

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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### PITAS

**Gluten Free Pita Bread:** Water, Modified Tapioca Starch (1442), Maize Starch, Coconut Flour, Sunflower Oil, Sugar, Kumara Powder, Fibre (Psyllium Husk, Flax), Tapioca Starch, Yeast, Apple Cider Vinegar, Stabiliser (464,466) Iodised Salt, Vegetable Gum (Guar Gum) Stabiliser (464), Emulsifier (Sunflower Lecithin).

**Pita White:** Flour, Water, Salt, Low Sugar, Yeast. *Contains: Gluten (wheat).*

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

### GOURMET RANGE

**Chicken Bacon Crunch:** Chicken, Bacon, Lettuce, Tomato, Cucumber, Red Onion, Avocado, Croutons, Parmesan Cheese, Caesar Dressing. *Contains: Gluten, Milk, Egg.*

**Chicken Pesto:** Chicken, Baby Spinach, Tomatoes, Onions, Green Peppers, Avocado, Pesto (Nut-Free), Feta, Tuscan Seasoning. *May contain traces of gluten. Contains: Sulphites.*

**Mexicano:** Chicken Breast or Steak, Black Bean Pattie, Avocado, Rice, Crispy Lettuce, Jalapenos, Cheddar Cheese, Sour Cream, Habanero Sauce. *Contains: Gluten, Milk, Soy, Sulphites.*

**Moroccan Lamb Kofta:** Lamb Kofta (Lamb (66%), Water, Onion, Textured Soy Protein, Breadcrumbs, Seasoning, Soy Protein Isolate, Parsley Leaves), Baby Spinach, Tomatoes, Carrot, Olives, Feta Cheese, Tzatziki sauce, Moroccan Seasoning. *Contains: Gluten, Milk, Soy.*

### MEAT PRODUCTS / VEGETARIAN OPTIONS / BREAKFAST OPTIONS

**Free Farmed Bacon:** Pork (90%), Water, Salt, Sugar, Maltodextrin, Mineral Salts (451, 450 500), Honey, Preservative (250), Antioxidant (316). *May contain traces of Soy.*

**Beef 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 and Sulphites.*

**Free Range Chicken:** Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407) *Contains: May Contain Gluten from processing line.*

**Free Range Chicken Tenders:** Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts. *Contains: May Contain Gluten from processing line.*

**Free Farmed 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*

**Lamb (Diced):** 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*

**Moroccan Lamb Kofta:** Lamb Kofta (Lamb (66%), Water, Onion, Textured Soy Protein, Breadcrumbs, Seasoning, Soy Protein Isolate, Parsley Leaves). *Contains: Gluten, Dairy, Soy.*

**Roast Beef (Sliced):** Beef, Water, Salt, Potato Starch, Sucrose, Mineral Salts (450, 451, 508), Sodium Acetate, Flavour Enhancer (621), Vegetable Gum (407, 412). *May contain traces of Gluten (wheat), Soy, Milk, Sulphites from processing line.*

**Tuna:** Tuna 85%, Springwater, Vegetable Broth (Contains Soy), Salt, Traces Of Wheat. *Contains: Soy, Gluten (wheat traces).*

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## MEAT PRODUCTS / VEGETARIAN OPTIONS / BREAKFAST OPTIONS (CONT.)

**Beetroot, Feta & Mint Patties:** Chickpeas, Beetroot (23%), Feta Cheese (12%), Tapioca Flour, Spring Onion, Potato Flakes, Mint, Salt Canola Oil, Smoked Paprika, Pepper. *Contains: Milk.*

**Black Bean Patties:** Black Beans (35%), Chickpeas, Sweetcorn, Tapioca Flour, Onion, Canola Oil, Fresh Coriander, Jalapeño, Potato Flake, Salt, Smoked Paprika, Baking Powder, Cumin, Pepper.

**Corn, Coriander & Chilli Patties:** Chickpeas, Orange Kumara, Cauliflower, Sweet Corn (12%), Potato Flake, Fresh Coriander (5%), Lemongrass, Spring Onion, Tapioca Flour, Garlic, Ginger, Canola Oil, Sugar, Salt, Chilli.

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

**Mushroom & Mozzarella Risotto Cakes:** Rice (52%), Mozzarella Cheese (13%) (pasteurised milk, salt, cultures, enzyme (non-animal rennet), anticaking agent (460), preservative (200)), Mushrooms (10%), Canola Oil, Bread Crumbs, Egg, Onion, Parsley, Parmesan Cheese (Pasteurised Milk, Salt, Cultures, Enzymes (animal rennet)), Garlic, Salt, Pepper. *Contains: Gluten, Milk Egg.*

**Polenta & Super Grain Sticks:** Polenta (85%), Canola Oil, Red Quinoa, Amaranth, Garlic, Chia Seeds, Garlic, Powder, Salt, Rosemary, Chilli.

**Rice:** Water (57.56%), Steamed Basmati Rice (40.87%), Sunflower Oil, Salt.

**Whole Egg (Free Range):** *Contains: Egg*

**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.

**Hash Browns:** Potatoes (89%), Canola Oil, Seasoning Mix (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450), *May contain traces of Wheat, Soy, Milk, Egg.*

## CHEESE / WEDGES

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

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

**Mozzarella:** Pasteurised milk, Salt, Natural dairy cultures, Enzyme (microbial rennet), Anti-Caking Agent (starch or 460), Preservative (200). *Contains: Milk*

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

**Swiss Cheese:** Cheese (Min 60% Made From Cows Milk, Salt, Culture, Vegetarian/Calves Rennet), Water, Milk Solids, Non Fat Milk Solids, Emulsifier (331, 339, Soy Lecithin (322)), Salt, Acidity Regulator (330), Preservative (200). *Contains: Milk and Soy.*

**Secret Sauce (cooking oil):** Soyabean Oil [Antioxidants (E319 & E320), Antifoam (E900)], Jalapeño Juice, [Water, Vinegar, Salt, Firming Agent (calcium chloride), Preservative (sodium benzoate)], Garlic Powder, Oregano, Pepper. *Contains: Soy.*

**Sour Cream:** Reduced Fat Cream (69%), (Cream, Skimmed Milk Powder, Water), Water, Thickener (1422), Gelatin, Food Acid (270), Salt, Culture. *Contains: Milk*

**Wedges:** Potatoes (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 Soy)] Traces of Egg and Milk. *Contains: Gluten (Wheat) and Soy. May contain traces of Egg and Milk.*

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## SEASONINGS

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

*Contains: Soy, Sulphites*

**Garlic and Herb Seasoning:** Salt, Garlic 18%, Rice Flour, Herbs 3% (Parsley, Dill, Thyme, Marjoram), Onion, Celery, Capsicum, Leek, Tomato, Vegetable Oil, Garlic Extract. *Contains: Sulphites*

**Lemon Pepper Seasoning:** Salt, Pepper 23%, Rice Flour, Food Acid (Citric), Sugar, Natural Chicken Flavour, Onion Powder, Garlic, Lemon 3% (Peel & Oil), Vegetable Oil, Natural Lemon Flavour. *New recipe – no allergens*

**Moroccan Seasoning:** Salt, Natural Chicken Flavour, Pepper, Garlic (contains Sulphites), Sugar, Rice Flour, Onion Powder, Paprika, Rosemary, Turmeric, Food Acid (Citric), Capsicum, Coriander Seed, Cumin, Vegetable Oil, Lemon Oil, Ginger.

*New recipe – no allergens*

**Tuscan:** Salt, Garlic, Pepper, Rosemary. *Contains: Sulphites*

## SAUCES

**Aioli:** Water, Vegetable Oil [Canola (Antioxidant (319))], White Vinegar, Maltodextrin, Sugar, Egg Yolk, Modified Starch (1442), Lemon Juice, Crushed Garlic [Food Acid (330)], Salt, Citrus Fibre, Spices, Thickener (415), Preservative (202), Acidity Regulator (330), Spice Extract. *Contains: Egg.*

**Avocado Pulp:** Smooth Avocado Pulp (94%), Sugar, Salt, Acidity Regulators (450, 330), Thickeners (401, 415), Onion Puree, Antioxidant (300), Garlic Puree.

**BBQ:** Sugar, Tomato Paste, Water, White Vinegar, Molasses, Salt, Modified Starch (1442), Flavouring, Spices, Herbs, Colour (150d), Thickener (415), Acidity Regulator (330), Preservative (202).

**Caesar:** Vegetable Oil [Canola (Antioxidant (319))], Water, White Vinegar, Maltodextrin, Sugar, Egg Yolk, Lemon Juice, Modified Starch (1442), Cheese Powder [Food Acids (270, 330), Milk], Spices, Salt, Crushed Garlic [Food Acid (330)], Worcesters Sauce [Colour (150c), Acidity Regulator (260, 330), Preservative (211), Thickener (414)], Thickeners (415, 412), Flavourings (Milk), Acidity Regulators (330, 270), Yeast Extract, Preservative (202), Spice Extract. *Contains: Egg, Milk*

**Habanero:** Tomato Pulp, Water, Sugar, Chilli Puree, Red Bell Pepper Puree, Modified Starch (1422), Crushed Garlic, Acidity Regulators (270, 260), Salt, Naturally Fermented Soy Sauce (Wheat, Soy), Onion, Spices, Herb, Thickener (415), Preservative (202), Spice. *Contains: Gluten, Soy.*

**Hollandaise:** Vegetable Oil [Canola (Antioxidant (319)), Olive Oil], Water, White Vinegar, Egg Yolk, Lemon Juice [Preservative (223)], Milk Solids, Sugar, Modified Starch (1442), Flavourings (Milk), Acidity Regulator (330), Preservative (202), Salt, Thickener (415), Humectant (1520), Colour (161b), Spice Extracts [including 100], Anti-caking Agent (551). *Contains: Egg, Milk.*

**Honey Mustard:** Water, Sugar, White Vinegar, Spices, Honey, Modified Starch (1442), White Wine Vinegar, Salt, Red Wine Vinegar, White Wine, Citrus Fibre, Acidity Regulators (270, 330), Colours (171, 150d), Yeast Extract, Preservative (202), Thickener (415), Spice Extract.

**Hot Chilli:** White Vinegar, Apple Puree [Apples, Antioxidant (300)], Water, Tomato Paste, Maltodextrin, Sugar, Chilli Paste [Chilli, Food Acid (260)], Red Bell Pepper Puree [Acidity Regulator (260)], Salt, Crushed Garlic [Food Acid (330)], Modified Starch (1442), Citrus Fibre, Thickeners (415, 412), Acidity Regulator (330), Preservative (202), Spice Extracts [Including 160c)].

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

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

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## SAUCES (CONT.)

**Mayo:** Water, Vegetable Oil [Canola (Antioxidant (319))], White Vinegar, Sugar, Dextrose, Egg Yolk, Modified Starch (1442), Salt, Citrus Fibre, Acidity Regulators (575, 330), Spice, Egg Albumin, Thickener (415), Preservative (202), Spice Extracts. *Contains: Egg*

**Mint:** White Vinegar, Water, Sugar, Modified Starch (1442), Molasses, Salt, Herb, Thickener (415), Preservative (202), Spice Extract.

**Peri Peri Mayo:** Vegetable Oil [Canola (Antioxidant (319))], Water, Vinegar, Egg Yolk, Maltodextrin, Sugar, Tomato Pulp, Lemon Juice, Modified Starch (1442), Salt, Crushed Garlic [Food Acid (330)], Citrus Fibre, Spices, Egg, Powder, Thickener (415), Preservative (202), Spice Extracts [Including (160c)], Herb Extract.

**Pesto (Nut-Free):** Canola Oil, Basil Paste (Basil, Canola Oil, Salt, Acidity Regulator (300), Preservative (202)), Pumpkin Kernels, Yeast Flakes, Garlic (Garlic, Water, Sugar, Salt, Food Acid (260), Preservative (202)), Salt. *Note: Nut-free & Vegan*

**Southwest Chipotle:** Vegetable Oil [Canola (Antioxidant (319))], Water, White Vinegar, Red Bell Pepper, Sugar, Maltodextrin, Egg Yolk, Lemon Juice, Modified Starch (1442), Molasses, Spices, Salt, Citrus Fibre, Yeast Extract, Acidity Regulator (270), White Wine Vinegar, Thickener (415), Flavourings (Soy), Red Wine Vinegar, Preservative (202), White Wine, Spice Extracts [including (160c)], Herb, Colour (150d). *Contains: Egg and Soy.*

**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.

**Tzatziki:** Canola Oil [Antioxidant (319)], Water, White Vinegar, Cream [Cream (Milk), Thickener (401)], Maltodextrin, Sugar, Lemon Juice, Milk Solids, Crushed Garlic [Food Acid (330)], Modified Starch (1442), Salt, Egg Powder, Milk Protein Concentrate, Acidity Regulator (270), Egg Yolk Powder, Herb, Thickener (415), Preservative (202), Spice Extract. *Contains: Milk and Egg*

## SEASONAL DRESSINGS

**Balsamic Vinaigrette:** Water, Balsamic Vinegar [Colour (150c), Preservative (223)], Vegetable Oil [Canola (Antioxidant (319)), Olive Oil], Sugar, Salt, Thickener (415), Spice, Preservative (202), Spice Extract.

**Japanese Sesame:** Vegetable Oil [Canola (Antioxidant (319))], Vinegar, Sugar, Water, Soy Sauce [Water, Wheat, Soybeans, Salt], Sesame Seeds, Salt, Egg Yolk Powder, Sesame Oil, Flavour Enhancer (612), Thickeners (415, 412), Preservative (202), Herb Extract.  
*Contains: Gluten (wheat), Egg, Sesame and Soy.*

**Mango Chilli:** Water, Sugar, Mango Puree Concentrate, Vegetable Oil [Canola (Antioxidant (319))], Lemon Juice, White Wine Vinegar, Salt, Spices, Preservative (202), Thickener (415).

## FILLINGS

**Beetroot (tinned):** Beetroot (67%), Water, Malt Vinegar (from Barley), Sugar, Salt, Food Acid (Acetic Acid).  
*Contains: Gluten (barley).*

**Black Olives (Spanish Sliced tinned):** Sliced Black Olives (55%), Water, Salt, Colour Stabiliser (Ferrous Gluconate) (Sterilized).

**Carrot:** Fresh grated.

**Corn (tinned):** Supersweet Corn (63%), Water, Salt, Food Acid (Citric Acid).

**Cucumber:** Fresh diced.

**Green Peppers:** Fresh diced.

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## FILLINGS (CONT.)

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

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

**Lettuce:** Iceberg shredded.

**Mushroom:** Fresh sliced.

**Pineapple:** Pineapple (61%), Water, Sugar, Food Acid (330).

**Red Onion:** Fresh diced.

**Tomatoes:** Fresh diced.

**Croutons:** Wheat flour, Vegetable Oil, Salt, Yeast, Sugar, Margarine (Vegetable Oil, Water, Emulsifier, Citric Acid, Flavour, Colour ((Carotene)).

*Contains: Gluten. May contain traces of Milk.*

## COOKIES/BROWNIES

**Candy Cookie:** Chocolate Compound [Sugar, Vegetable Fat, Cocoa Powder (10%), Emulsifiers (492, Soy Lecithin), Flavour, Food Acid (330)], Wheat Flour, Sugar, Rainbow Buttons (16%) [Sugar, Vegetable Oil, Skim Milk Powder, Cornflour, Cocoa Powder, Butter Oil, Vegetable Gum (414), Colours (171, 124, 155, 133, 110, 102, 122, 123), Emulsifiers (Soy Lecithin, 492), Flavours, Glazing Agent (903)], Butter [Cream (From Milk), Salt], Egg, Cocoa Powder, Raising Agent (500), Flavour. *Contains: Wheat, Milk, Egg, Soy. May be present Peanuts and Tree Nuts.*

**Caramel Chew Cookies:** Wheat Flour, Caramel Chocolate Compound (27%) [Sugar, Vegetable Fat, Milk Powder, Emulsifiers (Soy Lecithin, 492), Flavour, Colour (102, 122, 133), Food Acid (330)], Sugar, Butter [Cream (From Milk), Salt], Egg, Cocoa Powder, Raising (500), Flavour. *Contains: Wheat, Milk, Egg, Soy. May be present Peanuts and Tree Nuts.*

**Choc Chew Cookie:** Sugar, Wheat Flour, Chocolate Compound (17%) [Sugar, Vegetable Fat, Cocoa Powder (10%), Emulsifiers (492, Soy Lecithin), Flavour, Food Acid (330)], Butter [Cream (From Milk), Salt], Cornflakes [Corn, Sugar, Salt, Malt Extract, Vitamins (Niacin, Thiamine, Riboflavin, Folate), Mineral (Iron)], Egg, Cocoa Powder (4%), Raising Agent (500), Flavour. *Contains: Wheat, Milk, Soy, Egg. May be present Peanuts and Tree Nuts.*

**Choc Fudge Brownie:** Sugar, Butter [cream (from milk), salt], Chocolate Compound (16%) [sugar, vegetable fat, cocoa powder (10%), emulsifiers (492, soy lecithin), flavour, food acid (330)], Egg, Wheat Flour, Glucose Syrup, Cocoa Powder (8%), Flavour, Raising Agents (450, 500), Preservative (202).

*Contains: Wheat, Milk, Egg, Soy.*

**Chunky Choc Chip Cookies:** Chocolate Compound (30%) [Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Food Acid (330)), Cocoa Powder (10%), Emulsifiers (492, Soy Lecithin), Flavour], Wheat Flour, Sugar, Butter (Cream (From Milk), Salt), Egg, Cocoa Powder, Raising Agent (500), Flavour. *Contains: Wheat, Milk, Soy, Egg. May be present Peanuts and Tree Nuts.*

**Raspberry And White Choc Cookies:** Wheat Flour, White Chocolate Compound (23%) [Sugar, Vegetable Fat, Whole Milk Powder, Emulsifier (492, Soy Lecithin), Flavour, Food Acid (330)], Sugar, Butter [Cream (From Milk), Salt], Egg, Raspberry Pieces, Raspberry Spread [Sugar, Water, Apple, Raspberries (4%) (Raspberries 3% Raspberry Seeds 1%), Thickener (1442), Acidity Regulator (330, 331), Stabiliser (440), Preservative (202), Flavour, Mineral Salt (341, 452), Colour (124, 132)], Cocoa Powder, Raising Agent (500), Flavour. Contains 2.5% Raspberry.

*Contains: Wheat, Soy, Milk, Egg. May be present Peanuts and Tree Nuts.*

**White Choc Macadamia Cookies:** White Chocolate Compound (24%) [Sugar, Vegetable Fat, Whole Milk Powder, Emulsifier (492, Soy Lecithin), Flavour, Food Acid (330)], Wheat Flour, Sugar, Butter [Cream (From Milk), Salt], Egg, Macadamia Nuts (7%), Cocoa Powder, Raising Agent (500), Flavour.

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### EDIBALLS

**Cranberry & Cashew Ediballs:** Dates, Desiccated Coconut, Cashew Nuts (18%), Water, Re-hydrated Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour. *Contains Tree Nuts. May contain Egg, Peanuts and Pit Fragments.*

**Coconut & Cacao Ediballs:** Dates, Desiccated Coconut (20%), Cashew Nuts, Water, Cocoa Powder (5%), Organic Cacao Nibs (3.5%), Natural Vanilla Flavour. *Contains Tree Nuts. May contain Egg, Peanuts and Pit Fragments.*

### PIZZAS

**Pasta Napolitana Sauce:** Tomatoes (95%), (puree, diced, crushed), sugar, onions, salt, sunflower oil, olive oil, herbs, lemon juice concentrate, spices. *Made on equipment that also processes products containing Almond, Peanut, Sesame, Fish, Crustacean.*

### PIT KIDS

**Apple Slices:** Sliced Apple, Antioxidant (302)

**Marmite:** Yeast, Sugar, Salt, Mineral Salt (Potassium Chloride), Colour (Caramel III), Corn Maltodextrin, Mineral (Iron), Vitamins (Niacin, Thiamin, Riboflavin, Folate, B12), Herbs, Spices. *Contains: Gluten (Derivatives of Barley and Wheat).*

**Vegemite:** Yeast Extract (from yeast grown on barley and wheat), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate. *Contains: Gluten (Barley and Wheat).*

### 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). *Contains: Milk*

Honey & Ginger Syrup: Manuka honey, Apple Cider Vinegar, Ginger dry root extract.

#### 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). *Contains: Milk*

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.

#### Kiwiberry Omega-3:

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). *Contains: Milk*

Flaxseed Oil supplement: Cold Pressed, Unrefined, Extra Virgin, Certified Organic Flax Seed Oil (100%).

#### 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). *Contains: Milk*

Probiotic supplement Psyllium husks [69%], Inulin Prebiotic [30%], Probiotic Cultures [1%] (Lactobacillus Bulgaricus, Lactobacillus Plantarum, Bifidobacterium Bifidum, Lactobacillus rhamnosus, Lactobacillus Acidophilus). *May contain traces of Soy and Milk.*

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## SMOOTHIES (CONT.)

### **Superfruit Antioxia:**

Cranberry (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*). **Contains: Milk**

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.

**Frozen Soy Milk (for 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.**