



ALLERGEN INFORMATION

Not all items are available at all Pita Pits

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

Cereals containing gluten

Wheat Rye Barley Oats Spelt Kamut Crustaceans Eggs Fish Peanuts Soybeans Milk Nuts Celery Mustard Sesame Seeds Sulphur Dioxide Lupin Molluscs

Breakfast	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Craicn' Eggs	x							x				x							x
The Full Irish	x							x			x	x							x
Mexican Quesapita	x							x				x		x					
Ham & Egg Flatbread	x							x				x	x						
BLT Flatbread	x							x						x					
Toasted Special	x							x				x	x						
Porridge				x								x							

Gourmet Menu	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Chicken Pesto	x							x		x		x	x (almonds, cashews, walnuts)	x					x
Rajin' Cajun	x											x							x
Chicken Caesar	x							x	x			x		x					
BBQ Pulled Pork	x		x																
Grilled Irish Steak	x							x				x		x					
Hot & Spicy Chicken	x											x							x
A-Tuna-Matata	x							x	x			x		x					x
Burrito Pita	x											x							
Buffalo Chicken	x							x				x		x					
Southwest Chicken	x							x				x		x					
Chicken Tenders with Salads																			
Soup Vegetable												x	x						
Soup Chicken												x	x						
Cuban Turkey Club	x							x				x		x					x

Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Falafel	x											x				x	x		
Had me at Halloumi	x											x							
Garden	x		x									x		x					

Plant Based / Vegan	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Garden	x		x											x	x	x			
Falafel	x		x													x			
Pumpkin & Spinach Burger	x		x		x														x
Spiced Oumph!	x										x			x		x			
Kebab Oumph!	x										x								x
Pulled Oumph!											x			x					

Wedges	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Small / Regular Wedges	x																		
Pork & BBQ Sauce Wedges	x		x								x	x							
Bacon & Cheese Wedges	x											x							

Kid's Menu	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Popeye's BBQ Chicken Pita	x										x	x							
Moovin' on up	x											x		x					
Looney Tuna	x							x	x			x							
Dustin's Destiny	x							x				x							
Ham & Cheese fingers	x											x		*					

EGG'D	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
The Classic	x							x		x				x		x			
Ol'Smokey	x							x			x	x		x					x
The Benedict	x							x	x	x	x	x			x				
The Ultimate	x							x				x		x					
Smash and Squeak	x							x			x	x							x
The Loaded Smash	x							x			x	x							x

Bowls	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Mexican Burrito Vegetarian								x		*	x	*		x	*	*			
Mexican Burrito Vegan										*		*		x	*	*			
Mexican Burrito Chicken								x		*	x	*		x	*	*			
Teriyaki Vegetarian	x							x			x			x		x	x		
Teriyaki Vegan	x										x			x		x	x		
Teriyaki Salmon	x							x	x		x			x		x	x		
Teriyaki Chicken	x							x			x			x		x	x		
Satay Vegetarian								x		x									
Chicken Satay								x		x									
Korean BBQ	x		x				x	x	x		x			x		x			
Buddha Vegetarian Falafel	x							x			x			x		x	x		
Buddha Vegan Falafel	x													x		x	x		
Buddha Salmon	x							x	x		x			x		x	x		

Smoothies	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Breakfast Bananza				x						x			x (almonds)						
Tropical Revive												x							x
Immune Boost												x							x
Wild Berry												x							x

Superfood Smoothies	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Fuel the day				x								x							
Fat Burner												x							
Green Machine												x							
Power Punch												x							

