

# VEGETARIAN v plant based



**FALAFEL** **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 and vegan mayo.

\*VEGAN FETA AND VEGAN MAYO AVAILABLE TO REPLACE TZATZIKI

**SOUTHERN FRIED VEGAN CHICK.'N** **V+**

(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** **V** (1/A, 7) (KCAL: ORIG 508, PET 254) (VEGAN OPTION AVAILABLE)

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

**GARDEN** **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 and balsamic vinaigrette

**PUMPKIN & SPINACH BURGER** **V+** (1/A, B, E, 12) (KCAL: ORIG 425, PET 243)

Pumpkin and spinach burger, fresh baby spinach, fresh tomatoes, grilled mushrooms with balsamic, shredded crispy carrot, red cabbage slaw and 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 and vegan mayo

**PEA AND LEMON BITES** **V+** (1/A, 6, 10) (KCAL: ORIG 354, PET 208)

With fresh baby spinach, fresh tomatoes, grilled red onion, mushroom and red pepper, shredded crispy carrot, sriracha sauce and vegan mayo

Original Pita €10.45  
Petita €6.95

HAVE ANY OF THESE AS A SALAD  
Large €10.45  
Small €6.95

Regular €11.50  
Large €13.95

For Salmon ADD €1.00

## RICE bowls

**MEXICAN BURRITO** **V+** (ORIGINAL & VEGETARIAN: 7)

(KCAL: CHICKEN: REG 484, LARGE 968, VEGETARIAN: REG 716, LGE 855 VEGAN: REG 717, LGE 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 and corn for chicken**

**JAPANESE TERIYAKI** **V+** (CHICKEN & VEGETARIAN: 1/A, 3, 6, 10, 11, 12, SALMON: +4, VEGAN 1/A, 6, 10, 11, 12) (KCAL: CHICKEN: REG 506, LGE 863, SALMON: REG 720, LGE 1006, VEGETARIAN REG 380, LGE 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, LGE 896, VEGETARIAN REG 563, LGE 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, LGE 989, CHICKEN: REG 673, LGE 966)

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

**BUDDHA BOWL** **V+** (VEGETARIAN: 1/A, 3, 7, 10, 11, 12, ORIGINAL: +2D, VEGAN 1/A, 10, 11, 12)

(KCAL: SALMON: REG 443, LGE 885, VEGETARIAN: REG 494, LGE 725, VEGAN: REG 640, LGE 957)

Brown 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**

**KATSU CHICKEN BOWL** (KCAL: ORIG 523) (1A, 3, 6, 7, 10)

Breaded chicken, fluffy fried egg, caramelised onions, rice, endamame beans, cucumber, pickled ginger and Katsu curry sauce

## kids MENU

**POPEYE'S BBQ CHICKEN** (1/A, E, 6, 7) (KCAL: 287)

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

**LOONEY TUNA** (1/A, 3, 4, 7, 10) (KCAL: 368)

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

**HAM & CHEESE FINGERS** (1/A, 7) (KCAL: 247)

Ham, crisp cos lettuce and Irish cheddar cheese

**DUSTIN'S DESTINY** (1/A, 3, 7, 10) (KCAL: 332)

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

**CHICKEN TENDERS+WEDGES** (1/A, 7, 9)

Portion of 3 tenders + Regular wedges

kids meal deal  
€6.95

1. CHOOSE A PROTEIN  
Turkey • Ham • Chicken  
• Steak • Cheese
2. CHOOSE A SIDE:  
Cookie or Crisps
3. CHOOSE A DRINK:  
Chocolate Milk  
or Water

All kids meals  
€4.95

FULL OF WHOLESOME GOODNESS

## smoothies

classics

**BREAKFAST BANANZA**

(1/F, 5, 8/A) (KCAL: 430)

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

**TROPICAL REVIVE** (7, 12) (KCAL: 373)

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

**IMMUNE BOOST** (7, 12) (KCAL: 378)

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

**WILD BERRY** (7, 12) (KCAL: 335)

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

super food

**FUEL THE DAY** (1/F, 7) (KCAL: 311)

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

**GREEN MACHINE** (7) (KCAL: 297)

Strawberry, fresh baby spinach, avocado, orange, flax seeds, honey and frozen yoghurt

**FAT BURNER** (7) (KCAL: 358)

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

**POWER PUNCH** (7) (KCAL: 305)

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

ADD A PROTEIN SHOT  
€1.50

classics  
€5.45  
super food  
€5.95

## treats & BEVERAGES

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

SEE PACKAGING FOR NUTRITIONAL CONTENT & ALLERGEN INFO

Cans €1.50

(Coke, Fanta, Sprite, San Pellegrino & Water)

Synerchí Kombucha €3.25

Tropicana Orange €2.95

Innocent Apple Juice €2.95

Vita Coco / Vit Hit €2.95

Bottle (Coke, Fanta, Sprite) €2.95

Monster €2.95

WE OFFER HALAL CHICKEN BUT PLEASE NOTE NOT ALL PROCESSES ARE HALAL

ALLERGENS

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

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.

deliveroo JUST EAT Eats MORT ORDER DIRECT FOR DELIVERY OR CLICK + COLLECT AT 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

Pita Pit Unit 4, The Pavilions, Marine Road, Dun Laoghaire. T: 01 215 0437

Pita Pit Blackhall Street, Commons, Mullingar, Co. Westmeath. T: 044 934 0397



# Fresh Grilled FLAVOUR FILLED

- PITA FLATBREAD SANDWICHES ● SALAD BOWLS
- RICE BOWLS ● EGG'D TOASTED BRIOCHE
- SMOOTHIES ● FROZEN YOGHURT



# ALL DAY breakfast

WHEN YOU'RE  
*fresh* OUT  
OF THE *pita!*

## THE FULL IRISH (1/A, 3, 6, 7, 12) (KCAL: Orig 873, Pet 234) €7.95

Crispy bacon, Galway sausage, Dublin black or white pudding, free range scrambled egg, Irish cheddar cheese, hash brown and smoked tomato ketchup

## CRAICN' EGGS (1/A, 3, 7, 12) (KCAL: Orig 523, Pet 162) €7.45

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

## Breakfast Pita Melts REG €6.95 PETITA €5.95

### MEXICAN QUESAPITA (1/A, 3, 7, 10) (KCAL: Orig 502, Pet 278)

Crispy bacon or eggs, grilled green peppers and red peppers, Irish cheddar cheese, Swiss cheese and 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 and mayo

### TOASTED SPECIAL (1/A, 3, 7, 9) (KCAL: Orig 405, Pet 234)

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

## Other Breakfast Bits

PORRIDGE (1/F, 7)	REG €3.50	LARGE €4.95
SOUP (7, 9)	REG €3.50	LARGE €4.95
PROTEIN		€1.50
HASH BROWN, CHEESE SAUCES		95c
		55c

Add any Classic Smoothie for €4!

# EGG'O

## THE CLASSIC (1/A, 3, 6, 7, 10, 11) (KCAL: 522) €5.95

Fluffy fried egg OR scrambled free-range egg, crispy bacon, cheddar cheese, Follain (tomato relish) sauce, served in a warm brioche bun

## OL'SMOKEY (1/A, 3, 6, 7, 9, 11) (KCAL: 499) €5.95

Fluffy fried egg OR scrambled free-range egg, free farmed bacon, cheddar cheese, fresh baby spinach and smoked ketchup, served in a warm brioche bun

## THE BENEDICT (1/A, 3, 4, 6, 7, 10, 11) (KCAL: 743) €8.95

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) €5.95

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) €6.95

Fluffy fried egg OR scrambled free-range egg, smashed avocado, Swiss cheese and jalapeño pepper relish, served in a warm brioche bun and hash browns

## SMASH AND SQUEAK (1/A, 3, 6, 7, 11) (KCAL: 708) €6.95

Fluffy fried egg OR scrambled free-range egg, grilled halloumi, smashed avocado, grilled onions and tomato salsa, served in a warm brioche bun



# SIDES & snacks **NEW!**

Regular  
3 PIECES  
Large  
5 PIECES

...with your choice of sauce

## BUFFALO CHICKEN BITES (1/A, 7, 9)

REG €4.45 LARGE €7.45

## FALAFEL BITES (NIL) REG €3.95 LARGE €5.95

## HALLOUMI STICKS (7) REG €4.45 LARGE €7.45

## PEA AND LEMON BITES (1/A) REG €3.95 LARGE €5.95

# WEDGES & chicken tenders

## POTATO WEDGES (KCAL: Large 492, Regular 306)

REG €4.95 LARGE €5.95

## LOADED WEDGES €8.95 EACH

### BACON & CHEESE (7) (KCAL: 726)

### PORK & BBQ SAUCE (1/E) (KCAL: 739)

### CHEESE & GARLIC (1/A, 3) (KCAL: 736)

## BUTTERMILK CHICKEN TENDERS WITH YOUR CHOICE OF SALAD

(1/A, 7, 9) (KCAL: Large 332, Regular 221)

REG €6.35 LARGE €8.95



# COMBO meals

ORIGINAL PITA and drink	€11.45
ORIGINAL PITA, drink and snack	€12.45
ORIGINAL PITA and REG soup	€12.45
ORIGINAL PITA, wedges and drink	€14.95

Add large wedges for €1

# FAMILY deals!

2 ORIGINAL PITA, 2 PETITA & 2 SNACKS	€34.95
2 ORIGINAL PITA, 2 PETITA, 4 DRINKS, 4 SNACKS	€44.95

# pitas designed FOR YOU

**TANDOORI CHICKEN (1/A, 7) (KCAL: ORIG 296, PET 175)**  
Grilled tandoori seasoned chicken breast, crisp cos lettuce, crispy carrot, onion, tomato, jalapenos and tzatziki sauce

**CUBAN TURKEY CLUB (1/A, 3, 7, 10, 12) (KCAL: ORIG 602, PET 358)**  
Turkey breast, crispy bacon, guacamole, crisp cos lettuce, fresh tomatoes, Irish cheddar cheese and ranch sauce

**SPICY BUFFALO CHICKEN (1/A, 3, 4, 7) (KCAL: ORIG 455, PET 254)**  
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 and sriracha

**BBQ PULLED PORK (1/A, E, 6) (KCAL: Orig 507, Pet 302)**  
Crispy pulled pork, mixed leaf lettuce, grilled mushrooms and red onions, fresh tomatoes, red cabbage slaw, shredded crispy carrot and 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 and 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 and 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, and 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 and 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 and 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 and red onions, sweet corn, fresh tomatoes, Irish cheddar cheese, light mayo and 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 and balsamic vinaigrette

**BBQ BACON & CHEESE PITA (1/A, 3, 6, 10) (KCAL: ORIG 575)**  
Grilled Irish steak, crispy bacon, grilled onion, crisp cos lettuce, fresh tomatoes, dill pickle, Irish cheddar cheese and BBQ sauce

**CHICKEN KATSU PITA (1/A, 3, 6, 7, 10) (KCAL: ORIG 750)**  
Breaded chicken, grilled red onion, crisp cos lettuce, fresh baby spinach, dill pickle, cucumber, crispy carrot with Katsu curry sauce

Original Pita  
€10.45  
Petita  
€6.95

HAVE ANY OF THESE AS A SALAD  
Large €10.45  
Small €6.95

Gluten Free Pitas  
ADD  
€1.00



MINIMUM 75 GRAMS OF PROTEIN IN EVERY ORIGINAL PITA

CREATE YOUR OWN!  
MAXIMUM FIVE TOPPINGS

GO XL!  
DOUBLE THE MEAT  
DOUBLE THE CHEESE  
€14.95