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	ALLERGEN PRESENT IN FOOD													SUITABLE FOR	
	GLUTEN	DAIRY	SOY	EGGS	PEANUTS	TREE NUTS	SESAME	MUSTARD	FISH	SHELLFISH	LUPIN	SULPHITES	OTHER	VEGETARIAN	VEGAN
PITAS															
Gluten Free Pita							*							●	●
Plain Pita	●													●	●
Wholemeal Pita	●													●	●
SALAD BASE															
Lettuce														●	●
Mixed Green Leaves														●	●
Red Cabbage & Carrot Mix														●	●
PROTEIN															
Chicken Breast		*													
Chicken Panko & Quinoa (Crumbed)	●	*	*												
Falafel														●	●
Feta & Quinoa Rosti		●												●	
Grilled Lamb			●												
Grilled Steak			●									●			
Kumara & Lentil Rosti														●	●
Prawns										●				●	
Pulled Pork			●									●			
Bacon			*										Nitrates		
Cabanossi Sausage													Nitrates		
Egg (Whole Fresh)				●										●	
Ham			●										Nitrates Honey		
CLASSIC FILLINGS															
Carrot														●	●
Cheddar		●													
Cucumber														●	●
Feta		●												●	
Gherkins														●	●
Hummus							●							●	●

* = 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 * would benefit the very sensitive individual to a particular allergen.

This list is compiled based on the accuracy of the information from our food manufacturers/standard suppliers. Pita Pit has made every effort to ensure the accuracy of the information at the time of writing, however no responsibility is accepted where a food manufacturer/supplier has changed their formulations / ingredients and/or made substitutions without notifying us. This chart does not include promotional items or where a change of supplier has occurred after the date of compilation.

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

For vegan the * has been applied to indicate where animal product allergens are used on processing lines and there may be traces present but this is not tested for.

