

RICE BOWLS*

REGULAR €9.95
LARGE €11.95

Mexican Burrito **V** **V+** (Original & Vegetarian: 3, 7, 10, Vegan 10)

(Kcal: 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 **V** **V+**

(Chicken & Vegetarian: 1/A, 3, 6, 10, 11, 12, Salmon: +4, Vegan 1/A, 6, 10, 11, 12)

(Kcal: 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 **V** (3, 5)

(Kcal: 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/A,E, 2/D, 3, 4, 6, 10, 11) (Kcal: Reg 679, L 989)

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

Buddha Bowl **V** **V+** (Original & Vegetarian: 1/A, 3, 7, 10, 11, 12, Vegan 1/A, 10, 11, 12)

(Kcal: 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 vegan mayo

Indian Spice Bowl (1/A) (Kcal: Large 701, Regular 443)

Baked wedges, grilled chicken, jalapeños, cajun and chilli flakes, grilled red & green peppers & red onions

JOINING THE PITAPIT FAMILY

yogen früz*

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)

* AVAILABLE IN SELECTED STORES AND TIMES

SNACKS

See packaging for nutritional content & allergen info

Pita Chips & Dip (1/A)

€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 55g

€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/F, 5, 8/A) (Kcal: 430)

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

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

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

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

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

Wild Berry (7, 12) (Kcal: 335)

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

SUPER FOOD

Blueberry Buzz (1/F, 7) (Kcal: 311)

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

Green Machine (7) (Kcal: 297)

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

Energizer (7) (Kcal: 358)

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

Peach Mango Magic (7) (Kcal: 305)

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

Allergens:

1- Cereals containing gluten:	1/E- Barley	3- Eggs	8/B- Hazelnut	9- Celery
1/A- Wheat	1/F- Oats	4- Fish	8/C- Cashews	10- Mustard
1/B- Spelt	2- Crustaceans:	5- Peanuts	8/D- Pecan	11- Sesame
1/C- Khorasan	2/A- Crab	6- Soybeans	8/E- Brazil	12- Sulphur dioxide
1/D- Rye	2/B- Lobster	7- Milk	8/F- Pistachio	13- Lupin
	2/C- Crayfish	8- Nuts:	8/G- Macadamia	14- Molluscs
	2/D- Shrimp	8/A- Almond	8/H- Walnut	

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

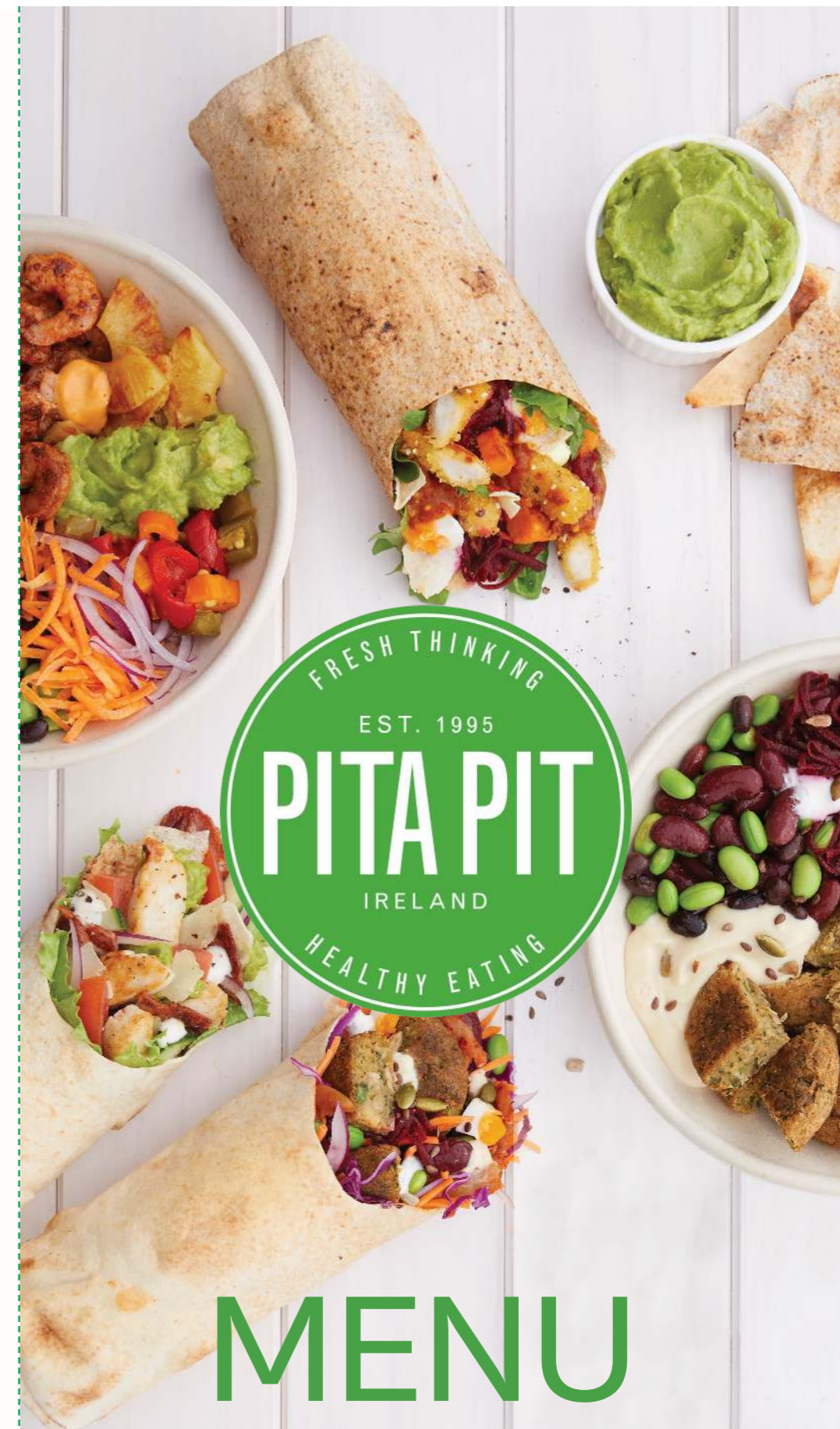


WWW.PITAPIT.IE

Pita Pit, Point Campus, Corner of Mayor Street and North Wall Avenue, Dublin 1 T: 01 9631997

Pita Pit, Blanchardstown Centre, 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

ALL DAY BREAKFAST

ORIGINAL PITA €5.95
PETITA €4.95

Craicn' Eggs (1/A, 3, 7, 12) (Kcal: Orig 523, Pet 162)

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/A, 3, 6, 7, 12) (Kcal: Orig 873, Pet 234)

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/A, 10, 11) (Kcal: Orig 379, Pet 132)

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

Mexican Quesapita (1/A, 3, 7, 10) (Kcal: 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/A, 3, 7, 9) (Kcal: Orig 300, Pet 168)

BLT Flatbread (1/A, 3, 10) (Kcal: Orig 345, Pet 198)

Crispy bacon, crisp cos lettuce and fresh tomatoes

Toasted Special (1/A, 3, 7, 9) (Kcal: 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/F, 7) €2.95 

When you are fresh out of the pit!

GOURMET

ORIGINAL PITA €7.95
PETITA €5.95

LARGE SALAD €7.95
SMALL SALAD €5.95

Chicken Pesto (1/A, 3, 5, 7, 10, 12) (Kcal: 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/A, 3, 7, 10) (Kcal: 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/A, 7, 12) (Kcal: 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/A, 3, 7, 10) (Kcal: 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/A, 7, 12) (Kcal: Orig 485, Pet 243)

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

Chicken Caesar (1/A, 3, 4, 7, 10) (Kcal: 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/A, 3, 7, 10) (Kcal: 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/A,E, 6) (Kcal: Orig 507, Pet 302)

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

Turkey Club (1/A, 3, 7, 10, 12) (Kcal: Orig 602, Pet 190)

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

A-Tuna-Matata (1/A, 3, 4, 7, 10, 12) (Kcal: 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/A, 7, 11, 12, Vegan 1/A,E, 11) (Kcal: 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/A, 7) (Kcal: Orig 508, Pet 254)

(Vegan option available)

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

Garden (Vegetarian 1/A,E, 7, 10, Vegan 1/A,E, 10, 11, 12) (Kcal: Orig 399, Pet 119)

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

Pumpkin & Spinach Burger (1/A,B,E, 12) (Kcal: 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/A, 6, 10, 11) (Kcal: 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! (1/A, 6, 10) (Kcal: Orig 354, Pet 208)

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

KIDS

€3.95 EACH

Popeye's BBQ Chicken (1/A,E, 6, 7) (Kcal: 287)

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

Moovin on Up (1/A, 7, 10) (Kcal: 299)

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

Looney Tuna (1/A, 3, 4, 7, 10) (Kcal: 368)

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

Dustin's Destiny (1/A, 3, 7, 10) (Kcal: 332)

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

Veggie Power (1/A, 3, 7, 10) (Kcal: 231)

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

Ham & Cheese Fingers (1/A, 7) (Kcal: 247)

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

Original pita, wedges & drinks €9.90

FAMILY DEALS!

- 2 Original pita, 2 petita, 2 snacks €22.90

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

Full of wholesome goodness!



GREAT VALUE!

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

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 kcal)	• Red onions (5-9 kcal)	• Red cabbage (5-8 kcal)	• Irish cheddar cheese (38-76 kcal)
• Cos lettuce (6-10 kcal)	• Mushrooms (2-3 kcal)	• Carrot (6-10 kcal)	• Greek style feta cheese (27-53 kcal)
• Tzatziki (14-28 kcal)	• Green peppers (4-7 kcal)	• Black olives (13-26 kcal)	• Swiss cheese (37-73 kcal)
• Pesto (42-83 kcal)	• Red peppers (5-8 kcal)	• Beetroot (8-14 kcal)	• Grated parmesan cheese (16-32 kcal)
• Spinach (8-11 kcal)	• Tomatoes (4-8 kcal)	• Jalapeños (0-1 kcal)	• Vegan cheddar (29-57 kcal)
• Mixed lettuce (3-5 kcal)	• Dill pickles (2-4 kcal)	• Sweet corn (12-24 kcal)	• Vegan feta (31-61 kcal)
			• Hummus (39-77 kcal)

Sauces :

Garlic Mayo (29-43 kcal)	Ranch (37-55 kcal)	Ketchup (10-15 kcal)	Balsamic vinaigrette (4-6 kcal)
Sweet chilli (23-35 kcal)	Honey mustard (36-54 kcal)	Smoked ketchup (8-16 kcal)	Tomato relish (24-48 kcal)
Sriracha (9-14 kcal)	Mayo (27-41 kcal)	BBQ (12-17 kcal)	Vegan mayo (66-98 kcal)
Caesar (41-61 kcal)	Hot sauce (2-3 kcal)	Southwest chipotle (10-16 kcal)	

Seasonings :

Salt, pepper, garlic, cajun, oregano, chilli flakes, Piri Piri

NEW!

WEDGES & TENDERS

Potato Wedges (Kcal: Large 492, Regular 306)

REGULAR €1.95

LARGE €2.95

Loaded Wedges

€5.95 EACH

- Bacon & cheese (7) (Kcal: 726)
- Pork & BBQ sauce (1/E) (Kcal: 739)

Chicken Tenders (1/A, 3) (Kcal: Large 332, Regular 221)

REGULAR €5.95

LARGE €7.95

With salads