



Designed by You Katsu Chicken

ITEM	INGREDIENTS
<b>PROTEIN</b>	
Chicken Breast Schnitzel	Chicken (51%), Water, Flour ( <b>Wheat</b> , Maize), Vegetable Oil (Sunflower, Canola), Salt, Yeast, <b>Wheat Gluten</b> , Wheat Semolina, Polenta, <b>Egg</b> Powder, Modified Starch (1422, 1404), Thickener (412), Spice Extracts, Mineral Salts (450, 451), Sugar, Yeast Extract, Natural Colour (160b). <b>Contains: Egg &amp; Egg products, Gluten/Wheat, Milk &amp; Milk Products. May Contain: Evaporated Milk, Dried Milk made for Soy or Cereals.</b>



Japanese Chicken Katsu Rice Bowl

ITEM	INGREDIENTS
<b>PROTEIN</b>	
Chicken Breast Schnitzel	Chicken (51%), Water, Flour ( <b>Wheat</b> , Maize), Vegetable Oil (Sunflower, Canola), Salt, Yeast, <b>Wheat Gluten</b> , Wheat Semolina, Polenta, <b>Egg</b> Powder, Modified Starch (1422, 1404), Thickener (412), Spice Extracts, Mineral Salts (450, 451), Sugar, Yeast Extract, Natural Colour (160b). <b>Contains: Egg &amp; Egg products, Gluten/Wheat, Milk &amp; Milk Products. May Contain: Evaporated Milk, Dried Milk made for Soy or Cereals.</b>
<b>FILLINGS</b>	
Rice	Steamed Rice. <b>May Contain: Gluten, Milk, Peanuts, Sesame, Soy, Tree Nuts.</b>
Sesame Dressing	Water, Vegetable Oil, Sesame (10.8%) (Oil, Seeds), Sugar, Vinegar, Salt, Thickeners (1414, 415), Spices, Food Acids (270, 575, 330), Fermented Soy Sauce, Yeast Extracts, Burnt Sugar, Preservatives (211, 202), Antioxidant (385). <b>Contains: Sesame Seeds And Sesame Products, Soybean And Soybean Products</b>
Fluffy Egg Mixture	Whole <b>Egg</b> (Free-Range). Cream ( <b>Milk</b> )[99.9%], Thickener (401). <b>Contains: Milk, Cream, Egg.</b>
Caramelised Onions	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). Red Onion: Fresh (Sliced).
Edamame Beans	Soyabeans ( <b>Soy</b> ). <b>Contains: Soy.</b>
Cucumber	Cucumber (Fresh).
Pickled Ginger	Ginger (62.5%), Water, Sweetener (Sorbitol), Salt, Acidity Regulator (Citric Acid), Acidity Regulator (Acetic Acid), Sweetener (Aspartame), Preservative (Potassium Sorbate), Colour (Ponceau 4R), Colour (Azorubine)
Kewpie Mayo	<b>Soybean Oil, Egg Yolk (9.5%), Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (E621), Flavouring, Preservative (E385) Contains: Egg, Soy. May Contain: Gluten, Milk, Sesame, Sulphites&gt;10mg/KG.</b>
Korean BBQ	Water, <b>Soy</b> Sauce (20%) (Water, <b>Soybean</b> Extract, ( <b>Gluten</b> ) <b>Wheat</b> Flour, Salt, Sugar), Sugar, <b>Sesame</b> Oil (14%), Vinegar, Ginger, Tomato Paste, Gochujang Paste (3%) (Corn Syrup, Red Pepper Powder, ( <b>Gluten</b> ) <b>Wheat</b> Flour, Water, Salt, Onion, Garlic, Fermented Spirit, Rice, Fermented Soybean, Barley), Thickener (Modified Starch, Xanthan Gum), Garlic, Golden Syrup, Cold Pressed Rapeseed Oil, Tamarind Puree, Roasted Red Pepper, Salt, Onion, Spices. <b>Contains: Gluten, Sesame, Soy.</b>

# Allergens List - April 2024

This information is based upon the accuracy of the product information given by the food manufacturers. **BOWL'D & Pita Pit** have 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. Please be advised that all food items are cooked on a shared grill.

## INDEX

✓ = Contains

\* = May Contain Traces

The term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing

May contain trace of gluten may be present as this item is prepared in a kitchen that handles gluten.

	GLUTEN	WHEAT	EGG	MILK	SOY	SESAME	PEANUT	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PINE NUT	PISTACHIO	WALNUT	FISH	CRUSTACEA	MOLLUSCS	SULPHITE	LUPIN	ADDED PRESERVATIVES	ARTIFICIAL COLOUR	ARTIFICIAL FLAVOUR	VEGETARIAN	VEGAN	
<b>PITA PIT</b>																											
<b>MENU ITEM</b>																											
Chicken Breast Schnitzel	✓	✓	✓	✓																							
<b>BOWL'D</b>																											
<b>MENU ITEM</b>																											
Japanese Chicken Katsu Rice Bowl	✓	✓	✓	✓	✓	✓															*						
<b>BOWL'D BREAKDOWN</b>																											
Brown Rice	*	*		*	*																					✓	✓
White Rice																										✓	✓
Egg - Fluffy			✓	✓																						✓	
Onions - Caramelised																										✓	✓
Edamame Beans					✓																					✓	✓
Cucumber																										✓	✓
Pickled Ginger	*	*			*	*																				✓	✓
Kewpie Mayo	*	*	✓	*	✓	*																					
Korean BBQ	✓	✓			✓	✓																					
Sesame Dressing					✓	✓																				✓	