



# ALLERGEN INFORMATION

Not all items are available at all Pita Pits

There are 14 food allergens which are specifically covered by EU legislation:

1. Cereals containing gluten (i.e. wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereof
5. Peanuts and products thereof
6. Soybeans and products thereof
7. Milk and products thereof (including lactose)
8. Nuts, i.e. almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10 mg/litre, expressed as SO<sub>2</sub>
13. Lupin and products thereof
14. Molluscs and products thereof

**IF YOU HAVE FOOD ALLERGY CONCERNS, PLEASE NOTIFY PITA PIT STAFF BEFORE PLACING AN ORDER**

## Pita Breads

White	Gluten
Whole Wheat	Gluten
Gluten Free	None

## Meat Fillings LG/SM

Chicken Breast Irish	Milk
Steak Irish	Milk
Breaded Chicken	Wheat
Chicken Tenders	Wheat, Milk, Celery
Pulled Pork	None
Ham	Wheat, Soya
Tuna	Fish
Turkey	None
Lamb	None
Beef	None

## Veggie Fillings

Halloumi	Milk
Hand Rolled Falafel	None
Pumpkin & Spinach Burger	Spelt, Wheat
Vegan Cheese-Feta	None
Vegan Cheese-Halloumi	None

## Breakfast Fillings

Egg	Egg, Mustard
Loughnane's Sausage	Wheat, Sulphite
Bacon	None
Black Pudding	Wheat, Oat, Mustard, Sulphite, Milk

## Veggie Toppings

Mixed Leaf Lettuce	None
Cos Lettuce	None
Baby Spinach	None
Rocket	None
Guacamole	None
Hummus	None
Tomato Relish	Mustard
Tomatoes	None
Red Onions	None
Green Peppers	None
Mushrooms	None
Cucumber	None
Grated Carrot	None
Red Cabbage	None
Beetroot	None
Sweet Corn	None
Pineapple	None
Black Olives	None
Dill Pickles	None
Croutons	Wheat, Gluten
Jalapenos	None
Semi-Sundried Tomatoes	None

## Cheese

Mature Cheddar	Milk
Feta	Milk
Swiss	Milk
Grana Padano (Parmesan)	Milk, Egg

## Sauces and Condiments

Caesar	Egg, Milk
Ranch	Milk, Mustard
Chipotle	Mustard, Egg
BBQ	Gluten & Soya
Franks Hot Sauce	None
Sriracha	None
Ketchup	Celery
Honey Mustard	Mustard, Barley, Egg
Sweet Chilli	Peanuts
Balsamic Vinaigrette	Sulphites
Basil Pesto	Milk, Peanuts, Almonds, Walnuts, Cashews
Light Mayonnaise	Egg, Milk, Mustard
Tomato Relish	Mustard
Garlic Mayonnaise	Egg
Smoked Tomato Ketchup	Sulphites
Tzatziki	Milk

## Seasonings

Salt	None
Pepper	None
Garlic	None
Cajun	Gluten, Mustard, Celery
Oregano	None
Chilli Flakes	None
Za'atar	Wheat, Rye, Barley, Oat, Spelt, Kamut
Paprika	None
Coriander	None
Cinnamon	None
Piri Piri	None
Pumpkin Seeds	None

## Oils

Sunflower	None
Olive Oil	None

## Crisps

Signature Pita Crisps	Gluten
-----------------------	--------

## Smoothies

Unsweetened Almond Milk	Almond
Greek Yogurt	Milk
Frozen Fruits	None
Dates	None
Apple Juice	None
Pineapple Juice	None

## Breakfast

Muesli	Oat, Wheat, Sulphites
Granola	Oat, Wheat, Rye, Sulphites
Porridge Oats	Oat
Honey	None
Greek Yoghurt	Milk
Skimmed Milk	Milk

## Tea & Coffee

Bewleys Subriana Beans	None
Bewleys Indulgent Drinking Chocolate	None
Peppermint Tea	None
Earl Grey Tea	None
Green Sencha Tea	None
Pure Camomile	None
Ginger Lemongrass Tea	None
Strawberry Mango Tea	None
Irish Afternoon Tea	None
Summer Fruit Tea	None
Rooibos Tea	None
Elderflower and Lemon Tea	None

## Desserts

Beetroot Brownies	Egg
Peanut Caramel Squares	Almonds, Peanuts & Sesame
Coconut Ediballs	Almonds
Orange & Sesame Ediballs	Almonds & Sesame

## Soups

Red Thai Chicken	Soya & Wheat
Chestnut Mushroom & Thyme	Milk & Celery
Cream Of Chicken	Milk, Celery, Wheat
Carrot & Coriander	Milk & Celery
Croutons	Wheat
Cream Of Vegetable	Milk, Celery

Pita Pit cannot guarantee a gluten free environment.

Although the food at Pita Pit may not directly contain any of the 14 allergens listed above, it is produced in areas that handle all allergens so PITA PIT cannot guarantee that the food will be allergen free. The information in these charts is based on product information provided by PITA PIT® approved food suppliers. Every reasonable effort is made to keep this information current; however, it is possible that ingredient changes and substitutions may occur without our knowledge, or consent before these charts can be updated. Accordingly, no warranty is expressed or implied regarding its accuracy. Specific promotional and regional items are not included as ingredients vary. During food preparation, individual food items may come into contact with each other, which is not reflected in these charts. If you have a food allergy, please be aware that PITA PIT® products may contain, or have come into contact with, peanuts, nuts or other possible allergens. PITA PIT® is a restaurant environment serving whole and prepared foods that are not in sealed packages. Therefore, we unfortunately cannot guarantee a 100% allergy-free environment. For this reason, if you have a food allergy we recommend that you refrain from eating our products. Your welfare is our first concern.

**REMEMBER: IF YOU HAVE FOOD ALLERGY CONCERNS, PLEASE NOTIFY PITA PIT STAFF BEFORE PLACING YOUR ORDER.**