



PITAS

WHITE OR WHEAT

PICK YOUR OWN \$8

1

PROTEIN

ROTISSERIE CHICKEN
ROASTED TURKEY BREAST
ROAST BEEF
ASTORIA CURRY CHICKEN SALAD
TUSCAN TUNA SALAD
ROASTED GARLIC HUMMUS
MARINATED TOFU
BACADO (BACON & AVOCADO)
Pork, Turkey, or Soy Bacon

2

PRODUCE

LEAF LETTUCE
TOMATO
CUCUMBER
CARROT
BELL PEPPER
RED CABBAGE
SCALLIONS
CHICK PEAS
SPROUTS
"ALL THE VEGGIES"

3

POUR

PEPPER-PARMESAN
HONEY MUSTARD
YOGURT CURRY
HORSERADISH
LOW-FAT RANCH
BLUE CHEESE VINAIGRETTE
FIG BALSAMIC VINAIGRETTE
MUSTARD-BERRY VINAIGRETTE
CHARRED TOMATO VINAIGRETTE
LEMON-THYME VINAIGRETTE

OR PICK FROM OURS

SALMON CROQUETTE Crispy salmon, lemon-tahini sauce. \$10
MEDITERRANEAN VEGGIE Roasted garlic hummus, feta, olive salad. \$8
LAMB SHAWARMA Yogurt-cucumber salad \$10
TOFU BLT Soy bacon, arugula, tomato, herb pesto \$9
BLACKENED SHRIMP PO' BOY Spicy remoulade, oven dried tomatoes. \$10

ASK ABOUT OUR DAILY ADDITIONS

EXTRA SCRATCH

AVOCADO \$1
OLIVE SALAD \$1
PORTABELLA. \$1
CHEESE \$1.50
Feta, Blue, Cheddar, Provolone, Goat, or Gruyere
BACON. \$1.50
Pork, Turkey, or Soy

ON THE SIDE

MARKET SALAD. \$4
FARRO SALAD. \$5
ORZO SALAD. \$4
QUINOA SALAD. \$4
CHICK PEA SALAD \$4
HUMMUS W/ PITA \$5
BAKED PITA CHIPS \$3

PANINIS

WHITE OR WHEAT CIABATTA

ROTISSERIE CHICKEN CLUB	Smoky bacon, apple, tomato, spinach, dijonnaise	\$9
PROSCIUTTO & MELON	Cantaloupe, brie, truffled honey	\$9
TUSCAN TUNA MELT	Gruyere cheese, tomato, arugula.	\$9
THE VEGAN	Soy bacon, marinated tofu, vegan cheese, vegan mayo.	\$8
PORTABELLA	Goat cheese, spinach, sweet onion jam, balsamic	\$8
TURKEY REUBEN	Pickled red cabbage, thousand island, gruyere cheese	\$9
CHICKEN MOLÉ	Refried beans, pico de gallo, pepper jack cheese	\$9
THE GOBBLER	Roasted turkey breast, cranberry mustard, brie, spinach	\$9
MUFFULETTA	Prosciutto, capicola, salami, provolone, olive salad	\$10

SOUPS & SALADS

ADD CHICKEN \$4, SALMON CROQUETTES \$6, BLACKENED SHRIMP \$7

VEGGIE CHILI	Farro, kidney beans, bulgar wheat	\$6
SOUP OF THE DAY	Daily selection of seasonal soups.	\$6
MARKET	“All the Veggies” over field greens	\$7
PITA CAESAR	Oven-dried tomatoes, cucumbers, pecorino, pita chips, pepper-parm dressing. . .	\$8
NATURE’S WAY	Dried fruit, granola, goat cheese, carrots, chick peas, spinach.	\$8
COBB	Turkey bacon, blue cheese, eggs, walnuts, tomato, romaine lettuce	\$9
MEDITERRANEAN	Feta, cucumbers, chick peas, olives, tomatoes, field greens	\$8
TRIO	Tuscan tuna, hummus, astoria chicken salad, pita chips	\$9

HOW TO EAT-A-PITA

Just follow our 3 steps! Pick a protein, produce, and pour to make your perfect pocket. For a true Eat-A-Pita experience, pick your pocket with “All the Veggies.”

We recommend taking it one bite at a time, saving a little pour for each layer. Our lean proteins, bountiful selection of produce, and tasty pours are designed to satisfy every healthy craving. The air-filled pita pocket is a smarter alternative to most sandwich breads, as it is lower in calories, sodium, and fat.



CATERING

Catering is available to fit all of your needs. Customized platters or individual meals are available for breakfast, lunch, or dinner. Any size, any budget, we can help!

CATERING@EATAPITAPHILLY.COM

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