

Ingredient 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.

PROTEIN	INGREDIENTS
Chicken Breast	Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407).
Chicken - Panko Crumbed	Chicken (46%), Crumb (21%) [Wheat Flour, Kibbled Grains (Wheat, Barley), Water, Quinoa, Black Pepper, Salt, Yeast, Spice Extracts], Water, Vegetable Oil (Sunflower, Canola), Wheat Starch, Wheat Flour, Wheat Semolina, Wheat Gluten, Maize Flour, Salt, Polenta, Mineral Salts (451, 452, 450), Thickeners (1404, 464, 415), Acidity Regulator (330), Maltodextrin (Maize). <i>Contains: Gluten.</i>
Chicken - Teriyaki	Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407). Teriyaki Sauce: [Water, sugar, soy sauce (18%) (water, soybeans, rice, salt), pear paste, thickeners (1422, 415), ginger (2.5%), sesame oil, food acid (acetic), sherry, garlic, yeast extract, colour(150d).] <i>Contains: Soy, Sesame.</i>
Grilled Lamb	Lamb (78%), Water, Sugar, Salt, Thickener (1422), Herbs (Rosemary (2.3%), Mint (2.1%)), Yeast Extract, Acidity Regulator (330, 331), Vegetable Fibre, Garlic, Stabilisers (415, 412), Spice Extracts, Colour (150d), Emulsifiers (450 – Potassium Pyrophosphate, 451 – Sodium Tri-Polyphosphate, Rice Extract), Soy Protein, Carrageenan (E407). <i>Contains: Soy.</i>
Grilled Steak	Beef (80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Maltodextrin, Salt, Mineral Salts (508, 450, 451), Stabiliser (407a), Colour (150d) (sulphites), Vegetable Powders, Fermented Soya Sauce (soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. <i>Contains: Soy, Sulphites.</i>
Prawns	Prawns (99.5%), Salt (0.5%). <i>Contains: Shellfish.</i>
Pulled Pork	Pork (78%), Water, Soy protein, Mineral Salt (451, 452), Thickeners (1442, 407, 415), Emulsifier (451), Acidity Regulators (262), Sugar, Maltodextrin, Tapioca Starch, Anticaking agent (551), Flavours. <i>Contains: Soy, Sulphites.</i>
Black Bean Pattie (V+)	Black Beans (35%), Chickpeas, Sweetcorn, Tapioca Flour, Onion, Canola Oil, Fresh Coriander, Jalapeno, Potato Flake, Salt, Smoked Paprika, Baking Powder, Cumin, Pepper.
Falafel (V+)	Chickpeas (70%), Broad Beans, Tapioca Flour, Canola Oil, Salt, Cumin, Ground Coriander, Baking Powder, Garlic, Chilli.
Feta & Quinoa (Rosti) (V)	Chickpea (49%), Pumpkin, Quinoa (13%), Feta (10%) (Pasteurised Cow's Milk, Salt, Micronial (non-animal) Rennet, Cultures, Enzymes), Onion, Egg, Potat Flake, Parsley, Potato Starch, Salt, Curry Powder, Fresh Mint, Pepper, Chilli Flakes. <i>Contains: Dairy, Egg.</i>
Kumara & Lentil (Rosti) (V+)	Orange Kumara (55%), Lentils (18%), Potato Flakes, Onion, Coriander, Curry Powder, Salt, Pepper.
Bacon	Pork (83%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250).
Egg (Whole Fresh)	Whole Egg (free-range). <i>Contains: Egg.</i>
Cabanossi Sausage	Meat (Beef, Pork), (96.17%), Spice (3.50% Garlic 0.25%), Salt, Raw Sugar, Canola Oil (Preservative 250) (Colour 129) (Anticaking Agent 341, 535) (Antioxidant 319) (Emulsifier 900a) Edible Protein Casing, Smoke.
Ham	Pork (75%), Water, Salt, Modified Starch (1442), Dextrose, Sugar, Mieral Salts (451, 452, 450, 500), Thickener (407), Antioxidant (316), Preservative (250), Yeaset Extract, Smoke Flavour. <i>Contains: Soy.</i>
BREAD	
Gluten Free Pita	Water, Modified Tapioca Starch (1442), Maize Starch, Gluten Free Flours (Coconut, Sunflower Oil, Sugar, Kumara Powder, Fibre (Psyllium Husk, Flax), Tapioca Starch, Yeast, Apple Cider Vinegar,
Plain Pita	Flour, Water, Salt, Low Sugar, Yeast. <i>Contains: Gluten.</i>
Wholemeal Pita	Flour, Water, Salt, Yeast. <i>Contains: Gluten.</i>
FILLINGS	
Lettuce	Lettuce: Fresh (shredded).
Red Cabbage & Carrot Mix (contains red onion)	Cabbage (75%), Red Onion (15%), Carrot (10%). Fresh.

FILLINGS	
Spinach	Spinach: Fresh
Avocado (Smashed)	Hass Avocado (smashed).
Capsicum	Capsicum: Fresh (diced).
Carrot	Carrot: Fresh (grated).
Corn	Corn (tinned): Supersweet Corn (63%), Water, Salt, Food Acid (Citric Acid).
Cucumber	Cucumber: Fresh (diced).
Gherkins	Sliced Gherkins, Water, Sugar, Food Acid (260, 270), Salt.
Hummus	Chickpeas, Tahini, Garlic Powder, Salt, Citric Acid, Potassium Sorbate. <i>Contains: Sesame.</i>
Tri-colour Jalapenos	Sliced Jalapeño Peppers (56%), Water, Vinegar, Salt, Firming Agent (Calcium Chloride), Preservative (Sodium Benzoate).
Mushroom	Mushrooms: Fresh (sliced).
Pickled Beets	Beetroot, Red Wine Vinegar (Preservative 220), Cane Sugar, Salt.
Pineapple	Pineapple (68%), Water, Sugar, Acidity Regulator (Citric Acid).
Mexican Quinoa & Brown Rice	Steamed Brown Rice, Steamed Quinoa, Beans, Tomato Paste, Sweetcorn, Onion, Capsicum, Vegetable Oil, Garlic, Sugar, Chipotle Chilli, Yeast Extract, Salt, Cumin, Coriander, Food Acid (Citric), Flavour, Chilli, Paprika. <i>Contains: Soy, Sulphites.</i>
Red Onion	Red Onion: Fresh (sliced).
Grilled Kumara	Kumara: Cooked (diced).
Roasted Red Peppers	Peppers (61%), Water, Sugar, Salt, Vinegar, and may contain firming agent (509).
Three Bean Mix	Soyabeans, Organic Black Beans, Red Kidney Beans, Water, Salt, Ascorbic Acid (300).
Tomatoes	Tomatoes: Fresh (diced).
Cheddar Cheese	Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. <i>Contains: Dairy.</i>
Feta Cheese	Milk, Salt, Enzyme (non animal rennet), Cultures. <i>Contains: Dairy.</i>
Parmesan Cheese	Milk, Salt, Cultures, Enzyme (Rennet, Lipase), Anticaking Agent (460), Preservative (200). <i>Contains: Dairy.</i>
SEASONINGS	
Cajun Seasoning	Salt, Paprika, Pepper, Chilli (10%), Basil, Garlic (contains Sulphites), Onion Powder, Rice Flour, Fennel, Thyme. <i>Contains: Soy, Sulphites.</i>
Chipotle Seasoning	Salt, Spices, Sugar, Chipotle Dry Powder (Minimum 7%) [Gum Arabic (414), Chipotle Pepper Extract, Maltodextrin, Silica (551)], Vegetable Powder, Spice Extract (160c).
Garlic & Herb	Salt, Garlic 18%, Rice Flour, Herbs 3% (Parsley, Dill, Thyme, Marjoram), Onion, Celery, Capsicum, Leek, Tomato, Vegetable Oil, Garlic Extract. <i>Contains: Sulphites.</i>
TOPPINGS	
Sliced Almonds	Almonds. <i>Contains: Tree Nuts.</i>
Toasted Seeds	Sunflower Kernels, Pumpkin Seed Kernels.

SAUCES	
Aioli	Canola Oil [Antioxidant (319)], Water, White Vinegar, Minced Garlic [Food Acid (330)], Whole Egg, Thickener (1450, 1442, 415), Sugar, Egg Yolk, Salt, Lemon Juice, Flavourings (Milk) (Natural), Spices, Preservative (202), Food Acid (330). <i>Contains: Dairy, Eggs.</i>
BBQ Sauce	Sugar, Tomato Paste, Water, White Vinegar, Molasses, Salt, Modified Starch (1442), Flavouring, Spices, Herbs, Colour (150d), Thickener (415), Acidity Regulator (330), Preservative (202).
Caesar Dressing	Canola Oil, Water, Vinegar, Egg Yolk, Sugar, Cheese Powders (Milk), Lemon Juice, Thickeners (1442, 415), Spices, Salt, Garlic, Anchovy (Fish), Flavouring (Milk) (Natural), Egg Powder, Yeast Extract, Acidity Regulator (270), Preservative (202), Herb Extract. <i>Contains: Dairy, Egg, Fish.</i>
Cucumber Yoghurt Dressing	Water, Vinegar, Lemon Juice, Canola Oil [Antioxidant (319)], Yoghurt Powder (Minimum 10%) (Skim Milk, Yoghurt Culture), Thickeners (1442, 1450, 415, 412), Crushed Garlic, Sugar, Salt, Natural Flavourings (Milk), Herb, Emulsifier (Soy) (435), Preservative (202), Herb Extract. <i>Contains: Dairy.</i>
Habanero (Mexicano Only)	Water, Vegetable Purees, Sugar, Tomato Paste, Chilli Paste, Modified Starch (1422), Food Acids (260, 270), Salt, Spices, Hydrolysed Vegetable Protein (Soy), Herb, Vegetable Gum (415), Preservative (202), Spice Extract, Herb Extract. <i>Contains: Soy.</i>
Hemp Seed Dressing	Sunflower Oil (Antioxidant E319, E320 & Antifoam E900), Red Wine Vinegar (Preservative 220), Cold Pressed Extra Virgin Hemp Seed Oil, 100% Cane Sugar, Salt.
Honey Mustard Dressing	Water, Sugar, White Vinegar, Spices [Including Mustard (Minimum 4.5%)], Honey (Minimum 4%), Modified Starch (1442), White Wine Vinegar, Salt, Red Wine Vinegar, Citrus Fibre, Acidity Regulators (270, 330), Colours (171, 150d), Yeast Extract, Preservative (202), Thickener (415), Herb Extract.
Hot Chilli	Vinegar, Apple Puree [Antioxidant (300)], Water, Tomato Paste, Maltodextrin, Sugar, Chilli Paste, Salt, Capsicum Puree, Crushed Garlic, Modified Starch (1442), Citrus Fibre, Vegetable Gum (415, 412), Food Acid (330), Preservative (202), Spice Extracts, Herb Extracts, Flavouring.
Mayonnaise	Canola Oil [Antioxidant (319)], Water, Vinegar, Egg, Sugar, Egg Yolk, Thickeners (1442, 415), Salt, Flavourings (Milk) (Natural), Citrus Fibre, Spice, Preservative (202), Herb Extract. <i>Contains: Dairy, Egg.</i>
Rosemary Vinaigrette	Vegetable Oil [Canola Oil (Antioxidant (319)), Extra Virgin Avocado Oil], Water, Red Wine Vinegar, Sugar, Date Syrup, Salt, Rosemary (Minimum 0.5%), Spice, Preservative (202), Thickener (415).
Smoked Chipotle Mayo	Canola Oil [Antioxidant (319)], Water, Vinegar, Sugars, Capsicum, Lemon Juice, Egg Yolk, Modified Starch, (1442), Spices, Egg White, Salt, Citrus Fibre, Yeast Extract, Food Acid (270), White Wine Vinegar, Vegetable Gum (415), Flavourings (Soy) (Natural, Smoke), Red Wine Vinegar, Preservative (202), Spice Extracts [Including (160c)], Herb. <i>Contains: Egg, Soy.</i>
Sour Cream	Reduced Fat Cream (69%), (Cream, Skimmed Milk Powder, Water), Water, Thickener (1422), Gelatin, Food Acid (270), Salt, Culture. <i>Contains Dairy.</i>
Sweet Chilli	Water, Sugar, White Vinegar, Red Bell Pepper, Modified Starch (1442), Salt, Crushed Garlic [Food Acid (330)], Chilli Paste, Acidity Regulator (330), Spice Extract (160c), Preservative (202), Thickener (415), Spice.
Teriyaki Sauce	Water, sugar, soy sauce (18%) (water, soybeans, rice, salt), pear paste, thickeners (1422, 415), ginger (2.5%), sesame oil, food acid (acetic), sherry, garlic, yeast extract, colour(150d). <i>Contains: Soy, Sesame.</i>
Tomato Kasundi	Tomato (Minimum 33%), Water, Malt Vinegar (Wheat) [Colour (150c)], Sugar, Diced Onion, Spices [Including Mustard (Minimum 3%)], Tomato Paste, Capsicum Puree [Acidity Regulator (260)], Thickener (1422, 415), Crushed Garlic, Miced Ginger, Salt, Acidity Regulators (270, 330), Preservative (202), Herb Extract.
Tomato Ketchup	Water, Sugar, Tomato Paste, Food Acid (260, 300), Thickener (1442), Salt, Spices, Preservatives (202, 211), Vegetable Gum (415), Colour (124, 122).
Napolitana (Pizza Sauce)	Pasta Napolitana Sauce: Tomatoes (95%) (puree, diced, crushed), sugar, onions, salt, sunflower oil, olive oil, herbs, lemon juice concentrate, spices.
SNACKS & TREATS	
Brownie	Sugar, Butter (cream (from milk), salt), Chocolate Compound (16%) (sugar, vegetable fat, cocoa powder, emulsifiers (492, soy lecithin), flavour), Egg, Wheat Flour, Cocoa Powder (8%), Flavour, Raising Agents (450, 500). <i>Contains: Gluten, Milk, Egg, Soy.</i>
Brownie (Gluten Free)	Sugar, Butter (Cream (From Milk), Salt), Chocolate Compound (19%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Sorbitan Tristearate Plant Based), Soy Lecithin), Flavour), Egg, Gluten Free Flour (Maize & Tapioca Starch), Cocoa Powder (7%), Glucose Syrup (Maize), Stabiliser (Xanthan, Sodium Alginate, Guar Gum), Raising Agent (Sodium Bicarbonate, Sodium Aluminium Phosphate, Cornflour (Starch), Acidity Regulator (Sodium Acid Pyrophosphate), Anticaking Agent (Calcium Carbonate)), Flavour, Preservative (Potassium Sorbate). <i>Contains: Egg, Milk & Soy. May Be Present: Peanuts & Tree Nuts.</i>

SNACKS & TREATS	
Cookie	Wheat Flour, Chocolate Compound (30%) (sugar, vegetable oil, cocoa powder, emulsifier (sorbitan tristearate (plant based), soy lecithin), flavour), Butter (cream (from milk), salt), Sugar, Glucose Syrup, Egg, Cocoa Powder, Raising Agent (Sodium Bicarbonate), Flavour. <i>Contains: Gluten, Dairy, Soy, Egg.</i>
Grilled Wedges	Potato (88%), Canola Oil, Batter Mix [Maize Starch (1404), Potato Starch (1420), Rice Flour, Maize Flour, Salt, Wheat Flour, Spices, Glucose, Onion Powder, Raising Agent (500) Mineral Salt (450) Spice Extracts, Thickener (415) Emulsifier (471), Garlic Powder, Hydrolysed Vegetable Protein. <i>Contains: Gluten, Soy. May contain traces of Egg & Milk.</i>
Chicken Tenders	Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts.
Loaded Wedges (per portion)	<u>Wedges:</u> [Potato (88%), Canola Oil, Batter Mix [Maize Starch (1404), Potato Starch (1420), Rice Flour, Maize Flour, Salt, Wheat Flour, Spices, Glucose, Onion Powder, Raising Agent (500) Mineral Salt (450) Spice Extracts, Thickener (415) Emulsifier (471), Garlic Powder, Hydrolysed Vegetable Protein] <u>Bacon:</u> [Pork (83%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250)] <u>Cheddar Cheese:</u> [Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet]. <i>Contains: Gluten, Dairy, Soy. May contain traces of Egg.</i>
Loaded Pita Chips - Falafel (per portion)	<u>Pita Chips:</u> [Flour, Water, Salt, Low Sugar, Yeast] <u>Falafel:</u> [Chickpeas (70%), Broad Beans, Tapioca Flour, Canola Oil, Salt, Cumin, Ground Coriander, Baking Powder, Garlic, Chilli] <u>Feta:</u> [Milk, Salt, Enzyme (Non Animal Rennet), Cultures] Red Onion, Tomato, <u>Honey Mustard:</u> [Water, Sugar, White Vinegar, Spices [Including Mustard (Minimum 4.5%)], Honey (Minimum 4%), Modified Starch (1442), White Wine Vinegar, Salt, Red Wine Vinegar, Citrus Fibre, Acidity Regulators (270, 330), Colours (171, 150d), Yeast Extract, Preservative (202), Thickener (415), Herb Extract]. <i>Contains: Dairy</i>
Loaded Pita Chips - Chicken (per portion)	<u>Pita Chips:</u> [Flour, Water, Salt, Low Sugar, Yeast.] <u>Chicken:</u> [Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407)] <u>Cheddar Cheese:</u> [Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet] <u>Roasted Red Peppers:</u> [Peppers (61%), Water, Sugar, Salt, Vinegar, and may contain firming agent (509)] Red Onions, <u>Sweet Chilli Sauce:</u> [Water, Sugar, White Vinegar, Red Bell Pepper, Modified Starch (1442), Salt, Crushed Garlic [Food Acid (330)], Chilli Paste, Acidity Regulator (330), Spice Extract (160c), Preservative (202), Thickener (415), Spice] <u>Aioli:</u> [Canola Oil [Antioxidant (319)], Water, White Vinegar, Minced Garlic [Food Acid (330)], Whole Egg, Thickener (1450, 1442, 415), Sugar, Egg Yolk, Salt, Lemon Juice, Flavourings (Milk) (Natural), Spices, Preservative (202), Food Acid (330)]. <i>Contains: Gluten, Dairy, Egg.</i>
SMOOTHIES	
Kiwi Berry Omega	Guava Juice: Filtered Water, Guava Puree, (25%), Sugar, Citric Acid, Natural Guava Flavour, Vitamin (C), Preservative (202). Kiwifruit Juice: (Green Kiwifruit Pulp [83.9%], Pineapple Concentrate [6.6%], Natural Sweetener (Xylitol), Fructose, Lemon Powder, Spirulina Powder). Strawberry- Frozen Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Flaxseed Oil supplement: Cold Pressed, Unrefined, Extra Virgin, Certified Organic Flax Seed Oil (100%). <i>Contains: Dairy</i>
Mango Banana Probiotic	Mango Nectar: (Water, Reconstituted Mango Puree [25%], Sugar, Natural Mango Flavour, Citric Acid, Vitamin C, Preservative (202)); Mangoes - Frozen, Banana - Frozen Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Probiotic supplement: Psyllium husks [69%], Inulin Prebiotic [30%], Probiotic Cultures [1%] (Lactobacillus Bulgaricus, Lactobacillus Plantarum, Bifidobacterium Bifidum, Lactobacillus rhamnosus, Lactobacillus Acidophilus). <i>Contains: Dairy.</i>
Superfruit Antioxia	Cranberry Juice: (Filtered Water, Natural Cane Sugar, Reconstituted Cranberry Juice [7%], Citric Acid, Natural Flavour, Black Carrot Juice, Concentrate, Antioxidant (Ascorbic Acid)). Guava Juice: Filtered Water, Guava Puree, (25%), Sugar, Citric Acid, Natural Guava Flavour, Vitamin (C), Preservative (202). Blueberries - Frozen, Raspberries - Frozen. Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Antioxidant supplement :Acai Powder [24%], Noni Powder [19%], Pomegranate Powder [19%], Blackberry Powder [9.5%], Blueberry Powder [9.5%], Cherry Powder [9.5%], Raspberry Powder [9.5%]. Also contains Maltodextrin, Non Organic Silica Dioxide. <i>Contains: Dairy.</i>
Immuni Tropical	Mango Nectar: (Water, Reconstituted Mango Puree [25%], Sugar, Natural Mango Flavour, Citric Acid, Vitamin C, Preservative (202)); Pineapple Juice: (Reconstituted Pineapple Juice [50%], Filtered Water, Sugar, Citric Acid, Natural Flavour, Antioxidant (Ascorbic Acid). Lime Juice, Frozen Mangos, Frozen Banana (fresh). Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Vitamin C supplement: Calcium ascorbate threonate, Vitamin C (Ascorbic Acid), Vitamin C (From sodium ascorbate), Vitamin B2 (Riboflavin), Citrus Bioflavonoid Complex, Rutin, Hesperidin, Maltodextrin, Natural Flavouring, Stevia, Xanthan Gum. <i>Contains: Dairy.</i>

SMOOTHIES	
Feijoa, Pear & Ginger	Feijoa Smoothie: (Filtered Water, Feijoa Pulp [70%], Sugar, Citric Acid, Flavour, Vitamin (C), Preservative (202). Pear (tinned) - Pears 60%, Fruit Juice 40%. Banana - Frozen. Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Honey & Ginger Syrup: Manuka honey, Apple Cider Vinegar, Ginger dry root extract. <i>Contains: Dairy, Honey.</i>
Yoghurt - Plain	<u>Plain Unsweetened Low Fat Yoghurt</u> : Skim Milk, Cream, Milk Solids, Cultures (Including Lactobacillus Acidophilus). <i>Contains: Dairy.</i>
Soy Milk (Smoothies)	<u>Soy Milk</u> [75%], (Filtered Water, Soy Protein (3.5%), Corn Maltodextrin, Sunflower Oil {contains antioxidant (tocopherols) (Contains Soy)}, Cane Sugar, Minerals (Phosphate of Calcium, Potassium, Magnesium), Acidity Regulator (332), Antioxidant (Ascorbic Acid), Vitamin A, B12, B2, B1]), Cane Sugar, Corn Maltodextrin, Glucose Syrup (Corn), Emulsifiers (471, 477), Vegetable Gums (460, 412, 466, 407a), Flavours, Salt. Vitamin C Supplement: <i>Contains: Soy.</i>