

Allergen List [as @ December 2023]

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
PROTEIN															
Chicken Breast	*														
Chicken - Teriyaki	*	*	✓		*	*	✓								
Grilled Steak			✓									✓			
Prawns										✓					
Black Bean Pattle (V+)														✓	✓
Falafel (V+)														✓	✓
Kumara & Lentil (Rosti) (V+)														✓	✓
Bacon			*												
Egg (Whole Fresh)				✓										✓	
Ham			✓										Nitrates Honey		
Pork	✓		✓												
PITA BREAD															
Gluten Free Pita							*							✓	✓
Plain Pita	✓													✓	✓
Wholemeal Pita	✓													✓	✓
FILLINGS															
Lettuce														✓	✓
Cabbage Mix														✓	✓
Spinach														✓	✓
Avocado (Smashed)														✓	✓
Capsicum														✓	✓
Carrot														✓	✓
Corn														✓	✓
Cucumber														✓	✓

* = 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.

