

RICE BOWLS

REGULAR €10.45
LARGE €12.50

Mexican Burrito (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, grated carrot, fresh tomato, salsa, coriander, habanero sauce, sour cream

Vegetarian and Vegan: Substitute cauliflower or extra beans & corn for chicken

Japanese Teriyaki

(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 (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 OR chicken, broccoli, fried egg, cucumber, pickled onion, kimchi, sesame seeds, Japanese mayo, Korean BBQ sauce

Buddha Bowl (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)

Brown rice, salmon OR prawns, 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

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

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

Ham, crisp cos lettuce & Irish cheddar cheese

KIDS MEAL DEAL €6.45

NEW!

1- Choose a protein :

Turkey - Ham - Chicken - OR Cheese

2- Choose a side:

Cookie - Chips

3- Choose a drink:

Chocolate milk - Juice

OR

Chicken tenders + Wedges €5.95

Full of wholesome goodness!



TREATS & BEVERAGES

See packaging for nutritional content & allergen info

Pita Chips & Dip (1/A)	€2.40	Coke Monster/Fanta/Sprite	€1.95
Keoghs Crisps	€1.40	Vit Hit	€2.45
Jo's Protein Balls	€2.95	Synerchi	€3.05
Broderick's Brownies	€1.80	San Pellegrino	€1.95
Ben & Jerry's 100ml	€3.00	Tropicana orange	€2.95
Fulfil Bars 55g	€2.75	Innocent apple juice	€2.95
Cookies	€1.50	Vita Coco	€2.95
		Water	€1.95

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

Fuel the day (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

Fat Burner (7) (Kcal: 358)

Pineapple, beetroot, green apple, ginger, ground turmeric, flax seeds & frozen yoghurt

Power Punch (7) (Kcal: 305)

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

Add a PROTEIN SHOT €1.50 whey, hemp, spirulina

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, Junction 6, Castleknock, Dublin 15, D15EA43 T: 01 9631996



Fresh grilled • Flavour filled

MENU



INTRODUCING EGG'D



The Classic (1/A, 3, 6, 7, 10, 11) (Kcal: 248/100g) **€4.95**
Fluffy fried egg OR scrambled free-range egg, crispy bacon, cheddar cheese, Follain (Tomato Relish) Sauce served in a warm brioche bun

O'Smokey (1/A, 3, 6, 7, 9, 11) (Kcal: 237/100g) **€4.95**
Fluffy fried egg OR scrambled free-range egg, free farmed bacon, cheddar cheese, baby spinach and smoked ketchup served in a warm brioche bun

The Benedict (1/A, 3, 4, 6, 7, 10, 11) (Kcal: 196 Kcal/100g) **€7.95**
Fluffy fried egg OR scrambled free-range egg, smoked salmon, smashed avocado, feta cheese and hollandaise sauce served in a warm brioche bun

The Ultimate (1/A, 3, 7, 9) (Kcal: 262 Kcal/100g) **€4.95**
Fluffy fried egg OR scrambled free-range egg, crispy bacon, black pudding, cheddar cheese and smoked ketchup served in a warm brioche bun

The Loaded smash (1/A, 3, 6, 7, 10, 11) (Kcal: 192 Kcal/100g) **€5.95**
Piri Fluffy fried egg OR scrambled free-range egg, smashed avocado, Swiss cheese and Follain (Tomato Relish) sauce served in a warm brioche bun

Smash and Squeak (1/A, 3, 6, 7, 11) (Kcal: 191 Kcal/100g) **€5.95**
Fluffy fried egg OR scrambled free-range egg, grilled halloumi, smashed avocado, grilled onions and tomato salsa served in a warm brioche bun



ALL DAY BREAKFAST

ORIGINAL PITA €6.50
PETITA €5.50

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

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

Porridge
Soup (1/F, 7)

REGULAR €2.95
LARGE €4.95

WEDGES & TENDERS

Potato Wedges (Kcal: Large 492, Regular 306)

REGULAR €2.95
LARGE €3.95

Loaded Wedges

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

€5.95 EACH

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

REGULAR €6.35
LARGE €8.95



PITAS DESIGNED BY US

ORIGINAL PITA €8.95
PETITA €6.45
LARGE SALAD €8.95
SMALL SALAD €6.45

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

Burrito Pita (1/A, 7) (Kcal: Orig 772, Pet 467)
Chicken OR steak, brown rice, guacamole, crisp cos lettuce, 3 bean mix, fresh tomatoes, shredded cripy carrot, Irish cheddar cheese, jalapeños, chipotle sauce

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

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

Buffalo Chicken (1/A, 3, 7, 10) (Kcal: Orig 805, Pet 403)
Spicy breaded chicken, crispy bacon, crisp cos lettuce, grilled green peppers & red onions, sweet corn, fresh tomatoes, Irish cheddar cheese, light mayo & sweet chilli sauce

Cuban 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

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

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.

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



VEGETARIAN V VEGAN V+

Falafel (V V+) (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 (V) (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

Spiced Oumph! (V+) (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

Garden (V V+) (Vegetarian 1/A,E, 7, 10, Vegan 1/A,E, 10, 11, 12) (Kcal: Orig 530, Pet 398)
Brown rice, tzatziki, mixed leaf lettuce, fresh tomatoes, shredded crispy carrot, black olives, cucumber, dill pickle, crumbled Greek feta & balsamic vinaigrette

Pumpkin & Spinach Burger (V+) (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

Pulled Oumph! (V+) (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

PITAS DESIGNED BY YOU

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

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

Seasonings :

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

COMBO MEALS

Original pita & drink **€9.95**

Original pita, drink & snack **€10.95**

Original pita & regular soup **€10.50**

Original pita, wedges & drinks **€12.95**

FAMILY DEALS!

- 2 Original pita, 2 petita, 2 snacks **€28.95**

- 2 Original pita, 2 petita, 4 drinks, 4 snacks **€37.95**

NEW! **SUNDAY BRUNCH DEAL**
FREE kids pita with every original pita purchased

KIDS GO FREE!