

HOW DO YOU WANT YOUR PITA?

Rolled **OR** Bowled?

ROLLED
in a pita



If you choose to have yours rolled it will contain allergen number 1

Pita Bread	Petita Cals*	Pita Cals*
White	133	217
Whole Wheat	124	203
Gluten Free**	n/a	n/a

* Calories do not include toppings or fillings. ** Suitable for people avoiding gluten, not people with coeliac disease because Pita Pit cannot guarantee a gluten-free environment

toast It

Add some extra warmth and crunch to any pita



BOWLED
and loaded with fresh veggies

Just skip the bread and ask us to pile your grilled pita fillings on top of a mountain of all your favourite salad fixings.

Want your dressing on the side? Just ask.

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.

• TOP It YOUR way •

Products and ingredients subject to availability

Spinach	8-11 cals	Cos Lettuce	6-10 cals
Mixed Lettuce	3-5 cals	Green Peppers	4-7 cals
Red Onions	5-9 cals	Cucumber	2-4 cals
Tomatoes	4-8 cals	Dill Pickles	2-4 cals
Mushrooms	2-3 cals	Red Cabbage	5-8 cals
Carrot	6-10 cals	Black Olives	13-26 cals
Beetroot	8-14 cals	Jalapenos	0-1 cals
Sweetcorn	12-24 cals	Swiss	37-73 cals
Cheddar	38-76 cals	Feta	27-53 cals
Hummus	39-77 cals		

SAUCES

	Cals		Cals
Garlic Mayo	29-43	Sweet Chilli	23-35
Sriracha	9-14	BBQ	12-17
Caesar	41-61	Ranch	37-55
Honey Mustard	36-54	Mayo	27-41
Hot Sauce	2-3	Ketchup	10-15
Southwest Chipotle	10-16	Balsamic Vinaigrette	4-6
Tomato Relish	24-48	Tzatziki	14-28

Seasonings

Salt, Pepper, Garlic, Cajun, Oregano, Chilli Flakes, Piri Piri

ALLERGENS INFO?

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



WWW.PITAPIT.IE

Pita Pit, Point Campus, Corner of Mayor Street and North Wall Avenue, Dublin 1
Pita Pit, Unit 452 Blanchardstown Dublin 15

Pita Pit

MENU

CHICKEN PITA



Spread



Cheese



Choice of Bread



Filling



Sauces



Veggies



Rolled in a pita or bowled and loaded with fresh veggies

FRESH THINKING · HEALTHY EATING

ALL DAY BREAKFAST

When you are fresh out of the pit!

*Allergens (please ask server for allergen list)

Craicn' Eggs **V** (3,7,10)* ORIGINAL €4.95 PETITA €3.95
Free Range Scrambled Eggs sprinkled with Crushed Black Pepper, Fresh Baby Spinach, Fresh Tomatoes, Sautéed Red Onions, Crumbled Greek Feta and Hot Sauce

Meat the Day (1,3,7,10,12) ORIGINAL €5.95 PETITA €4.95
Crispy Bacon, Galway Sausage, Dublin Black Pudding, Free Range Scrambled Eggs, Grilled Mushrooms, Smoked Tomato Ketchup, Mixed Leaf Lettuce, Fresh Tomatoes and Irish Cheddar Cheese

Veggie Brekkie **V+** (1,10) ORIGINAL €5.95 PETITA €4.95
Mixed Leaf Lettuce, Fresh Tomatoes, Sautéed Red Onions & Mushrooms, Fresh Green Peppers, Black Olives, Tomato Relish, Crushed Black Pepper, Vegan Greek Style Feta and Za'atar

Bacon & Egg €3.95 Bacon & Egg combo with coffee €4.50
Sausage & Egg €3.95 Sausage & Egg combo with coffee €4.50

Ham and Egg Flatbread ORIGINAL €5.95 PETITA €4.95

BLT Flatbread ORIGINAL €5.95 PETITA €4.95

Toasted Special ORIGINAL €5.95 PETITA €4.95

Ham, Tomato, Cheese, Onion & Mayo

Porridge €1.95 - €3.50

Berry Bircher & Yogurt Pots FROM €3.50

GOURM&t

ORIGINAL €7.95
PETITA €5.95
SALAD (Small) €5.95
SALAD (Large) €7.95
GLUTEN FREE €7.95

Chicken Pesto (3,5,7,8,12)

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 (Calories: Orig 469, Pet 275, Salad(sm) 142, (lge) 266)

Ragin' Cajun (1,7,9,10)

Grilled Irish Chicken OR Irish Steak with Cajun Spice Mix, Crisp Cos Lettuce, Fresh Tomatoes, Sweet Corn, Jalapenos, Sautéed Red Onions, Irish Cheddar Cheese and Sriracha (Calories: Orig 502, Pet 277, Salad(sm) 144, (lge) 288)

Had me at Halloumi (Vegan option available) (1,7)

Grilled Halloumi Cheese, Tzatziki, Mixed Leaf Lettuce, Cucumber, Sliced Black Olives, Fresh Tomatoes and Za'atar (Calories: Orig 570, Pet 323, Salad(sm) 190, (lge) 356)

Chicken Caesar (3,7)

Grilled Irish Chicken Breast, Crispy Bacon, Fresh Tomatoes, Grated Parmesan Cheese, Crushed Black Pepper, Crisp Cos Lettuce, Toasted Pumpkin Seeds & Zesty Caesar Sauce (Calories: Orig 505, Pet 288, Salad(sm) 155, (lge) 292)

Shredded Pork (12)

Crispy Pulled Pork, Grilled Mushrooms & Red Onions, Red Cabbage Slaw, Shredded Crispy Carrot, Mixed Leaf Lettuce, Tomato & BBQ Sauce (Calories: Orig 337, Pet 196, Salad(sm) 63, (lge) 123)

Grilled Irish Steak (3,7,10)

Irish Steak, Fresh Tomatoes, Grilled Mushrooms and Red Onions, Green Peppers, Dill Pickle, Irish Cheddar Cheese, Mixed Leaf Lettuce & Southwest Chipotle Sauce (Calories: Orig 425, Pet 241, Salad(sm) 108, (lge) 210)

CREATE YOUR OWN CLASSIC

ORIGINAL €7.95
PETITA €5.95
SALAD (Small) €5.95
SALAD (Large) €7.95
GLUTEN FREE €7.95

Piri Piri Chicken (7)

Piri Piri Chicken, Fresh Tomatoes, Jalapenos, Green Peppers, Mixed Leaf Lettuce, Swiss Cheese & Hot Sauce (Calories: Orig 92, Pet 46)

A-Tuna-Matata (3,4,7,10)

Skipjack Tuna, Sweetcorn, Sautéed Red Onions, Green Peppers, Fresh Tomatoes, Crushed Black Pepper, Dill Pickle, Crisp Cos Lettuce & Light Mayo (Calories: Orig 129, Pet 64)

Buffalo Chicken (1,3,5,7,10)

Spicy Breaded Chicken, Crispy Bacon, Grilled Green Peppers & Red Onions, Sweetcorn, Fresh Tomatoes, Irish Cheddar Cheese, Crisp Cos Lettuce, Mayo & Sweet Chilli Sauce (Calories: Orig 177, Pet 89)

Chick n' Fala (3,7)

Grilled Irish Chicken Breast, Oregano, Falafel, Hummus, Cucumber, Sliced Black Olives, Sautéed Red Onions, Fresh Tomatoes, Crumbled Feta Cheese, Fresh Baby Spinach & Garlic Mayo (Calories: Orig 170, Pet 124)

Irish Chicken (3,7,10)

Chicken Breast, Oregano, Fresh Tomatoes, Irish Cheddar Cheese, Mixed Leaf Lettuce & Mayo (Calories: Orig 129, Pet 64)

Pulled Irish Beef (3,7)

Irish Beef, Sautéed Red Onions & Mushrooms, Green Peppers, Melted Swiss Cheese, Dill Pickle, Fresh Tomatoes, Crisp Cos Lettuce & Garlic Mayo (Calories: Orig 97, Pet 48)

Turkey Club (7,10)

Turkey Breast, Bacon, Fresh Tomatoes, Irish Cheddar Cheese, Crisp Cos Lettuce & Ranch Sauce (Calories: Orig 173, Pet 86)



SOUP!

Served Daily FROM €1.95

Toppings listed above are just our recommendations, feel free to create your own classic!

VEG&TARIAN **V** VEGAN **V+**

ORIGINAL €6.95
PETITA €4.95
SALAD (Small) €4.95
SALAD (Large) €6.95
GLUTEN FREE €6.95

Falafel **V** **V+** (3,7,10)

Falafel, Hummus, Tzatziki, Black Olives, Fresh Baby Spinach, Carrot, Tomato and Feta Cheese (Calories: Orig 156, Pet 78)

Pumpkin & Spinach Burger **V** (1,12)

Pumpkin & Spinach Burger, Fresh Baby Spinach, Tomatoes, Grilled Mushrooms with Balsamic, Shredded Crispy Carrot, Red Cabbage Slaw and Sriracha Sauce (Calories: Orig 152, Pet 76)

Garden **V** **V+** (7,12)

Shredded Crispy Carrot, Fresh Tomatoes, Black Olives, Cucumber, Dill Pickle, Mixed Leaf Lettuce, Crumbled Feta Cheese, Tzatziki & Balsamic Vinaigrette (Calories: Orig 57, Pet 30)

SIDES

Chicken Tenders (1,7,9)

3 pack €3.45
6 pack €6.90

Pita Chips & Dip (1) €2.40

Jo's FROM €2.75

Protein Ball, Chia energy Bomb, Rawlo, Café Mocha Bliss Ball and peanut butter bomb

Broderick's Brownies (3) FROM €1.60

SMOOTHIES

SMOOTHIES €4.50

Breakfast Bananza (1,8)

Banana, Dates, Oats & Unsweetened Almond Milk

Tropical Revive (7)

Mango, Papaya, Banana, Kiwi, Melon, Greek Yogurt & Pineapple Juice

Immune Boost (7)

Raspberry, Strawberry, Mango, Banana, Greek Frozen Yogurt & Apple Juice

Wild Berry (7)

Raspberry, Blackberry, Blueberry, Greek Frozen Yogurt & Apple Juice

We also serve a wide range of coffees, prepared using single origin **ORGANIC** fairtrade beans

KIDS Full of wholesome goodness!

Cheeky Chicken (7)

Brave Beef (7)

Super Veggie (7)

Happy Ham (7)

Just Cheese (7)

KIDS PETITA *Up to three fillings €3.95

COMBO Choice of water or apple/orange juice €4.95

