

Ingredients List - May 2025



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. Please be advised that all food items are cooked on a shared grill.

ITEM	INGREDIENTS
PROTEIN	
Chicken Breast	Chicken (96%), Salt, Mineral Salts (451, 450, 452), Sugar, Modified Starch (1412), Thickener (407).
Bacon	Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250). May contain: Soy.
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).] Contains: Soy, Sesame.
Chicken Breast Schnitzel	Chicken (51%), Water, Flour (Wheat, Maize) , Vegetable Oil (Sunflower, Canola), Salt, Yeast, Wheat Gluten, Wheat Semolina , Polenta, Egg Powder , Modified Starch (1422, 1404), Thickener (412), Spice Extracts, Mineral Salts (450, 451), Sugar, Yeast Extract, Natural Colour (160b). Contains: Egg & Egg Products, Gluten/Wheat, Milk & Milk Products May Contain: Evaporated Milk, Dried Milk Made For Soy Or Cereals
Egg (Whole Fresh)	Whole Egg (Free-Range). Contains: Egg.
Grilled Steak	Beef (Min.80%), Water, Salt, Dextrose (Maize), Mineral Salt (450), Soy Protein , Sugar, Thickener (407a, 415), Yeast And Yeast Extracts, Hydrolysed Vegetable Protein (Maize/ Gluten), Spice Extracts, Thickener (1442), Colour (150d) (Sulphites), Fibres, Dehydrated Vegetable, Natural Flavour. Contains: Gluten, Soy, Sulphites.
Ham	Pork (75%), Water, Salt, Modified Starch (1442), Thickener (407), Dextrose, Sugar, Mineral Salts (451, 452, 450, 500), Antioxidant (316), Preservative (250), Yeast Extract, Smoke Flavour. Contains: Soy.
Prawns	Prawns (99.5%) (Crustacea), Salt. Contains: Crustacea.
Pulled Pork	76% Boneless Pork Shoulder, 24% Smokey BBQ Mix (Tomato Powder, Spices, Maize, (Gluten) Starch, Salt, Yeast Extract, Molasses Powder, Malt Extract (Barley)(Gluten), Flavourings (Soy) Food Acid (262), Spice Extracts (Including 160c), Anti-Caking Agent (551), Herb Extract). Contains: Gluten, Soy.
Black Bean Pattie (V+)	Black Beans (34%), Chickpea (34%), Water, Sweet Corn, Tapioca Starch, Canola Oil, Jalapeno, Onion, Potato Flake, Coriander, Salt, Smoked Paprika, Cumin, Pepper.
Falafel (V+)	Chickpeas (Sesame) (65%), Water, Broad Beans, Tapioca Starch, Canola Oil, Parsley, Garlic, Cumin, Ground Coriander, Salt, Mild Chilli. Contains: Sesame
Kumara & Lentil (Rosti) (V+)	Orange Kumara (57%), Lentils (19%), Potato Flake, Canola Oil, Onion, Coriander, Curry Powder, Salt, Pepper.
BREAD	
Plain Pita	Flour(Gluten) , Water, Salt, Low Sugar, Yeast. Contains: Gluten.
Wholemeal Pita	Flour(Gluten) , Water, Salt, Yeast. Contains: Gluten.
G/F (No Added Gluten) Wrap - Regular	Tortilla Premix (Modified Tapioca Starch (1442), Starch (Tapioca, Potato), Soy Protein Concentrate, Rice Flour, Vegetable Gum(464, 466, 415 (Soy)), Soy Flour, Dextrose, Emulsifier (471), Mineral Salt (170), Canola Oil, Acidity Regulator (263), Enzyme, Antioxidants (307, 304, 330), Monopropylene Glycol), Water, Canola Oil, Glutinous Rice Flour, Baking Powder (Raising Agents (501, 450), Free Flow Agent (170, 551, 470), Maize Starch), Cultured Rice Flour, White Vinegar, Pea Protein, Vegetable Gum(415), Acidity Regulator (297), Preservative (282), Psyllium Husk Fibre, Thickener (464). Contains: Soy.
G/F (No Added Gluten) Wrap - Small	Tortilla Premix [Modified Starch (1412, 1442), Glutinous Rice Flour, Soy Protein Isolate, Baking Powder [Raising Agent (501, 450), Free Flow Agent (170, 551, 470), Maize Starch], Potato Starch, Thickeners (412, 464, 415), Sugar, Psyllium Husk Fibre, Emulsifier (471), Cultured Dextrose, Acidity Regulators (297, 330), Preservative (282)], Water, Vegetable Oil, Humectant (422), White Vinegar. Contains: Soy

FILLINGS

Lettuce	Lettuce: Fresh (Shredded).
Avocado (Smashed)	Avocado, Water, Lime Juice, Salt, Sugar, Ascorbic Acid (E300), Citric Acid (E330).
Cabbage Mix	Cabbage (50%), Green Cabbage (50%), Raw Sliced.
Capsicum	Capsicum: Fresh (Diced).
Carrot	Carrot: Fresh (Grated).
Cheddar Cheese	Pasteurised Milk , Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. Contains: Milk/Cheese.
Greek Style Cheese (NZ Feta)	Milk , Salt, Enzyme (Non Animal Rennet), Cultures. Contains: Milk/Cheese.
Parmesan Cheese	Milk , Salt, Cultures, Enzyme (Rennet, Lipase), Anticaking Agent (460), Preservative (200). Contains: Milk/Cheese.
Corn	Corn (Tinned): Super Sweet Corn (63%), Water, Salt, Food Acid (Citric Acid).
Cucumber	Cucumber: Fresh (Diced).
Edamame Beans	Edamame Beans (Soy). Contains: Soy
Gherkins	Sliced Gherkins, Water, Sugar, Food Acid (260, 270), Salt.
Hummus	Chickpeas (59%), Water, Canola Oil, Tahini (Sesame), Lemon Juice Concentrate, Salt, Garlic, Herbs & Spices, Acidity Regulator (270), Preservative (202). Contains: Sesame.
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. Contains: Sulphites > 10mg/Kg.
Pineapple	Pineapple (68%), Water, Sugar, Acidity Regulator (Citric Acid).
Red Onion	Red Onion: Fresh (Sliced).
Spinach	Spinach: Fresh.
Tomatoes	Tomatoes: Fresh (Diced).



DESIGNED BY US ONLY FILLINGS

Three Bean Mix	Soybeans , Organic Black Beans, Red Kidney Beans, Water, Salt, Ascorbic Acid (300). Contains: Soy May Contain: Gluten, Wheat
Rice	Steamed Brown or White Rice. May Contain: Gluten, Milk, Peanuts, Sesame, Soy, Tree Nuts.

SEASONINGS

Cajun Seasoning	Salt, Paprika, Basil, Pepper, Onion, Garlic, Thyme, Chilli, Fennel, Garlic Salt (Salt, Silicon Dioxide (551), Natural Flavouring Substances, Carotenes (160a)). Thyme. May Contain: Gluten, Milk, Peanuts, Sesame Seeds, Soy, Tree Nuts.
Chipotle Seasoning	Salt, Spices, Sugar, Chipotle Dry Powder (Minimum 7%) [Gum Arabic (414), Chipotle Pepper Extract, Maltodextrin, Silica (551)], Vegetable Powder, Spice Extract (160c).
Garlic & Herb	Salt, Garlic, Rice Flour, Herbs (Parsley, Marjoram, Thyme, Tarragon, Dill 3%), Onion, Celery, Leek, Tomato, Capsicum, Vegetable Oil, Natural Garlic Flavour. Contains Milk. May Contain: Crustacea, Egg, Fish, Gluten, Peanuts, Sesame, Soy, Sulphites In Concentrations>10mg/kg.

TOPPINGS

Toasted Seeds	Sunflower Kernels, Pumpkin Seed Kernels. May Contain: Sesame, Soy, Tree nuts, Gluten, Milk, Peanut.
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SAUCES

Aioli	Vegetable Oil, Water, Acidity Regulator (260, 330), Sugar, Egg Yolk , Garlic (1.9%), Thickener (1442, 415, 412), Salt, Spices, Mustard Seeds, Preservative (202), Antioxidant (385). Contains: Egg.
BBQ Sauce	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).
Caesar Dressing	Water, Canola Oil, Food Acids (260, 330), Sugar, Thickeners (1442, 415), Whole Milk Powder , Salt, Spices, Egg Yolk, Fish Sauce, Parmesan Cheese (Milk) , Lemon Juice Concentrate, Preservative (202), Antioxidants (300, 385), Natural Flavour. Contains: Egg, Fish, Milk/Cheese, Soy.
Cucumber Yoghurt Dressing	Water, Vegetable Oil, Whole Milk Powder , Acidity Regulator (260, 270, 330), Thickener (1442, 1450, 415), Garlic, Sugar, Salt, Lemon Juice Concentrate, Natural Cucumber Flavour (0.5%), Herbs, Preservative (202), Spices, Antioxidant (385). Contains: Milk.
Habanero	Water, Tomato Paste, Sugar, Capsicum, Onion, Apple Sauce, Apple Cider Vinegar, Soy Sauce , Spices, Thickener (1442, 415), Habanero Puree (2%) (Red Habanero Chilli (98%), Acidity Regulator (260)), Vegetable Oil, Salt, Natural Flavour, Preservative (202) (Sulphites>10mg/kg), Acidity Regulator (330), Antioxidant (300) Contains: Soy, Sulphites>10mg/KG.
Honey Mustard Dressing	Water, Vegetable Oil, Sugar, Acidity Regulator (260, 330), Thickener (1442, 1450, 415), Mustard Paste (3%), Honey (2.5%), Salt, Spices, Citrus Fibre, Mustard Seeds (0.3%), Yeast Extract, Preservative (202), Natural Flavour, Spice Extract (100), Colour (150d).
Mayonnaise	Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk , Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385) Contains: Egg.
Napolitani (Pizza Sauce)	Tomatoes (93%) (From Paste and Diced), Sugar, Onions (1.3%), Vegetable Oil, Lemon Juice, Salt, Basil, Food Acid (Citric), Pepper, Firming Agent (509). May Contain: Milk, Peanut, Sesame, Soy, Tree Nuts.
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 Mayonnaise	Vegetable Oil, Water, Sugar, Chipotles (4.5%), Acidity Regulator (260), Thickener (1442, 1450, 415), Salt, Garlic, Spices, Lemon Juice Concentrate, Smoke Flavour, Citrus Fibre, Preservative (202), Antioxidant (385).
Sour Cream	Cream [64%], Water, Skim Milk Powder , Thickener (1422), Gelatine, Acid (270), Salt, Cultures Contains: Milk
Sweet Chilli	Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Contains: Sulphites>10mg/Kg



SAUCES

Teriyaki Sauce	<p>Water, Brown Sugar, Soy Sauce [Vegetable Protein Extract (Soy/Maize), Molasses, Burnt Sugar, Acid Regulator (270), Flavours], Sugar, Rice Vinegar [Alcohol, Rice, Salt], Sesame Oil, Crushed Ginger, Crushed Garlic, Acidity Regulator (260, 330), Thickener (1442, 415), Salt, Apple Sauce, Molasses, Yeast Extract, Colour(150d), Spices, Preservative (202, 211). Contains: Soy, Sesame, Sulphites>10mg/kg.</p>
Tomato Ketchup	<p>Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices. Contains: Sulphites>10mg/kg.</p>

SNACKS & TREATS

Brownie	<p>Sugar, Chocolate Compound (16%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Egg, Butter (Cream, (Milk) Salt), Wheat Flour, Cocoa Powder (8%), Flavour, Raising Agent (450, 500, Cornflour (Maize)). Contains: Egg, Gluten, Wheat, Milk, Soy.</p>
Cheesy Garlic Pita	<p>Pasteurised Milk, Salt, Anti-Caking Agent (460), Preservative (200), Cultures, Rennet. Vegetable Oil/Fat, Water, Garlic (4.7%), Salt, Emulsifier (471), Herbs (0.2%), Preservative (202), Flavour, Antioxidant (307b), Colour (160a), Food Acid (330) Flour, Water, Salt, Low Sugar, Yeast. Contains: Milk/Cheese, Wheat, Gluten, Cheese.</p>
Chicken Tenders	<p>Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts.</p>
Cookie - Candy	<p>Chocolate Compound (25%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Wheat Flour(Gluten), Coloured Chocolate Compound Buttons (16%) (Sugar, Vegetable Oil, Skim Milk Powder, Maize Starch, Cocoa Powder, Colours (171, 124, 155, 133, 110, 102, 122, 123), Emulsifiers (Soy Lecithin, 414, 492 (Plant Based), 476), Flavours, Glazing Agent (903), Butter (Cream, (Milk) Salt), Sugar, Glucose Syrup, Egg Cocoa Powder, Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy. May Contain Peanuts, Tree Nuts.</p>
Cookie - Chocolate Chew	<p>Sugar, Wheat Flour(Gluten), Chocolate Compound (17%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Butter (Cream, (Milk) Salt), Egg, Cornflakes (Corn, Sugar, Salt, Barley Malt Extract, Mineral (Iron), Vitamins (Niacin, Thiamine, Riboflavin, Folate)), Cocoa Powder (4%), Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy. May Contain: Peanuts.</p>
Cookie - Chocolate Chip	<p>Chocolate Compound (32%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Wheat Flour(Gluten), Sugar, Butter (Cream, (Milk) Salt), Egg, Cocoa Powder, Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy. May Contain: Peanuts.</p>
Cookie - White Choc Macadamia	<p>White Chocolate Compound (24%) (Sugar, Vegetable Oil, Milk Powder, Emulsifier (Soy Lecithin), Flavour), Wheat Flour(Gluten), Sugar, Butter (Cream, (Milk) Salt), Egg, Macadamia Nut (7%), Cocoa Powder, Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy, Macadamia Nut, Tree Nuts. May Contain: Peanuts.</p>
Wedges - Grilled	<p>Potatoes (88%), Canola Oil, Batter Mix [Maize Starch (1404), Potato Starch (1420), Rice Flour, Maize Flour, Salt, Wheat Flour(Gluten), 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 & Milk. Contains: Gluten, Soy. May Contain: Egg, Milk.</p>
Wedges - Loaded	<p>Wedges: Potatoes (88%), Canola Oil, Batter Mix [Maize Starch (1404), Potato Starch (1420), Rice Flour, Maize Flour, Salt, Wheat Flour(Gluten), 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 & Milk. Contains: Gluten, Soy. May Contain: Egg, Milk. Cheese: Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. Contains: Milk/Cheese Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250). May Contain: Soy</p>
Pita Chips - Cajun Seasoning	<p>Flour(Gluten), Water, Salt, Low Sugar, Yeast. Salt, Paprika, Basil, Pepper, Onion, Garlic, Thyme, Chilli, Fennel, Garlic Salt (Salt, Silicon Dioxide (551), Natural Flavouring Substances, Carotenes (160a)). Thyme. Contains: Gluten/Flour May Contain: Gluten, Dairy, Peanuts, Sesame Seeds, Soy, Tree Nuts.</p>
Pita Chips - Chipotle Seasoning	<p>Flour(Gluten), Water, Salt, Low Sugar, Yeast, Salt, Spices, Sugar, Chipotle Dry Powder (Minimum 7%) [Gum Arabic (414), Chipotle Pepper Extract, Maltodextrin, Silica (551)], Vegetable Powder, Spice Extract (160c). Contains: Gluten/Flour</p>

Pita Chips - Plus Garlic and Herb Seasoning

Flour(Gluten), Water, Salt, Low Sugar, Yeast. Salt, Garlic, Rice Flour, Herbs (Parsley, Marjoram, Thyme, Tarragon, Dill 3%), Onion, Celery, Leek, Tomato, Capsicum, Vegetable Oil, Natural Garlic Flavour.
Contains: Gluten/Flour, Dairy.
May Contain: Crustacea, Egg, Fish, Gluten, Peanuts, Sesame, Soy, Sulphites>10mg/kg.

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).

Choco Nana

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).
Contains: Milk.

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.

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).
Contains: Milk.

Mango Banana

Ice, Mango Nectar: (Water, Reconstituted Mango Puree [25%], Sugar, Natural Mango Flavour, Citric Acid, Vitamin C, Preservative (202)); Mangoes - Frozen, Banana - Plain Unsweetened Low Fat Yoghurt: **Skim Milk, Cream, Milk Solids**, Cultures (Including Lactobacillus Acidophilus).
Contains: Milk.





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✓ = 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	
FILLINGS																						
Pineapple																						
Red Onion																						
Spinach																						
Toasted Seeds	*	*		*	*	*	*	*	*	*	*	*	*	*	*	*						
Tomato																						
PREMIUM FILLINGS																						
Avocado (Smashed)																						
Parmesan Cheese				✓																		
DESIGNED BY US ONLY FILLINGS																						
Brown Rice	*	*		*	*																	
Three Bean Mix																						
SEASONINGS																						
Cajun	*	*		*	*	*	*	*	*	*	*	*	*	*	*	*						✓
Chipotle	*	*		*	*	*	*	*	*	*	*	*	*	*	*	*						
Garlic & Herb	*	*	*	*	*	*	*										*	*	*	*		
SNACKS & TREATS																						
Brownie	✓	✓	✓	✓	✓																	
Cheesy Garlic Pita	✓	✓		✓																		
Chicken Tenders						*		*						*				*				
Cookie - Candy	✓	✓	✓	✓	✓	*	*	*	*	*	*	*	*	*	*	*						
Cookie - Chocolate Chew	✓	✓	✓	✓	✓	*	*	*	*	*	*	*	*	*	*	*						
Cookie - Chocolate Chip	✓	✓	✓	✓	✓	*	*	*	*	*	*	*	*	*	*	*						



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	GLUTEN	WHEAT	EGG	MILK	SOY	SESAME	PEANUT	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PINE NUT	PISTACHIO	WALNUT	FISH	CRUSTACEA	MOLLUSCS	SULPHITE	LUPIN
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SAUCES

Sour Cream				✓																		
Sweet Chilli Sauce																						✓
Teriyaki Sauce					✓	✓																✓
Tomato Ketchup																						✓

