

## 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	Se same	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
PROTEIN															
Chicken Breast	•														
Chicken - Teriyaki	•	•	1		•	•	1								
Grilled Steak			1									1			
Prawns										1					
Black Bean Pattie (V+)														1	1
Falafel (V+)														1	1
Kumara & Lentil (Rosti) (V+)														1	1
Bacon			•												
Egg (Whole Fresh)				1										1	
Ham			1										Nitrates Honey		
Pork	1		1												
PITA BREAD															
Gluten Free Pita							•							1	1
Plain Pita	1													1	1
Wholemeal Pita	1													✓	1
FILLINGS															
Lettuce														1	1
Cabbage Mix														~	1
Spinach														1	1
Avocado (Smashed)														1	1
Capsicum														~	1
Carrot														1	1
Corn														~	1
Cucumber														1	1

\* = 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.



Gherkins											1	1
Hummus							1				1	1
Jalapenos											1	1
Mushroom											1	1
Pickled Beets										1	1	1
Pineapple											1	1
Brown Rice											1	1
Red Onion											1	~
Three Bean Mix	•		1								1	~
Tomatoes											1	~
Cheddar Cheese		1										
Feta Cheese		1									1	
Parmesan Cheese		~										
Garlic Butter											1	~
SEASONINGS												
Cajun Seasoning	•		1							~	1	~
Chipotle Seasoning	•										1	1
Mixed Herbs	•	•	•		•		•				1	~
Garlic Salt	•	•	•		•		•				1	~
TOPPINGS												
Toasted Seeds	•	•	•		•	•	•				1	~
SAUCES												
Garlic Aioli				1							<	
Smokey BBQ Sauce											1	~
Caesar Dressing		1						1				
Cucumber Yoghurt Dressing		1									1	
Habanero (Mexicano Only)			1								1	1
Honey Mustard Dressing												
Hot Chilli											1	1



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