

## Allergen List [as @ December 2020]

This information is based upon the accuracy of the product information provided by food manufacturers. Pita Pit has made every effort to ensure the accuracy of the information however ingredient changes and/or substitutions may occur before this list is updated.

	Gluten	Dairy	Soy	Egg	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
<b>PROTEIN</b>															
Chicken Breast	*														
Chicken - Panko Crumbed	✓	*	*												
Chicken - Teriyaki	*	*	✓		*	*	✓							✓	
Grilled Lamb			✓												
Grilled Steak			✓									✓			
Prawns										✓				✓	
Pulled Pork			✓									✓			
Black Bean Pattie (V+)														✓	✓
Falafel (V+)														✓	✓
Feta & Quinoa (Rosti) (V)		✓												✓	
Kumara & Lentil (Rosti) (V+)														✓	✓
Bacon			*												
Egg (Whole Fresh)				✓										✓	
Cabanossi Sausage													Nitrates		
Ham			✓										Nitrates Honey		
<b>PITA BREAD</b>															
Gluten Free Pita							*							✓	✓
Plain Pita	✓													✓	✓
Wholemeal Pita	✓													✓	✓
<b>FILLINGS</b>															
Lettuce														✓	✓
Red Cabbage & Carrot Mix (contains red onion)														✓	✓
Spinach														✓	✓
Avocado (Smashed)														✓	✓
Capsicum														✓	✓
Carrot														✓	✓

\* = May contain traces of allergens. NB: For clarity the \* has been applied as a precautionary measure as some manufacturers test for the presence of traces of allergens while others make no claims but use processing lines that are used for products that do contain allergens.

~ The term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing.

FILLINGS															
Corn														✓	✓
Cucumber														✓	✓
Gherkins														✓	✓
Hummus							✓							✓	✓
Tri-colour Jalapenos														✓	✓
Mushroom														✓	✓
Pickled Beets														✓	✓
Pineapple														✓	✓
Mexican Quinoa & Brown Rice			✓								✓			✓	✓
Red Onion														✓	✓
Grilled Kumara														✓	✓
Roasted Red Peppers											*			✓	✓
Three Bean Mix	*		✓											✓	✓
Tomatoes														✓	✓
Cheddar Cheese		✓													
Feta Cheese		✓												✓	
Parmesan Cheese		✓													
SEASONINGS															
Cajun Seasoning	*		✓										✓	✓	✓
Chipotle Seasoning	*													✓	✓
Garlic & Herb	*												✓	✓	✓
TOPPINGS															
Sliced Almonds	*	*	*			*	✓	*						✓	✓
Toasted Seeds	*	*	*			*	*	*						✓	✓
SAUCES															
Aioli		✓		✓										✓	
BBQ Sauce														✓	✓
Caesar Dressing		✓		✓						✓					
Cucumber Yoghurt Dressing		✓	✓											✓	
Habanero (Mexicano Only)			✓											✓	✓

\* = May contain traces of allergens. NB: For clarity the \* has been applied as a precautionary measure as some manufacturers test for the presence of traces of allergens while others make no claims but use processing lines that are used for products that do contain allergens.

~ The term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing.

SAUCES														
Hemp Seed Dressing													✓	✓
Honey Mustard Dressing													✓	
Hot Chilli													✓	✓
Mayonnaise		✓		✓									✓	
Rosemary Vinaigrette													✓	✓
Smoked Chipotle Mayo			✓	✓									✓	
Sour Cream		✓											✓	
Sweet Chilli													✓	✓
Teriyaki Sauce		*	✓		*	*	✓						✓	
Tomato Kasundi													✓	✓
Tomato Ketchup													✓	✓
Napolitana (Pizza Sauce)													✓	✓
SNACKS & TREATS														
Brownie	✓	✓	✓	✓									✓	
Brownie (Gluten Free)		✓	✓		*	*							✓	
Cookie	✓	✓	✓	✓	*	*							✓	
Grilled Wedges	✓	*	✓	*									✓	✓
Loaded Wedges (per portion)	✓	✓	✓	*										
Loaded Pita Chips - Falafel (per portion)		✓										Honey		
Loaded Pita Chips - Chicken (per portion)	✓	✓		✓										
Chicken Tenders														
SMOOTHIES														
Kiwi Berry Omega		✓											✓	
Mango Banana Probiotic		✓	*										✓	
Superfruit Antioxia		✓											✓	
Immuni Tropical		✓											✓	
Feijoa, Pear & Ginger		✓										Honey	✓	
Fozen Yoghurt - Plain		✓											✓	
Frozen Soy Milk (Smoothies)			✓										✓	✓

\* = May contain traces of allergens. NB: For clarity the \* has been applied as a precautionary measure as some manufacturers test for the presence of traces of allergens while others make no claims but use processing lines that are used for products that do contain allergens.

~ The term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing.