

# MENU

**Pita Pit**

## DESIGNED BY US

**V** Vegetarian **V+** Vegan **GF** Gluten Free **DF** Dairy Free

PETITA PITA **\$11<sup>90</sup>** REG PITA **\$13<sup>90</sup>** BOWL **+\$1<sup>00</sup>**

Fixed fillings only

Double Protein FROM **+\$2<sup>50</sup>**

Gluten Free Pita **+\$2<sup>00</sup>**

Add Premium Fillings - See Menu

### Chicken Caesar

Grilled chicken breast, streaky bacon, lettuce, sliced red onion, cucumber, tomato, smashed avocado, shaved parmesan, pita chips & caesar dressing.

### Falafel, Beans & Greens **V GF DF**

Grilled falafel, smashed egg, three-bean mix, red cabbage & carrot mix, pickled beets, kimchi, hummus, rosemary vinaigrette & toasted seeds.

**V+** Remove egg & add 1 x premium filling.

### Smokin' Pulled Pork **GF**

Pulled pork, lettuce, tomato, sliced red onion, tri-colour jalapenos, roasted red peppers, cucumber, cheddar cheese, quinoa & brown rice & smoked chipotle mayo.

### Panko & Quinoa Chicken

Panko & quinoa crumbed chicken, mixed green leaves, smashed egg, grilled kumara, pickled beets, pita chips, lemon dijon dressing, tomato kasundi & toasted seeds.

### Southern Spiced Prawns **GF**

Marinated chipotle prawns, mixed green leaves, three-bean mix, sliced red onion, tri-colour jalapenos, carrot, tomato, grilled pineapple, smashed avocado & smoked chipotle mayo.

### Ancient Grains & Feta **V GF**

Feta & quinoa rosti, mixed green leaves, three-bean mix, quinoa and brown rice, pickled beets, carrot, feta, smashed avocado & ginger turmeric dressing.

### Stone-Age Steak **GF DF**

Grilled steak, mixed green leaves, grilled kumara, sliced red onion, gherkins, carrot, smashed avocado & rosemary vinaigrette.

### Bacon, Eggs & Avo **GF**

Scrambled eggs, streaky bacon, cabanossi sausage, mixed green leaves, quinoa & brown rice, roasted red peppers, tomato, smashed avocado, tomato kasundi & aioli.

## DESIGNED BY YOU

Our Pita bread is baked fresh daily by a local family of bakers and contains no artificial preservatives.

### STEP 1 Pita or Bowl

PETITA PITA <b>\$8<sup>50</sup></b> 1 Protein 5 Classic Fillings 1 Sauce	REG PITA <b>\$10<sup>50</sup></b> 1 Protein 5 Classic Fillings 1 Sauce	BOWL <b>+\$1<sup>00</sup></b> 1 Protein 5 Classic Fillings 1 Sauce
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Upgrade to all Classic Fillings (up to 15) & Sauces **+\$2<sup>50</sup>**

Double Protein FROM **+\$2<sup>50</sup>**

Gluten Free Pita **+\$2<sup>00</sup>**

### STEP 2 Choose Protein

- Chicken Breast **GF**
- Crumbed Chicken
- Pulled Pork **GF**
- Falafel **V+ GF**
- Feta & Quinoa Rosti **V GF**
- Kumara & Lentil Rosti **V+ GF**
- Chick'n Bacon **GF** **+\$0.50**
- Chick'n Fala Chicken & Falafel **GF** **+\$0.50**
- Grilled Steak **GF** **+\$0.50**
- Lamb **GF** **+\$0.50**
- Bacon & Egg **GF** **+\$0.50**
- Chipotle Prawns **GF** **+\$1.00**

### STEP 3 Add Premium Fillings

- Smashed Avocado **+\$2<sup>00</sup> EACH**
- Smashed Egg
- Kumara
- Shaved Parmesan
- Quinoa & Brown Rice **+\$1<sup>00</sup> EACH**
- Kimchi
- Bacon
- Add a Drink & Snack **+\$6<sup>00</sup>**  
Includes 1 Drink & 1 Snack  
(Pita Chips or Treat)

## SNACKS AND KIDS

### KIDS ROLLED OR FLAT GRILLED PITA

Protein + 3 Classic Fillings

Chicken <b>GF</b>	KIDS PITA <b>\$6<sup>00</sup></b>
Ham <b>GF</b>	
Bacon <b>GF</b>	
Veggie <b>V+ GF</b>	KIDS PITA & DRINK <b>\$8<sup>00</sup></b>
4 fillings	

ORDER IN-STORE, ONLINE OR ON OUR APP

### SNACKS

- Flat Grilled Pita Protein + 3 Classic Fillings **\$6<sup>00</sup>**
- Loaded Pita Chips Pulled Pork or Falafel **\$7<sup>50</sup>**
- Chicken Tenders **GF** 4 pack **\$4<sup>90</sup>** 8 pack **\$8<sup>50</sup>**
- Grilled Wedges **V+** **\$5<sup>50</sup>**
- Pita Chips & Dip **V+** **\$3<sup>90</sup>**

### TREATS

- Cookie **\$2<sup>50</sup> EACH**
- Choc Chilli Slice **GF DF V+**
- Ginger Slice **GF DF V+**

## SMOOTHIES

### KiwiBerry Omega-3

Guava, strawberries, kiwifruit with yoghurt & organic omega-3 supplement

### Feijoa, Pear, Ginger

Feijoa, pear, banana, organic Manuka honey with yoghurt & ginger supplement

### Immuni Tropical

Mango, pineapple, lime, banana with yoghurt & vitamin C supplement

### Mango Banana Probiotic

Mango, banana with yoghurt & probiotic supplement

### Superfruit Antioxia

Cranberry, guava, blueberries, raspberries with yoghurt & organic antioxidant supplement

REGULAR **\$7<sup>00</sup>** DAIRY FREE **+\$0<sup>50</sup>** PROTEIN **+\$1<sup>00</sup>**

Smoothies available at participating stores only

#### OUR MEAT

We take care to source the best quality meats, free from GMO's. We use 100% NZ Beef and Lamb, hormone free NZ free-range chicken and eggs and free-farmed ham and bacon.

#### FROM PADDOCK TO PITA

Our fresh produce is sourced from local farmers around NZ wherever possible and delivered fresh to stores where we prepare it each morning. All of our fresh fillings are free from artificial additives and GMO's. Fresh from the paddock into your tasty Pita or Bowl.

#### GLUTEN FREE OPTIONS

We have a range of Gluten Free options to choose from including our pita bread, proteins, fillings, sauces and snacks. Just look for the GF icon on our menu.

#### PLANT-BASED & DAIRY FREE

We have a range of vegan, vegetarian and dairy free options to choose from including our proteins, fillings and sauces. Just look for the V+, V and DF icons on our menu