

Ingredient 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.

PROTEIN	INGREDIENTS
Chicken Breast	Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407).
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 Steak	Beef (min.80%), Water, Salt, Dextrose (Maize), Mineral Salt (450), Soy Protein, Sugar, Thickener (407a, 415), Yeast and Yeast Extracts, Hydrolysed Vegetable Protein (Maize), Spice Extracts, Thickener (1442), Colour (150d) (Sulphites), Fibres, Dehydrated Vegetable, Natural Flavour <i>Contains: Soy, Sulphites.</i>
Prawns	Prawns (99.5%), Salt (0.5%). <i>Contains: Shellfish.</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.
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>
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>
Pork	76% Boneless Pork Shoulder, 24% Smokey BBQ Mix (tomato power, spices, maize, starch, salt, yeast extract, molasses powder, malt extract (barley), flavourings (soy) food acid (262), spice extracts (including 160c), anti-caking agent (551), herb extract).
BREAD	
Plain Pita	Flour, Water, Salt, Low Sugar, Yeast. <i>Contains: Gluten.</i>
Wholemeal Pita	Flour, Water, Salt, Yeast. <i>Contains: Gluten.</i>
Small Gluten Free Wrap	Tortilla premix [ModifiedStarch (1412, 1442), Glutinous Rice Flour, SoyProtein Isolate, BakingPowder [RaisingAgent (501, 450), Free Flow Agent (170, 551, 470), Maize starch], PotatoStarch, Thickeners (412, 464, 415), Sugar, PsylliumHuskFibre, Emulsifier (471), CulturedDextrose, Acidity Regulators (297, 330), Preservative (282)], Water, VegetableOil, Humectant (422), WhiteVinegar.
Regular Gluten Free Wrap	Tortilla Premix (Modified Tapioca Starch (1442), Starch (Tapioca, Potato), Soy ProteinConcentrate, Rice Flour, VegetableGum(464, 466, 415 (Soy)), Soy Flour, Dextrose, Emulsifier (471), Mineral Salt (170), Canola Oil, Acidity Regulator (263), Enzyme, Antioxidants (307, 304, 330), MonopropyleneGlycol), Water, CanolaOil, Glutinous Rice Flour, Baking Powder (Raising Agents (501, 450), Free Flow Agent (170, 551, 470), Maize Starch), CulturedRice Flour, White Vinegar, Pea Protein, VegetableGum(415), Acidity Regulator (297), Preservative (282), PsylliumHuskFibre, Thickener (464)

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).
Mixed Herbs	Rosemary, Thyme, Marjoram, Basil
Garlic Salt	Salt (Contains E535), Dehydrated Garlic (10%), Dextrose Monohydrate, Rice Flour, Anicaking Agents (E551), Garlic Extract
Toasted Seeds	Sunflower Kernels, Pumpkin Seed Kernels.
FILLINGS	
Lettuce	Lettuce: Fresh (shredded).
Cabbage Mix	Cabbage (50%), Green Cabbage (50%), Raw Sliced
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>
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. <i>Contains: Sulphites.</i>
Pineapple	Pineapple (68%), Water, Sugar, Acidity Regulator (Citric Acid).
Brown Rice	Steamed brown rice 96%, Vegetable oil
Red Onion	Red Onion: Fresh (sliced).
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>
Garlic Butter	Vegetable Oil/Fat, Water, Garlic (4.7%), Salt, Emulsifier (471), Herbs (0.2%), Preservative (202), Flavour, Antioxidant (307b), Colour (160a), Food Acid (330), 100% sustainable Palm.

SAUCES	
Garlic Aioli	Vegetable Oil, Water, Acidity Regulator (260, 330), Sugar, Egg Yolk, Garlic (1.9%), Thickener (1442, 415, 412), Salt, Spices, Mustard Seeds, Preservative (202), Antioxidant (385). <i>Contains: Egg and egg products.</i>
Smokey BBQ Sauce	Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).
Caesar Dressing	Water, Vegetable Oil, Acidity Regulator (260, 270), Sugar, Thickener (1442, 1450, 415), Fish Sauce, Garlic, Salt, Spices, Lemon Juice Concentrate, Parmesan Cheese (milk), Citrus Fibre, Natural Flavours (milk), Preservative (202), Antioxidant (385). <i>Contains: Fish and fish products, Milk and milk products.</i>
Cucumber Yoghurt Dressing	Water, Vegetable Oil, Whole Milk Powder, Acidity Regulator (260, 270, 330), Thickener (1442, 1450, 415), Garlic, Sugar, Salt, Lemon Juice Concentrate, Natural Cucumber Flavour (0.5%), Herbs, Preservative (202), Spices, Antioxidant (385). <i>Contains: Milk and milk products.</i>
Habanero (Mexicano Only)	Water, Tomato Paste, Sugar, Capsicum, Onion, Apple Sauce, Apple Cider Vinegar, Soy Sauce, Spices, Thickener (1442, 415), Habanero Puree (2%) (Red Habanero Chilli (98%), Acidity Regulator (260)), Vegetable Oil, Salt, Natural Flavour, Preservative (202), Acidity Regulator (330), Antioxidant (300). <i>Contains: Soybean and soybean products.</i>
Honey Mustard Dressing	Water, Vegetable Oil, Sugar, Acidity Regulator (260, 330), Thickener (1442, 1450, 415), Mustard Paste (3%), Honey (2.5%), Salt, Spices, Citrus Fibre, Mustard Seeds (0.3%), Yeast Extract, Preservative (202), Natural Flavour, Spice Extract (100), Colour (150d).
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	Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Egg and egg products.</i>
Rosemary Vinaigrette	Vegetable Oil, Water, Sugar, Apple Cider Vinegar, Balsamic Vinegar, Molasses, Salt, Spices, Rosemary (0.4%), Thickener (415), Acidity Regulator (330), Preservative (202), Antioxidant (385).
Smokey Chipotle Mayo	Vegetable Oil, Water, Sugar, Chipotles (4.5%), Acidity Regulator (260), Thickener (1442, 1450, 415), Salt, Garlic, Spices, Lemon Juice Concentrate, Smoke flavour, Citrus Fibre, Preservative (202), Antioxidant (385).
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, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202).
Tomato Kasundi	Tomato (Minimum 33%), Water, Vinegar [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	Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices.
Napolitana (Pizza Sauce)	Pasta Napolitana Sauce: Tomatoes (95%) (puree, diced, crushed), sugar, onions, salt, sunflower oil, olive oil, herbs, lemon juice concentrate, spices.
Teriyaki Glaze	Water, Brown Sugar, Soy Sauce [Vegetable Protein Extract (Soy/Maize), Molasses, Burnt Sugar, Acid Regulator (270), Flavours], Sugar, Rice Vinegar [Alcohol, Rice, Salt], Sesame Oil, Crushed Ginger, Crushed Garlic, Acidity Regulator (260, 330), Thickener (1442, 415), Salt, Apple Sauce, Molasses, Yeast Extract, Colour(150d), Spices, Preservative (202, 211). <i>Contains: Sesame and sesame products, Soybean and soybean products.</i>

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>
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>
Pita Chips (plus choice of seasoning)	Grilled Pita Bread (Plain, Wholemeal or Gluten Free) - as above.
Garlic Cheesy Pita	<u>Garlic Butter:</u> [Vegetable Oil/Fat, Water, Garlic (4.7%), Salt, Emulsifier (471), Herbs (0.2%), Preservative (202), Flavour, Antioxidant (307b), Colour (160a), Food Acid (330), 100% sustainable Palm] <u>Wholemeal Pita:</u> [Flour, Water, Salt, Yeast] <u>Cheddar Cheese:</u> [Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet.] <i>Contains: Dairy, Gluten.</i>
SMOOTHIES	
Berry Glow	Ice, Frozen Strawberries, Blueberries, Raspberries. Apple Juice: Water, Reconstituted Apple Juice (40%), Cane Sugar, Food Acid (Citric Acid), Vitamin C, Preservative (Potassium Sorbate), Natural Flavour. Mango Juice: Water, Reconstituted Mango Puree (25%), Cane Sugar, Food Acid (Citric Acid), Natural Flavour, Vitamin C Preservative (Potassium Sorbate).
Mango Banana	Ice, 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). <i>Contains: Dairy.</i>
Immuni Tropical	Ice, 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
Green Energy	Ice, Frozen Banana, Mango, Spinach. Kiwifruit Juice: Water, Green Kiwifruit Puree (20%), Cane Sugar, Natural Flavour, Food Acid (Citric Acid), Vitamin C, Stabiliser (Pectin), Preservative (Potassium Sorbate), Colour (Chlorophyll-Copper Complex). Lime Juice: Lime juice from reconstituted and squeezed juice, citrus pulp,
ChocoNana	Ice, Water, Frozen Banana. Milk Chocolate Powder: Sugar, Milk Solids, Cocoa Powder (12.74 %), Glucose Syrup Solids, Fructose, Vegetable Oil, Thickener (466,415), Flavour, Salt, Anticaking Agent (551), Emulsifier(471),Stabiliser(340). <i>Contains: Dairy.</i>
Yoghurt - Plain	<u>Plain Unsweetened Low Fat Yoghurt:</u> Skim Milk, Cream, Milk Solids, Cultures (Including Lactobacillus Acidophilus). <i>Contains: Dairy.</i>
Dairy Free Ice Cream	Water, Liquid Sugar, Maltodextrin, Glucose Syrup, Inulin, Canola Oil, Soy Flour (3%), Emulsifier (471, 477), Flavour, Stabiliser (412, 410), Salt, Colour (160a)