

## Nutritional Info @ May 2020

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.

PROTEIN	Energy (kJ)	Energy (cal)	Protein	Total Fat	Sat Fat	Carbs	Sugars	Sodium
Chicken Breast	413	99	19	2	1	1	1	510
Chicken (Crumbed)	1030	246	12	12	2	22	1	400
Grilled Lamb	470	112	14	3	1	6	3	910
Grilled Steak	639	153	23	5	2	1	1	560
Prawns	300	72	18	1	0	0	0	2
Black Bean Pattie (V+)	785	188	6	9	1	18	1	144
Falafel (V+)	766	183	6	10	1	16	1	467
Feta & Quinoa (Rosti) (V)	501	120	7	3	1	14	2	611
Kumara & Lentil (Rosti) (V+)	676	162	4	7	1	19	4	303
Bacon	798	191	14	15	5	1	1	964
Egg (Whole Fresh)	596	142	13	10	3	0	0	133
Cabanossi Sausage	990	237	14	32	13	1	0	998
Ham	435	104	16	3	1	3	1	1170
BREAD	Energy (kJ)	Energy (cal)	Protein	Total Fat	Sat Fat	Carbs	Sugars	Sodium
Gluten Free Pita	849	203	4	4	1	35	3	261
Plain Pita	1160	277	10	2	0	55	3	360
Wholemeal Pita	1110	265	10	2	0	52	2	310
FILLINGS	Energy (kJ)	Energy (cal)	Protein	Total Fat	Sat Fat	Carbs	Sugars	Sodium
Lettuce	59	14	1	0	0	3	2	10
Mixed Green Leaves	75	18	2	0	0	1	1	20
Red Cabbage & Carrot Mix	140	33	1	0	0	8	4	28
Spinach	83	20	3	0	0	1	1	23
Avocado (Smashed)	803	192	2	16	5	6	2	971
Capsicum	84	20	1	0	0	5	2	3
Carrot	172	41	1	0	0	10	5	69
Corn	298	71	3	1	13	3	3	192
Cucumber	63	15	1	0	0	4	2	2
Gherkins	275	66	1	0	0	14	10	410
Hummus	595	142	7	6	1	16	1	453
Tri-colour Jalapenos	112	27	1	1	0	3	3	798
Mushroom	92	22	3	0	0	3	2	5
Pickled Beets	220	53	86	0	0	6	9	129
Pineapple	320	76	0	0	0	19	18	10
Quinoa & Brown Rice	661	158	4	3	0	28	3	249
Red Onion	168	40	1	0	0	9	4	4
Roasted Kumara	506	121	2	0	0	24	18	43
Roasted Red Peppers	103	25	15	0	0	3	0	360
Three Bean Mix	311	74	10	4	0	13	2	25
Tomatoes	109	26	1	0	0	6	4	221
Cheddar Cheese	1780	425	24	36	21	0	0	750
Feta Cheese	890	213	15	16	9	3	1	1400

Parmesan Cheese	1600	382	36	26	16	0	0	1100
<b>SEASONINGS</b>	<b>Energy (kJ)</b>	<b>Energy (cal)</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Sodium</b>
Cajun Seasoning	2	4	0	0	0	0	0	0
Chipotle Seasoning	892	213	6	7	1	27	18	16935
Garlic & Herb	723	173	5	3	0	30	11	21129
<b>TOPPINGS</b>	<b>Energy (kJ)</b>	<b>Energy (cal)</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Sodium</b>
Sliced Almonds	2503	598	20	55	4	5	5	5
Toasted Seeds	2392	290	41	27	10	7	5	4
<b>SAUCES &amp; DRESSINGS</b>	<b>Energy (kJ)</b>	<b>Energy (cal)</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Sodium</b>
Aioli	2035	486	1	52	4	5	2	600
BBQ Sauce	740	177	1	0	0	42	36	1077
Caesar Dressing	1979	473	3	49	5	7	5	643
Cucumber Yoghurt Dressing	706	169	4	11	1	13	6	251
Ginger Turmeric Dressing	703	168	3	11	1	13	7	321
Habanero (Mexicano Only)	413	99	1	0	0	22	15	595
Hot Chilli	342	82	1	0	0	18	10	910
Lemon Dijon Dressing	1614	386	1	38	3	11	6	570
Mayonnaise	2035	486	1	52	4	5	4	650
Miso Coriander & Lime	1987	475	1	51	4	5	2	435
Rosemary Vinaigrette	2064	493	0	48	5	16	14	280
Smoked Chipotle	2158	516	1	53	5	9	7	597
Sour Cream	979	234	4	22	14	6	4	86
Sriracha Mayo	2071	495	1	52	4	7	5	745
Sweet Chilli	623	149	0	0	0	36	32	327
Tomato Kasundi	372	89	2	2	1	15	10	564
Tomato Ketchup	453	108	1	0	0	24	22	833
Napolitana (Pizza Sauce)	270	65	2	2	0	11	6	380
<b>SNACKS</b>	<b>Energy (kJ)</b>	<b>Energy (cal)</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Sodium</b>
Brownie	1771	423	5	20	14	58	42	167
Brownie (Gluten Free)	1800	430	4	23	16	53	37	224
Cookie	1980	473	4	22	17	63	34	118
Ginger Crunch	2040	488	1	27	16	63	39	192
Choc Chilli Slice	1800	430	2	19	10	60	49	272
Pita Chips	1160	277	10	2	0	55	3	360
Grilled Wedges	640	153	3	6	0	22	0	275
Chicken Tenders	495	118	23	3	1	0	0	260
<b>SMOOTHIES</b>	<b>Energy (kJ)</b>	<b>Energy (cal)</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Sodium</b>
Kiwi Berry Omega	154	37	1	1	0	8	7	9
Mango Banana Probiotic	202	48	0	1	0	0	10	9
Superfruit Antioxia	130	31	1	0	0	10	9	9
Immuni Tropical	182	43	1	0	0	9	8	16
Feijoa, Pear & Ginger	212	51	1	0	0	10	9	9

\* = May contain traces of allergens. NB: For clarity the \* has been applied as a precautionary measure as some manufacturers test for the presence of traces of allergens while others make no claims but use processing lines that are used for products that do contain allergens. The \* would benefit the very sensitive individual to a particular allergen.

~ Pita Pit has made every effort to ensure the accuracy of the information at the time of writing, however no responsibility is accepted where a food manufacturer/supplier has changed their formulations /

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

~ For vegan the \* has been applied to indicate where animal product allergens are used on processing lines and there may be traces present but this is not tested for.