



WE CATER OFFICE LUNCHES AND PARTIES, SO ASK US ABOUT OUR PITA PLATTERS FOR GROUPS!



NAME _____

ADDRESS _____

PHONE # _____ APT # _____ ENTRY CODE _____

DELIVERY OR PICK-UP TIME _____

1615 Regent Ave. Phone: 204-654-9000 Order Online at www.pitapitregent.ca
FAXABLE ORDERING MENU - FAX TO 204-669-7398

SUBTOTAL \$ _____
 TAX \$ _____
TOTAL \$ _____

MENU

GRILLED MEAT PITAS	Regular 9"	6" Petita™
Chicken Breast	\$7.49	\$5.89
Chicken Caesar	\$7.99	\$6.39
Chicken Crave	\$7.99	\$6.39
Spicy Buffalo Chicken	\$7.49	\$5.89
Chicken Souvlaki	\$7.49	\$5.89
Gyros	\$6.89	\$5.29
Philly Steak	\$7.99	\$6.39
Southwest Chicken	\$7.49	\$5.89
Southwest Steak	\$7.99	\$6.39
BBQ Rib	\$7.49	\$5.89

CLASSIC DELI PITAS	Regular 9"	6" Petita™
Black Forest Ham	\$6.69	\$5.09
BLT	\$6.69	\$5.09
Club	\$7.49	\$5.89
Dagwood Club	\$7.99	\$6.39
Roast Beef	\$7.49	\$5.89
Tuna	\$7.19	\$5.59
Turkey	\$7.49	\$5.89

VEGETARIAN PITAS	Regular 9"	6" Petita™
Babaganoush (vegan)	\$6.19	\$4.59
Cheddar	\$5.89	\$4.29
Falafel (vegan)	\$6.89	\$5.29
Feta	\$5.89	\$4.29
Garden (vegan)	\$5.39	\$3.79
Hummus (vegan)	\$6.19	\$4.59
Swiss	\$5.89	\$4.29

EXTRAS	Regular 9"	6" Petita™
Double Meat	\$2.39	\$1.25
Extra Cheese	\$1.00	\$0.50
Extra Bacon	\$1.00	\$1.00
Babaganoush	\$1.00	\$0.50
Hummus	\$1.00	\$0.50

SALADS	Large	Small
Caesar	\$5.99	\$4.39
Garden (vegan)	\$5.49	\$3.89
Greek	\$6.29	\$4.69
Build Your Own	\$8.49	\$6.89
Add Any Meat	\$2.39	\$1.25
Add Tuna	\$2.39	\$1.25
Add Cheese	\$1.00	\$0.50
Add Bacon	\$1.00	\$1.00

DRINKS	
Bottled Water	\$2.09
Juice (Apple, Orange, others)	\$2.09
Milk (White, Chocolate)	\$2.39
Pop (Cans)	\$1.49
Pop (591 mL bottles)	\$2.09
Premium Drinks (Vit. Water, Fuze etc.)	\$2.59
Other: _____	\$ _____

SNACKS	
Chips	\$1.20
Cookies (2)	\$1.50

MAKE IT A COMBO!

Regular 9": \$2.75 Regular 6": \$2.75
 Premium 9": \$3.36 Premium 6": \$3.36

Regular Combo = Pita or Salad + Large Reg. Drink + Chips or 2 Cookies

Premium Combo: with Premium Drink instead

BREAKFAST PITAS	Reg. 9"	6" Petita™
Morning Glory	\$5.39	\$3.79
Ham 'n' Eggs	\$6.19	\$4.59
Awakin' with Bacon	\$6.19	\$4.59
Sausage Sunrise	\$6.19	\$4.59
Meat the Day	\$6.79	\$5.19

SMOOTHIES	Reg.	Soy/Add Protein
Pomberry Antioxia	\$4.49	\$1.50
Mango Probiotic	\$4.49	\$1.50
5 Berry Immuniforce	\$4.49	\$1.50
Strawberry/Kiwi Omega-3	\$4.49	\$1.50
Banana/Pineapple 'n' Fibre	\$4.49	\$1.50

MEAL #1	MEAL #2	MEAL #3	MEAL #4
NAME _____ PITA _____ SALAD _____	NAME _____ PITA _____ SALAD _____	NAME _____ PITA _____ SALAD _____	NAME _____ PITA _____ SALAD _____
<input type="checkbox"/> White or <input type="checkbox"/> W.Wheat <input type="checkbox"/> Reg. 9" or <input type="checkbox"/> 6" Petita™	<input type="checkbox"/> White or <input type="checkbox"/> W.Wheat <input type="checkbox"/> Reg. 9" or <input type="checkbox"/> 6" Petita™	<input type="checkbox"/> White or <input type="checkbox"/> W.Wheat <input type="checkbox"/> Reg. 9" or <input type="checkbox"/> 6" Petita™	<input type="checkbox"/> White or <input type="checkbox"/> W.Wheat <input type="checkbox"/> Reg. 9" or <input type="checkbox"/> 6" Petita™
EXTRAS (\$) <input type="checkbox"/> Double Meat (\$) <input type="checkbox"/> Extra Bacon (\$) <input type="checkbox"/> Extra Cheese (\$) <input type="checkbox"/> Hummus (\$) <input type="checkbox"/> Babaganoush (\$)	EXTRAS (\$) <input type="checkbox"/> Double Meat (\$) <input type="checkbox"/> Extra Bacon (\$) <input type="checkbox"/> Extra Cheese (\$) <input type="checkbox"/> Hummus (\$) <input type="checkbox"/> Babaganoush (\$)	EXTRAS (\$) <input type="checkbox"/> Double Meat (\$) <input type="checkbox"/> Extra Bacon (\$) <input type="checkbox"/> Extra Cheese (\$) <input type="checkbox"/> Hummus (\$) <input type="checkbox"/> Babaganoush (\$)	EXTRAS (\$) <input type="checkbox"/> Double Meat (\$) <input type="checkbox"/> Extra Bacon (\$) <input type="checkbox"/> Extra Cheese (\$) <input type="checkbox"/> Hummus (\$) <input type="checkbox"/> Babaganoush (\$)
COMBO <input type="checkbox"/> Regular Drink or <input type="checkbox"/> Premium Drink (\$) <input type="checkbox"/> Chips or <input type="checkbox"/> Cookies (2)	COMBO <input type="checkbox"/> Regular Drink or <input type="checkbox"/> Premium Drink (\$) <input type="checkbox"/> Chips or <input type="checkbox"/> Cookies (2)	COMBO <input type="checkbox"/> Regular Drink or <input type="checkbox"/> Premium Drink (\$) <input type="checkbox"/> Chips or <input type="checkbox"/> Cookies (2)	COMBO <input type="checkbox"/> Regular Drink or <input type="checkbox"/> Premium Drink (\$) <input type="checkbox"/> Chips or <input type="checkbox"/> Cookies (2)
VEGGIES <input type="checkbox"/> Iceberg Lettuce <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Tomato <input type="checkbox"/> Green Pepper <input type="checkbox"/> Onions <input type="checkbox"/> Mushrooms <input type="checkbox"/> Pickles <input type="checkbox"/> Green Olives <input type="checkbox"/> Black Olives <input type="checkbox"/> Cucumber <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Jalapeños <input type="checkbox"/> Pineapple <input type="checkbox"/> Alfalfa Sprouts	VEGGIES <input type="checkbox"/> Iceberg Lettuce <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Tomato <input type="checkbox"/> Green Pepper <input type="checkbox"/> Onions <input type="checkbox"/> Mushrooms <input type="checkbox"/> Pickles <input type="checkbox"/> Green Olives <input type="checkbox"/> Black Olives <input type="checkbox"/> Cucumber <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Jalapeños <input type="checkbox"/> Pineapple <input type="checkbox"/> Alfalfa Sprouts	VEGGIES <input type="checkbox"/> Iceberg Lettuce <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Tomato <input type="checkbox"/> Green Pepper <input type="checkbox"/> Onions <input type="checkbox"/> Mushrooms <input type="checkbox"/> Pickles <input type="checkbox"/> Green Olives <input type="checkbox"/> Black Olives <input type="checkbox"/> Cucumber <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Jalapeños <input type="checkbox"/> Pineapple <input type="checkbox"/> Alfalfa Sprouts	VEGGIES <input type="checkbox"/> Iceberg Lettuce <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Tomato <input type="checkbox"/> Green Pepper <input type="checkbox"/> Onions <input type="checkbox"/> Mushrooms <input type="checkbox"/> Pickles <input type="checkbox"/> Green Olives <input type="checkbox"/> Black Olives <input type="checkbox"/> Cucumber <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Jalapeños <input type="checkbox"/> Pineapple <input type="checkbox"/> Alfalfa Sprouts
CHEESES <input type="checkbox"/> Cheddar <input type="checkbox"/> Feta <input type="checkbox"/> Swiss <input type="checkbox"/> Parmesan	CHEESES <input type="checkbox"/> Cheddar <input type="checkbox"/> Feta <input type="checkbox"/> Swiss <input type="checkbox"/> Parmesan	CHEESES <input type="checkbox"/> Cheddar <input type="checkbox"/> Feta <input type="checkbox"/> Swiss <input type="checkbox"/> Parmesan	CHEESES <input type="checkbox"/> Cheddar <input type="checkbox"/> Feta <input type="checkbox"/> Swiss <input type="checkbox"/> Parmesan
SAUCES/DRESSINGS <input type="checkbox"/> Light Caesar <input type="checkbox"/> Light Ranch <input type="checkbox"/> Ancho Chipotle <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Hot Sauce <input type="checkbox"/> Horseradish Dijon <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Light Mayo <input type="checkbox"/> Mustard (Regular) <input type="checkbox"/> Teriyaki <input type="checkbox"/> Tzatziki <input type="checkbox"/> Special Sauce (Greek) <input type="checkbox"/> Ketchup	SAUCES/DRESSINGS <input type="checkbox"/> Light Caesar <input type="checkbox"/> Light Ranch <input type="checkbox"/> Ancho Chipotle <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Hot Sauce <input type="checkbox"/> Horseradish Dijon <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Light Mayo <input type="checkbox"/> Mustard (Regular) <input type="checkbox"/> Teriyaki <input type="checkbox"/> Tzatziki <input type="checkbox"/> Special Sauce (Greek) <input type="checkbox"/> Ketchup	SAUCES/DRESSINGS <input type="checkbox"/> Light Caesar <input type="checkbox"/> Light Ranch <input type="checkbox"/> Ancho Chipotle <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Hot Sauce <input type="checkbox"/> Horseradish Dijon <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Light Mayo <input type="checkbox"/> Mustard (Regular) <input type="checkbox"/> Teriyaki <input type="checkbox"/> Tzatziki <input type="checkbox"/> Special Sauce (Greek) <input type="checkbox"/> Ketchup	SAUCES/DRESSINGS <input type="checkbox"/> Light Caesar <input type="checkbox"/> Light Ranch <input type="checkbox"/> Ancho Chipotle <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Hot Sauce <input type="checkbox"/> Horseradish Dijon <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Light Mayo <input type="checkbox"/> Mustard (Regular) <input type="checkbox"/> Teriyaki <input type="checkbox"/> Tzatziki <input type="checkbox"/> Special Sauce (Greek) <input type="checkbox"/> Ketchup
<input type="checkbox"/> Salt + Pepper	<input type="checkbox"/> Salt + Pepper	<input type="checkbox"/> Salt + Pepper	<input type="checkbox"/> Salt + Pepper
SNACKS + DRINKS <input type="checkbox"/> Water: _____ <input type="checkbox"/> Juice: _____ <input type="checkbox"/> Milk: _____ <input type="checkbox"/> Pop/can: _____ <input type="checkbox"/> Pop/lg: _____ <input type="checkbox"/> Premium: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Chips: _____ <input type="checkbox"/> Cookies: _____	SNACKS + DRINKS <input type="checkbox"/> Water: _____ <input type="checkbox"/> Juice: _____ <input type="checkbox"/> Milk: _____ <input type="checkbox"/> Pop/can: _____ <input type="checkbox"/> Pop/lg: _____ <input type="checkbox"/> Premium: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Chips: _____ <input type="checkbox"/> Cookies: _____	SNACKS + DRINKS <input type="checkbox"/> Water: _____ <input type="checkbox"/> Juice: _____ <input type="checkbox"/> Milk: _____ <input type="checkbox"/> Pop/can: _____ <input type="checkbox"/> Pop/lg: _____ <input type="checkbox"/> Premium: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Chips: _____ <input type="checkbox"/> Cookies: _____	SNACKS + DRINKS <input type="checkbox"/> Water: _____ <input type="checkbox"/> Juice: _____ <input type="checkbox"/> Milk: _____ <input type="checkbox"/> Pop/can: _____ <input type="checkbox"/> Pop/lg: _____ <input type="checkbox"/> Premium: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Chips: _____ <input type="checkbox"/> Cookies: _____
SMOOTHIES <input type="checkbox"/> Flavour _____ <input type="checkbox"/> Regular or <input type="checkbox"/> Dairy-Free (\$) <input type="checkbox"/> Add Protein (\$)	SMOOTHIES <input type="checkbox"/> Flavour _____ <input type="checkbox"/> Regular or <input type="checkbox"/> Dairy-Free (\$) <input type="checkbox"/> Add Protein (\$)	SMOOTHIES <input type="checkbox"/> Flavour _____ <input type="checkbox"/> Regular or <input type="checkbox"/> Dairy-Free (\$) <input type="checkbox"/> Add Protein (\$)	SMOOTHIES <input type="checkbox"/> Flavour _____ <input type="checkbox"/> Regular or <input type="checkbox"/> Dairy-Free (\$) <input type="checkbox"/> Add Protein (\$)