

Ingredient List @ April 2020

This information 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.

ITEM	INGREDIENTS
PROTEIN	
Chicken Breast	Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 1442, 407).
Chicken (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). <i>Contains: Gluten.</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 Soya 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). <i>May contain Soy.</i>
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), Yeaset Extract, Smoke Flavour. <i>Contains: Soy.</i>
PITA 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. <i>Contains: Gluten .</i>
Wholemeal Pita	Flour, Water, Salt, Yeast. <i>Contains: Gluten.</i>
FILLINGS	
Lettuce	Lettuce: Fresh (shredded).
Mixed Green Leaves	Mixed Salad Greens: Fresh.
Red Cabbage & Carrot Mix	Cabbage (75%), Red Oniun (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>
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.
Pineapple	Pineapple (68%), Water, Sugar, Acidity Regulator (Citric Acid).

Quinoa & Brown Rice	Brown Rice (93%), Quinoa (5%), Vegetable Oil, Salt, Vegetable Gum (Xanthan). <i>Contains: Soy.</i>
Red Onion	Red Onion: Fresh (sliced).
Roasted Kumara	Kumara: Cooked (diced).
Roasted Red Peppers	Peppers (61%), Water, Sugar, Salt, Vinegar, and may contain firming agent (509).
Three Bean Mix	Soyabans, 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>
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). Salt, Garlic 18%, Rice Flour, Herbs 3% (Parsley, Dill, Thyme, Marjoram), Onion, Celery, Capsicum, Leek, Tomato, Vegetable Oil, Garlic Extract. <i>Contains: Sulphites.</i>
Garlic & Herb	
TOPPINGS	
Sliced Almonds	Almonds. <i>Contains: Tree Nuts.</i>
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). <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.</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, Soy.</i>
Ginger Turmeric 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. 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. <i>Contains: Dairy</i>
Habanero (Mexicano Only)	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.
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.
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). <i>Contains: Soy.</i>
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>
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). <i>Contains: Egg, Soy.</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 Sour Cream	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. <i>Contains: Egg.</i>
Sriracha Mayo	Reduced Fat Cream (69%), (Cream, Skimmed Milk Powder, Water), Water, Thickener (1422), Gelatin, Food Acid (270), Salt, Culture. <i>Contains Dairy.</i>
Sweet Chilli	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. <i>Contains: Egg.</i>
Tomato Kasundi	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.
Tomato Ketchup	Tomato (Minimum 33%), Water, Vinegar, Sugar, Diced Onion, Spices [Including Mustard (Minimum 3%)], Tomato Paste, Capsicum Puree [Acidity Regulator (260)], Thickeners (1422, 415), Crushed Garlic, Minced Ginger, Salt, Acidity Regulators (270, 330), Preservative (202), Herb Extract.
Napolitana (Pizza Sauce)	Water, Tomato Paste, Sugar, White Vinegar, Salt, Modified Starch (1442), Acidity Regulators (330, 331), Preservative (202), Yeast Extract, Spices, Herbs.
SNACKS	
Brownie	Pasta Napolitana Sauce: Tomatoes (95%) (puree, diced, crushed), sugar, onions, salt, sunflower oil, olive oil, herbs, lemon juice concentrate, spices.
	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, Dairy, Egg, Soy.</i>

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.
Ginger Crunch	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.
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 (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.
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	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
Sunflower Oil	Sunflower Oil (Antioxidant E319, E320 & Antifoam E900).