

Ingredient 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.

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 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 (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.
Feta & Quinoa (Rosti) (V)	Chickpea (49%), Pumpkin, Quinoa (13%), Feta (10%) (Pasteurised Cow's Milk, Salt, Micronial (non-animal) Rennet, Cultures, Enzymes), Onion, Egg, Potato 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>
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	
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 [Modified Starch (1412, 1442), Glutinous Rice Flour, Soy Protein Isolate, Baking Powder (Raising Agent (501, 450), Free Flow Agent (170, 551, 470), Maize starch), Potato Starch, Thickeners (412, 464, 415), Sugar, Psyllium Husk Fibre, Emulsifier (471), Cultured Dextrose, Acidity Regulators (297, 330), Preservative (282)], Water, Vegetable Oil, Humectant (422), White Vinegar.
Regular Gluten Free Wrap	Tortilla Premix (Modified Tapioca Starch (1442), Starch (Tapioca, Potato), Soy Protein Concentrate, Rice Flour, Vegetable Gum (464, 466, 415 (Soy)), Soy Flour, Dextrose, Emulsifier (471), Mineral Salt (170), Canola Oil, Acidity Regulator (263), Enzyme, Antioxidants (307, 304, 330), Monopropylene Glycol), Water, Canola Oil, Glutinous Rice Flour, Baking Powder (Raising Agents (501, 450), Free Flow Agent (170, 551, 470), Maize Starch), Cultured Rice Flour, White Vinegar, Pea Protein, Vegetable Gum (415), Acidity Regulator (297), Preservative (282), Psyllium Husk Fibre, Thickener (464)
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).

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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.
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	
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>
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, 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	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 (From Milk), Salt, Chocolate Compound (19%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Sorbitan Tristearate Plant Based), Soy Lecithin), Flavour, Egg, Gluten Free Flour (Maize & Tapioc 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 acidophilus). <i>Contains: Dairy.</i>
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, vitamin c.
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). Contains: Dairy.
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)