

# create your own calorie guide

menu item	small pita (Cals)	regular pita / flatbaked (Cals)	extreme (Cals)	salads (Cals)	bowls (Cals)
pita	130	230	230	-	-
salad base	-	-	10	10	-
green and grains base	-	-	170	-	170
<b>toppings</b>					
alfalfa sprouts	0	0	0	0	0
black beans	20	35	35	35	35
broccoli	5	10	10	10	10
chickpeas	50	80	80	80	80
cucumbers	5	10	10	10	10
edamame	25	40	40	40	40
green peppers	5	10	10	10	10
hot banana peppers	5	10	10	10	10
jalapeno	5	10	10	10	10
kalamata olives	30	45	45	45	45
mushrooms	2	5	5	5	5
pickled onions	5	10	10	10	10
pickles	5	10	10	10	10
pineapple	10	15	15	15	15
red cabbage	5	10	10	10	10
red onions	5	10	10	10	10
roasted corn	20	35	35	35	35
roasted red peppers	15	20	20	20	20
roasted zucchini	20	25	25	25	25
romaine lettuce	5	10	-	-	-
spinach	5	10	-	-	-
spring mix	5	10	-	-	-
tabbouleh	20	40	40	40	40
tomatoes	5	10	10	10	10
<b>premium toppings</b>					
avocado	30	30	30	30	30
bacon	70	70	70	70	70
egg	70	70	70	70	70
<b>cheese</b>					
cheddar & mozzarella mix	30	60	60	60	60
feta	25	50	50	50	50
goat	40	80	80	80	80
parmesan	20	40	40	40	40
<b>sauces &amp; spreads</b>					
asian soy	60	90	90	90	90
BBQ	35	50	50	50	50
buffalo hot sauce	5	10	10	10	10
butter milk ranch	70	110	110	110	110
chipotle aioli	90	140	140	140	140
greek feta vinaigrette	80	120	120	120	120
honey dijon	100	150	150	150	150
hummus	35	50	50	50	50
lemon balsamic	80	120	120	120	120
lemon oil vinaigrette	60	90	90	90	90
light mayo	60	90	90	90	90
pizza sauce	10	15	15	15	15
roasted garlic yogurt	60	90	90	90	90
shish taouk	70	90	90	90	90
sriracha	20	30	30	30	30
sweet chilli thai	50	70	70	70	70
tahini	120	180	180	180	180
tzatziki	20	30	30	30	30
<b>protein</b>					
buffalo chicken	100	130	230	130	130
chicken shawarma	120	150	270	150	150
chicken souvlaki	120	150	270	150	150
falafel	150	200	350	200	200
grilled chicken	90	120	210	120	120
ham	50	80	130	80	80
philly steak	160	240	400	240	240
salmon	80	80	160	80	80
spicy garden crumble	150	150	300	150	150
turkey	40	70	110	70	70
<b>garnishes</b>					
cranberries	50	50	50	50	50
croutons	30	30	30	30	30
flax seeds	25	25	25	25	25
harvest cheddar sunchips®	30	30	30	30	30
pumpkin seeds	60	60	60	60	60
sesame seeds	30	30	30	30	30
sunflower seeds	30	30	30	30	30
<b>protein (breakfast only)</b>					
whole eggs (2)	150	-	-	-	-
egg whites	50	-	-	-	-

Adults and youth (ages 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.