

Sides

HOME-CUT FRIES SM \$2.99 LG \$3.99

SWEET POTATO FRIES – Crispy sweet potato fries served with house-made curry aioli

SM \$4.99 LG \$5.99

DEEP FRIED PICKLES - Breaded pickle spears with your choice of dipping sauce 4pc \$3.99

MOZZARELLA STICKS – 6pc \$4.99

VEGETABLE SAMOSA – Spiced Potatoes and Peas \$2.49

CHICKEN OR DONAIR SAMOSA \$2.99

PAKORA - Deep fried chick pea flour dumpling 4pc \$3.99

DONAIR EGG ROLL – crispy egg roll stuffed with donair meat and sauce \$2.25

Salads

CREATE YOUR OWN VEGGIE SALAD

SM \$5.99 LG \$7.99

SALAD BOWL - "SALAD YOUR PITA"

SM \$7.99 LG \$9.99

Watching Carbs / Keto? Gluten Free? Make your "pita" in a container instead of wrapped in a pita bread. Choose any of our pitas offered.

POP \$1.49 WATER \$1.49

CHOC MILK SM \$1.79 LG \$2.49

TEA, COFFEE, HOT CHOC \$1.99

ICED COFFEE \$1.99

Open Monday - Saturday

11:00am – 8:00pm

Mama Pita

902-543-4785

GLUTEN FREE, VEGAN, VEGETARIAN AND
LOW CARB OPTIONS AVAILABLE

CALL AHEAD ORDERS ACCEPTED

FACEBOOK @MAMAPITABRIDGEWATER

Chicken Pitas

6" - \$6.99 9" - \$8.99

BUFFALO CHICKEN – Grilled chicken coated in a wing sauce, mild, med, or hot

GRILLED CHICKEN - Grilled chicken breast

CHICKEN CAESAR – Chicken breast grilled with bacon

CHICKEN SHAWARMA – Sliced chicken breast marinated in Shawarma spices

BUTTER CHICKEN – Chicken sizzled in Butter Chicken Sauce

HONEY GARLIC CHICKEN - Grilled chicken with sweet honey garlic sauce

TERIYAKI CHICKEN – Grilled chicken with teriyaki sauce

TANDOORI CHICKEN - Grilled chicken with spicy Indian flavors

CHIPOTLE CHICKEN – Grilled chicken with chipotle sauce

PINEAPPLE CURRY – Grilled chicken in a sweet pineapple sauce with a touch of curry

BRIDGEWATER MALL

421 LAHAVE ST.

Meat Pitas

6" - \$6.99 9" - \$8.99

SHAVED STEAK – Authentic shaved steak

CHIPOTLE STEAK – Shaved steak grilled with chipotle sauce

BEEF SHAWARMA – Shaved steak marinated with Shawarma spices

CHEESEBURGER - Grilled burger with your choice of toppings

DONAIR – Thinly sliced donair meat

BLT – Crispy bacon with your choice of veg

DEEP FRIED PITA BOWL \$9.49

9" Pita deep fried into a bowl shape, fill it instead of wrapping it!

GLUTEN FREE PITA \$8.99

Breakfast Pitas

BACON, EGG AND HASHBROWN

6" - \$6.99 9" - \$8.99

SAUSAGE, EGG AND HASHBROWN

6" - \$6.99 9" - \$8.99

EGG AND HASHBROWN

6" - \$5.99 9" - \$7.99

FALAFEL BALLS \$0.75

EXTRA MEAT \$1.99

ADD BACON \$1.49

EXTRA CHEESE or VEGAN CHEESE \$0.50

EXTRA SAUCE CUP \$0.75

GRAVY \$1.99

Vegetarian Pitas

SPICY BLACK BEAN - Vegetarian black bean,

corn and soy protein patty, chopped and grilled

6" - \$6.99 9" - \$8.99

VEGGIE BURGER- Veggie Burger - soy protein

patty and veggies chopped and grilled - VEGAN

6" - \$6.99 9" - \$8.99

FALAFEL – Deep fried patty made of ground

chick peas and spices grilled to vegan

yumminess

6" - \$6.99 9" - \$8.99

ROAST VEGGIE – Sautéed onions, mushrooms

and peppers with your choice of fresh veg

6" - \$6.99 9" - \$8.99

Fry Bowls / Poutine

SHAWARMA FRY BOWL – Home-cut fries, topped with chicken shawarma, tomatoes, turnips, pickles, feta and garlic sauce

SM \$9.99 LG \$12.99

DONAIR FRY BOWL- Home-cut fries, topped with donair meat, tomatoes, onions, shredded cheese and donair sauces SM \$9.99 LG \$12.99

SHAWARMA POUTINE – Home-cut fries, cheese curds, gravy, chicken shawarma and garlic sauce SM \$9.99 LG \$12.99

DONAIR POUTINE – Home-cut fries, cheese curds, gravy, donair meat and donair sauce SM \$9.99 LG \$12.99

STEAK POUTINE – Home-cut fries, cheese curds, gravy, shaved steak and bbq or chipotle sauce SM \$9.99 LG \$12.99

POUTINE – Home-cut fries, cheese curds and beef gravy SM \$5.99 LG \$7.99



Best Sandwich 2017/2018

Best Lunch Spot 2018