

RICE BOWLS

with your choice of Chicken, Steak, Salmon, Prawns or Falafel

REGULAR €11.50
LARGE €13.95

Mexican Burrito **V** **V+** (Original & Vegetarian: 7)

(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 broccoli or extra beans & corn 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 & 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 falafel for chicken

Korean BBQ (1/A,E, 2/D, 3, 4, 6, 10, 11) (Kcal: Steak: Reg 679, L 989, Chicken: Reg 673, L 966)

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

Buddha Bowl **V** **V+** (Vegetarian: 1/A, 3, 7, 10, 11, 12, Original: +2D, Vegan 1/A, 10, 11, 12)

(Kcal: Salmon: Reg 443, L 885, Prawns: Reg 429, L 595, 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

€4.95 EACH

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

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

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

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

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

Ham, crisp cos lettuce & Irish cheddar cheese

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

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

Chicken Tenders + Wedges

Portion of 3 tenders + regular wedges

KIDS MEAL DEAL

€6.95 EACH

1- Choose a protein :

Turkey - Ham - Chicken - Steak OR Cheese

2- Choose a side:

Cookie - Crisps

3- Choose a drink:

Chocolate milk - water

Full of wholesome goodness!

TREATS & BEVERAGES

See packaging for nutritional content & allergen info

Pita Chips & Dip (1/A)	€2.40
Keoghs Crisps	€1.40
Jo's Protein Balls	€2.95
Broderick's Brownies	€1.95
Ben & Jerry's 100ml	€3.95
Ben & Jerry's 450ml	€7.95
Fulfil Bars 55g	€2.95
Cookies	€1.50

Cans (Coke, Fanta, Sprite, Sanpellegrino & Water)	€1.50
FuseTea/ Oasis/ Vital	€2.95
Synerchi Kombucha	€3.25
Tropicana orange	€2.95
Innocent apple juice	€2.95
Vita Coco / Vit Hit	€2.95
Bottle (Coke, Fanta, Sprite)	€2.95
BPM/Monster	€2.95
Schweppes (Mango/ Blood Orange, Lime Mango)	€2.95

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

Allergens:

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

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: 01 963 1997
Pita Pit, Junction 6, Castleknock, Dublin 15, D15EA43. T: 01 963 1996
Unit 4, The Pavilions, Marine Road, Dun Laoghaire. T: 01 215 0437
Blackhall Street, Commons, Mullingar, Co. Westmeath. T: 044 934 0397



FRESH GRILLED & FLAVOUR FILLED

Pitas | Salad bowls | Rice Bowls |
EGG'D | Smoothies | Yogen Frusz
*Selected stores.

EGG'D



The Classic (1/A, 3, 6, 7, 10, 11) (Kcal: 522) €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: 499) €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: 743) €7.95
Fluffy fried egg OR scrambled free-range egg, smoked salmon or bacon, smashed avocado, feta cheese and hollandaise sauce, served in a warm brioche bun.

The Ultimate (1/A, 3, 7, 9) (Kcal: 615) €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, 11) (Kcal: 665) €5.95
Fluffy fried egg OR scrambled free-range egg, smashed avocado, Swiss cheese and jalapeño pepper relish, served in a warm brioche bun

Smash and Squeak (1/A, 3, 6, 7, 11) (Kcal: 708) €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 €6.95
PETITA €5.95

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 egg, 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, fresh tomatoes & mayo

Toasted Special (1/A, 3, 7, 9) (Kcal: Orig 405, Pet 234)
Ham, fresh tomatoes, red onion, Irish cheddar cheese & light mayo

Porridge (1/F, 7)
Soup (7, 9)

WEDGES & TENDERS

Potato Wedges (Kcal: Large 492, Regular 306)

REGULAR €3.95
LARGE €4.95

Loaded Wedges

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

€6.50 EACH

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

REGULAR €6.35
LARGE €8.95

When you are fresh out of the pit!

REGULAR €3.50
LARGE €4.95

PITAS DESIGNED BY US

ORIGINAL PITA €9.95
PETITA €6.95
LARGE SALAD €9.95
SMALL SALAD €6.95

Tandoori Chicken (1/A, 7) (Kcal: Orig 296, Pet 175)
Grilled tandoori seasoned chicken breast, crisp cos lettuce, carrot, onion, tomato, jalapenos and tzatziki sauce

Cuban 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

Spicy Buffalo Chicken Caesar (1/A, 3, 4, 7, 10) (Kcal: Orig 455Kcal, Pet 254 Kcal)
Spicy breaded chicken, crispy bacon, crisp cos lettuce, fresh tomatoes, grated parmesan cheese, crushed black pepper and zesty caesar 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

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

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.

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

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 crispy carrot, Irish cheddar cheese, jalapeños, chipotle sauce

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

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

VEGETARIAN V VEGAN V+

Vegetarian Burger Pita (Vegetarian: 1/A, 11) (Kcal: Orig 517, Pet 292)
Vegetarian burger, hummus, crisp cos lettuce, grilled red onion and peppers, fresh tomatoes, black olives, and vegan mayo.

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

Southern Fried Vegan Chick.'N (Vegetarian: 1/A, 12) (Kcal: Orig 455, Pet 274)
Southern fried chick'n, fresh baby spinach, fresh tomatoes, grilled red onion mushroom and red pepper, shredded crispy carrot, sriracha sauce and 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 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 (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! (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

ADD EXTRA RICE
- TO ANY -
PITA OR SALADS
FOR ONLY €1.50

COMBO MEALS

Original pita & drink €10.95
Original pita, drink & snack €11.95
Original pita & regular soup €11.95
Original pita, wedges & drinks €13.95

ADD LARGE WEDGES FOR 1 €

FAMILY DEALS!

- 2 Original pita, 2 petita, 2 snacks €33.50
- 2 Original pita, 2 petita, 4 drinks, 4 snacks €44.50

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	Pulled Oumph!
Buffalo Chicken	Turkey	Halloumi	Falafel
Pork	Steak	Pumpkin and Spinach	Vegetarian burger
Bacon	Tuna	Burger	Southern Fried Chick'n

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 (27-53 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)
		• Cucumber (2-3 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, black pepper, garlic, cajun, oregano, chilli flakes, piri piri, tandoori