

Ingredient List [as @ May 2021]

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.

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
Plain Pita	Flour, Water, Salt, Low Sugar, Yeast. <i>Contains: Gluten.</i>
Wholemeal Pita	Flour, Water, Salt, Yeast. <i>Contains: Gluten.</i>
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 (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 Soy 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>
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>
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), Yeast Extract, Smoke Flavour. <i>Contains: Soy.</i>
FILLINGS	
Lettuce	Lettuce: Fresh (shredded).
Red Cabbage & Carrot Mix (contains red onion)	Cabbage (75%), Red Onion (15%), Carrot (10%). Fresh.
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>

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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. <i>Contains: Sulphites.</i>
Pineapple	Pineapple (68%), Water, Sugar, Acidity Regulator (Citric Acid).
Brown Rice	Steamed brown rice 98%, Vegetable oil
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).
Kimchi	Chinese cabbage, cabbage, Pak Choy, onion, Himalayan salt, spring onion, chilli powder, garlic, ginger, fish sauce, Body Ecology culture starter, chicory extract. <i>Contains: Fish & Fish products</i>
Three Bean Mix	Soybeans, 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>
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>
Korean BBQ Sauce	Water, Sesame Oil (18%), Soy Sauce (18%) (Water, Soy Bean Extract, Wheat Flour, Salt, Sugar), Sugar, Vinegar, Gochujang Paste (6%) (Corn Syrup, Red Pepper Powder, Wheat Flour, Water, Salt, Onion, Garlic, Fermented Spirit, Rice, Fermented Soybean, Barley), Ginger, Tomato Paste, Thickener (Modified Starch, Xanthan Gum), Garlic, Golden Syrup, Tamarind Pulp, Roast Red Pepper, Salt, Onion, Spices. <i>Contains: Soy, Sesame and Wheat.</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. <i>Contains: Sulphites</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. Contains Dairy.
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). Contains: Soy, Sesame.
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). Contains: Gluten, Milk, Egg, Soy.
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). Contains: Egg, Milk & Soy. May Be Present: Peanuts & Tree Nuts.
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.
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. Contains: Gluten, Soy. May contain traces of Egg & Milk.
Chicken Tenders	Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts.
Loaded Wedges (per portion)	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] Bacon: [Pork (83%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250)] Cheddar Cheese: [Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet]. Contains: Gluten, Dairy, Soy. May contain traces of Egg.
Loaded Pita Chips - Falafel (per portion)	Pita Chips: [Flour, Water, Salt, Low Sugar, Yeast] Falafel: [Chickpeas (70%), Broad Beans, Tapioca Flour, Canola Oil, Salt, Cumin, Ground Coriander, Baking Powder, Garlic, Chilli] Feta: [Milk, Salt, Enzyme (Non Animal Rennet), Cultures] Red Onion, Tomato, Honey Mustard: [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]. Contains: Dairy
Loaded Pita Chips - Chicken (per portion)	Pita Chips: [Flour, Water, Salt, Low Sugar, Yeast.] Chicken: [Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407)] Cheddar Cheese: [Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet] Roasted Red Peppers: [Peppers (61%), Water, Sugar, Salt, Vinegar, and may contain firming agent (509)] Red Onions, Sweet Chilli Sauce: [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] 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: Gluten, Dairy, Egg.

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 Probiotic	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). 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>
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). 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>
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). <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>
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>