Lime/Raspberry)



ALL DAY BREAKFAST

ORIGINAL PITA €5.95
PETITA €4.95

Craicn' Eggs (1, 3, 7, 12) (Calories 523)

Free range scrambled eggs sprinkled with crushed black pepper, guacamole, fresh baby spinach, fresh tomatoes, sautéed red onions, crumbled Greek feta & hot sauce

The Full Irish (1, 3, 6, 7, 12)

Crispy bacon, Galway sausage, Dublin black or white pudding, free range scrambled eggs, mixed leaf lettuce, grilled mushrooms, fresh tomatoes, Irish cheddar cheese & smoked tomato ketchup

Veggie Brekkie (1, 10, 11) (Calories 379)

Mixed leaf lettuce, tomato relish, fresh tomatoes, sautéed red onions & mushrooms, fresh green peppers, black olives, , crushed black pepper, vegan Greek style feta & za'atar

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 & southwest chipotle sauce

Ham and Egg Flatbread (1, 3, 7, 9) (Calories: Orig 300, Pet 168)

BLT Flatbread (1, 3, 10) (Calories: Orig 345, Pet 198)

Crispy bacon, crisp cos lettuce and fresh tomatoes

Toasted Special (1, 3, 7, 9) (Calories: Orig 405, Pet 234)

Ham, fresh tomatoes, red onion, Irish cheddar cheese & light mayo

Bacon/Sausage & Egg combo with coffee **€4.95**
Porridge/Soup (1, 7)* **€2.95**



GOURMET

ORIGINAL PITA €7.95
PETITA €5.95

LARGE SALAD €7.95
SMALL SALAD €5.95

Chicken Pesto (1, 3, 5, 7, 10, 12)* (Calories: Orig 676, Pet 338)

Grilled chicken breast with garlic and herbs, basil pesto, fresh baby spinach, semi-sundried tomatoes, black olives, sautéed red onions, grated parmesan cheese & balsamic vinaigrette

Buffalo Chicken (1, 3, 7, 10) (Calories: Orig 805, Pet 403)

Spicy breaded chicken, crispy bacon, grilled green peppers & red onions, sweet corn, fresh tomatoes, Irish cheddar cheese, light mayo & sweet chilli sauce

Ragin' Cajun (1, 7, 12) (Calories: Orig 475, Pet 238)

Grilled chicken breast or steak with cajun spice mix, guacamole, crisp cos lettuce, fresh tomatoes, sweet corn, jalapeños, sautéed red onions, Irish cheddar cheese & sriracha

Grilled Irish Steak (1, 3, 7, 10) (Calories: Orig 425, Pet 241)

Irish steak, mixed leaf lettuce, fresh tomatoes, grilled mushrooms, red onions and green peppers, dill pickle, Irish cheddar cheese, & southwest chipotle sauce

Hot & Spicy Chicken (1, 7, 12) (Calories: Orig 485, Pet 243)

Piri Piri chicken, guacamole, fresh tomatoes, jalapeños, green peppers, mixed leaf lettuce, Swiss cheese & hot sauce.

Chicken Caesar (1, 3, 4, 7, 10) (Calories: Orig 546, Pet 273))

Grilled Irish chicken breast, crispy bacon, crisp cos lettuce, fresh tomatoes, grated parmesan cheese, crushed black pepper, toasted pumpkin seeds & zesty caesar sauce

Southwest Chicken (1, 3, 7, 10) (Calories: Orig 597, Pet 299)

Grilled Irish chicken breast, crispy bacon, crisp cos lettuce, fresh tomatoes, grated parmesan cheese, toasted pumpkin seeds, crushed black pepper & southwest chipotle sauce

BBQ Pulled Pork (1)* (Calories: Orig 507, Pet 254)

Crispy pulled pork, mixed leaf lettuce, grilled mushrooms & red onions, fresh tomatoes, red cabbage slaw, shredded crispy carrot & BBQ sauce

Turkey Club (1, 3, 7, 10, 12) (Calories: Orig 173, Pet 86)

Turkey breast, crispy bacon, guacamole, crisp cos lettuce, fresh tomatoes, Irish cheddar cheese & ranch sauce

A-Tuna-Matata (1, 3, 4, 7, 10, 12) (Calories: Orig 469, Pet 268)

Skipjack tuna, guacamole, crisp cos lettuce, fresh tomatoes, sweet corn, sautéed red onions, green peppers, dill pickle, crushed black pepper & light mayo.

VEGETARIAN VEGAN

ORIGINAL PITA €7.95
PETITA €5.95

LARGE SALAD €7.95
SMALL SALAD €5.95



Falafel (Vegetarian: 1,7, 11, 12, Vegan 1, 11) (Calories: Orig 573, Pet 287)

Falafel, hummus, tzatziki, fresh baby spinach, black olives, carrot, fresh tomatoes, crumbled Greek feta & vegan mayo

Had me at Halloumi (1, 7) (Calories: Orig 508, Pet 254)

(vegan option available)

Grilled halloumi cheese, tzatziki, mixed leaf lettuce, cucumber, black olives, fresh tomatoes & za'atar

Garden (Vegetarian 1, 7, 10, Vegan 1, 10, 11, 12) (Calories: Orig 57, Pet 30)

Tzatziki, mixed leaf lettuce, fresh tomatoes, shredded crispy carrot, black olives, cucumber, dill pickle, crumbled Greek feta & 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 & sriracha sauce

Spiced Oumph! (1, 6, 10, 11) (Calories: Orig 525, Pet 263)

Oumph! spiced soya, hummus, crisp cos lettuce, grilled red onion and red pepper, fresh tomatoes, black olives, oregano & vegan cheddar cheese

Pulled Oumph! (6, 10) (Calories: Orig 354, Pet 208)

Oumph! pulled soya, fresh baby spinach, grilled red onion, mushroom and red pepper, shredded crispy carrot, sriracha sauce & vegan mayo

KIDS

€3.95 EACH

Popeye's BBQ Chicken (1,6,7) (Calories: 287)

Chicken, fresh baby spinach, sweet corn, Irish cheddar cheese & BBQ sauce

Moovin on Up (1,7,10) (Calories: 299)

Beef, tomato relish, crisp cos Lettuce, carrot & Swiss cheese

Looney Tuna (1,3,4,7) (Calories: 368)

Tuna, fresh tomatoes, sweet corn, Irish cheddar cheese & light mayo

Dustin's Destiny (1,3,7) (Calories: 332)

Turkey, crisp cos lettuce, Irish cheddar cheese & light mayo

Veggie Power (1,3,7) (Calories: 231)

Cos lettuce, fresh tomatoes, shredded crispy carrot, red cabbage slaw, Irish cheddar cheese & light mayo

Ham & Cheese Fingers (?) (Calories: ?)

Ham, crisp cos lettuce & Irish cheddar cheese

KIDS COMBO DEALS

- Kids pita with drink **€4.95**
- Kids Combo Meal with drink and snack **€6.45**

COMBO MEALS

Original pita & drink **€8.80**

Original pita, drink & snack **€9.90**

Original pita & soup **€9.90**

FAMILY DEALS!

- 2 Original pita, 2 petita, 2 snacks **€22.90**
- 2 Original pita, 2 petita, 4 drinks, 4 snacks **€32.90**



CREATE YOUR OWN

ROLLED



OR

BOWLED



- 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

Protein choices :

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

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)	• Beetroot (8-14 cals)	• Grated parmesan cheese (16-32 cals)
• Spinach (8-11 cals)	• Tomatoes (4-8 cals)	• Jalapeños (0-1 cals)	• Vegan cheddar (29-57 cals)
• Mixed lettuce (3-5 cals)	• Dill pickles (2-4 cals)	• Sweet corn (12-24 cals)	• Vegan feta (31-61 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

NEW! WEDGES & TENDERS

Potato Wedges (?) (Calories: Large ?, Regular ?)

REGULAR €1.95
LARGE €2.95

Loaded Wedges

€5.95 EACH

- Bacon & cheese (?) (Calories: ?)
- Pork & BBQ sauce (?) (Calories: ?)

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

With salads

REGULAR €5.95
LARGE €7.95