

This list of ingredients is based upon the accuracy of the product information given by the food manufacturers. Pita Pit has made every effort to ensure the accuracy of the information at the time of writing; however it is possible that ingredient changes and/or substitutions may occur before this list is updated.

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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, Iodised Salt, Vegetable Gum (Guar Gum) Stabiliser (464), Emulsifier (Sunflower Lecithin).

Plain Pita: Flour, Water, Salt, Low Sugar, Yeast. *Contains: Gluten.*

Wholemeal Pita: Flour, Water, Salt, Yeast. *Contains: Gluten.*

SALAD BASE

Lettuce: Lettuce: Fresh (shredded).

Mixed Green Leaves: Mixed Salad Greens: Fresh.

Red Cabbage & Carrot Mix: Cabbage (75%), Red Onion (15%), Carrot (10%): Fresh

PROTEIN

Chicken Breast: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407).

Chicken (Panko & Quinoa 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). *Contains: Gluten.*

Falafel: Chickpeas (70%), Broad Beans, Tapioca Flour, Canola Oil, Salt, Cumin, Ground Coriander, Baking Powder, Garlic, Chilli.

Feta & Quinoa Rosti: Chickpea (49%), Pumpkin, Quinoa (13%), Feta (10%) (Pasteurised Cow's Milk, Salt, Microbial (non-animal) Rennet, Cultures, Enzymes), Onion, Egg, Potato Flake, Parsley, Potato Starch, Salt, Curry Powder, Fresh Mint, Pepper, Chilli Flakes. *Contains: Dairy, Egg.*

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). *Contains: Soy*

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. *Contains: Soy, Sulphites.*

Kumara & Lentil Rosti: Orange Kumara (55%), Lentils (18%), Potato Flakes, Onion, Coriander, Curry Powder, Salt, Pepper.

Prawns: Prawns (99.5%), Salt (0.5%). *Contains: Shellfish.*

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. *Contains: Soy, Sulphites.*

Bacon: Pork (90%), Water, Salt, Sugar, Maltodextrin, Mineral Salts (451, 450, 500), Honey, Preservative (250), Antioxidant (316). *Contains: Nitrates.*

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. *Contains: Nitrates.*

Egg (Whole Fresh): Whole Egg (free-range). *Contains: Egg.*

Ham: Pork (75%), Water, Salt, Modified Starch (1442), Dextrose, Sugar, Mineral Salts (451, 452, 450, 500), Thickener (407), Antioxidant (316), Preservative (250), Yeast Extract, Smoke Flavour. *Contains: Soy, Nitrates, Honey.*

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CLASSIC FILLINGS

Carrot: Carrot: Fresh (grated).

Cheddar: Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. *Contains: Dairy.*

Cucumber: Cucumber: Fresh (diced).

Feta: Milk, Salt, Enzyme (non animal rennet), Cultures. *Contains: Dairy.*

Gherkins: Sliced Gherkins, Water, Sugar, Food Acid (260, 270), Salt.

Hummus: Chickpeas, Tahini, Garlic Powder, Salt, Citric Acid, Potassium Sorbate. *Contains: Sesame.*

Jalapenos: Sliced Jalapeño Peppers (56%), Water, Vinegar, Salt, Firming Agent (Calcium Chloride), Preservative (Sodium Benzoate).

Pickled Beets: Beetroot, Red Wine Vinegar (Preservative 220), Cane Sugar, Salt.

Pineapple: Pineapple (68%), Water, Sugar, Acidity Regulator (Citric Acid).

Red Onion: Red Onion: Fresh (sliced).

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).

PREMIUM FILLINGS

Avocado (Smashed): Hass Avocado, Citric Acid, Absorbic Acid, Salt.

Egg (Smashed): Whole Egg: Cooked (smashed). *Contains: Egg.*

Kimchi: Chinese Cabbage (31%), Cabbage (31%), Pak Choy (16%), Spring Onion (2%), Onion, Chilli Powder (2%), Garlic, Ginger, Filtered Water, Himalayan Salt, Body Ecology Vegetable Culture, Chicory Extract.

Parmesan: Milk, Salt, Cultures, Enzyme (Rennet, Lipase), Anticaking Agent (460), Preservative (200). *Contains: Dairy.*

Quinoa & Brown Rice: Brown Rice (93%), Quinoa (5%), Vegetable Oil, Salt, Vegetable Gum (Xanthan). *Contains: Soy.*

Roasted Kumara: Kumara: Cooked (diced).

SEASONINGS

Cajun Seasoning: Salt, Paprika, Pepper, Chilli (10%), Basil, Garlic (contains Sulphites), Onion Powder, Rice Flour, Fennel, Thyme. *Contains: Soy, Sulphites.*

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. *Contains: Sulphites.*

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TOPPINGS

Sliced Almonds: Almonds. *Contains: Tree Nuts.*

Toasted Seeds: Sunflower Kernels, Pumpkin Seed Kernels.

SAUCES & DRESSINGS

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). *Contains: Dairy, Eggs.*

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. *Contains: Dairy, Egg, Fish.*

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. *Contains: Dairy, Soy.*

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.

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.

Kasundi Sauce: 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. *Contains: Gluten.*

Lemon Dijon Dressing: Canola Oil [Antioxidant (319)], Water, Lemon Juice (Minimum 12%), Vinegar, Dijon Mustard (Minimum 8%), Sugar, Thickeners (1442, 1450, 415, 412), Cider Vinegar, Salt, Spices, Acidity Regulator (330), Emulsifier, (Soy) (435), Spice Extract (100), Preservative (202), Herb Extract, Flavourings (Natural). *Contains: Soy.*

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. *Contains: Dairy, Egg.*

Miso Coriander & Lime: Canola Oil [Antioxidant (319)], Water, Lime Juice (Minimum 10.5%), Cider Vinegar, Egg Yolk, Thickeners (1442, 1450, 415), Sugar, Salt, Miso Powder (Soy) (Minimum 0.5%), Crushed Garlic, Crushed Ginger, Spices [Including Coriander (Minimum 0.1%)], Yeast Extract, Preservative (202), Acidity Regulator (330), Herb, Spice Extract (100), Flavourings (Natural). *Contains: Soy, Egg, Sulphites.*

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)], Vinegar, Water, Sugar, Egg Yolk, Lemon Juice, Crushed Garlic, Spices [Including Chipotle (Minimum 0.3%)], Thickeners (1442, 1450, 415), Salt, Molasses, Egg White Powder, Yeast Extract, Flavouring (Smoke), Preservative (202), Spice Extracts [Including (160c)], Acidity Regulator (330), Herb Extract. *Contains: Egg.*

Sriracha Mayo: Canola Oil [Antioxidant (319)], Vinegar, Water, Apple Puree, Chilli Puree, Tomato Paste, Egg Yolk, Sugar, Thickeners (1442, 1450, 415), Salt, Capsicum Puree, Crushed Garlic, Spices, Flavourings (Natural), Egg White Powder, Preservative (202), Spice Extracts [Including (160c)], Herb Extract. *Contains: Eggs.*

Tomato Ketchup: Water, Tomato Paste, Sugar, White Vinegar, Salt, Modified Starch (1442), Acidity Regulators (330, 331), Preservative (202), Yeast Extract, Spices, Herbs.

Turmeric Yoghurt Ginger Dressing: Water, Canola Oil [Antioxidant (319)], Yoghurt Powder (Milk) (Minimum 10%), Lemon Juice, Vinegar, Thickeners (1442, 1450, 415, 412), Sugar, Crushed Ginger (Minimum 1%), Salt, Spices [Including Turmeric (Minimum 0.2%)], Acidity Regulator (270), Flavourings (Milk) (Natural), Emulsifier (Soy) (435), Preservative (202), Herb Extract. *Contains: Dairy, Soy.*

Napolitana (Pizza Sauce): Pasta Napolitana Sauce: Tomatoes (95%) (puree, diced, crushed), sugar, onions, salt, sunflower oil, olive oil, herbs, lemon juice concentrate, spices.

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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. *Contains: Gluten, Dairy, Soy, Egg.*

Ginger Slice: Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and diglycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Gluten Free Flour (Maize & Tapioca Starch), Desiccated Coconut, Golden Syrup, Water, Spice (ginger powder), Stabiliser (xanthan, sodium alginate, guar gum). *Contains: Soy, Sulphites.*

Choc Chilli Slice: Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and diglycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Water, Cocoa Powder, Gluten Free Flour (Maize & Tapioca Starch), Linseed, Raising Agent (sodium bicarbonate, sodium aluminium phosphate, cornflour (starch), acidity regulator (sodium acid pyrophosphate), anticaking agent (calcium carbonate)), Stabiliser (xanthan, sodium alginate, guar gum), Chilli Flakes, Chilli Powder, Emulsifier (soy lecithin), Vanilla Flavour. *Contains: Soy, Sulphites.*

Pita Chips: Grilled Pita Bread (Plain, Wholemeal or Gluten Free) - As above.

Grilled Wedges: Potato (85%), Canola Oil, Wheatflour, Wheatstarch, Salt, Maize Flour, Paprika, Onion Powder, Garlic Powder, Black Pepper, Dextrose (from Maize). *Contains: Gluten.*

Chicken Tenders: Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts.

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%). *Contains: Dairy*

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). *Contains: Dairy*

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. *Contains: Dairy.*

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. *Contains: Dairy.*

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. *Contains: Dairy, Honey.*

Frozen Soy Milk (Smoothies): Soy Milk [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. *Contains: Soy.*