Allergen List [as @ July 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 Lamb			✓												
Grilled Steak			✓									✓			
Prawns										✓					
Black Bean Pattie (V+)														✓	✓
Falafel (V+)														✓	✓
Feta & Quinoa (Rosti) (V)		✓												✓	
Kumara & Lentil (Rosti) (V+)														✓	✓
Bacon			*												
Egg (Whole Fresh)				✓										✓	
Ham			✓										Nitrates Honey		
PITA BREAD															
Gluten Free Pita							*							✓	✓
Plain Pita	✓													✓	✓
Wholemeal Pita	✓													✓	✓
FILLINGS															
Lettuce														✓	✓
Cabbage Mix														✓	✓
Spinach														✓	✓
Avocado (Smashed)														✓	✓
Capsicum														✓	✓
Carrot														✓	✓
Corn														✓	✓
Cucumber														✓	✓
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 term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing.

	Gluten	Dairy	Soy	Egg	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
Jalapenos														✓	✓
Mushroom														✓	✓
Pickled Beets												✓		✓	✓
Pineapple														✓	✓
Brown Rice														✓	✓
Red Onion														✓	✓
Three Bean Mix	*		✓											✓	✓
Tomatoes														✓	✓
Cheddar Cheese		✓													
Feta Cheese		✓												✓	
Parmesan Cheese		✓													
Garlic Butter														✓	✓
SEASONINGS															
Cajun Seasoning	*		✓									✓		✓	✓
Chipotle Seasoning	*													✓	✓
Garlic & Herb	*											✓		✓	✓
TOPPINGS															
Toasted Seeds	*	*	*		*	*	*							✓	✓
SAUCES															
Aioli		✓		✓										✓	
BBQ Sauce														✓	✓
Caesar Dressing		✓		✓					✓						
Cucumber Yoghurt Dressing		✓	✓											✓	
Habanero (Mexicano Only)			✓											✓	✓
Honey Mustard Dressing														✓	
Hot Chilli														✓	✓
Mayonnaise		✓		✓										✓	
Rosemary Vinaigrette														✓	✓
Smoked Chipotle Mayo			✓	✓										✓	
Sour Cream		✓												✓	
Sweet Chilli														✓	✓
Teriyaki Sauce		*	✓		*	*	✓							✓	

	Gluten	Dairy	Soy	Egg	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Lupin	Sulphites	Other	Vegetarian	Vegan
Tomato Kasundi														✓	✓
Tomato Ketchup														✓	✓
Napolitana (Pizza Sauce)														✓	✓
SNACKS & TREATS															
Brownie	✓	✓	✓	✓										✓	
Brownie (Gluten Free)		✓	✓		*	*								✓	
Cookie	✓	✓	✓	✓	*	*								✓	
Grilled Wedges	✓	*	✓	*										✓	✓
Loaded Wedges (per portion)	✓	✓	✓	*											
Chicken Tenders															
Garlic Cheesy Pita	✓	✓													
SMOOTHIES															
Berry Glow														✓	✓
Mango Banana Probiotic		✓												✓	
Immuni Tropical		✓												✓	
Green Energy														✓	✓
ChocoNana		✓												✓	