vve nand								d cannot g	-al č		_ ar	£ تر.	111	.∪ A	cr	الت ₀	56	-		—	
EGG'D							g Gluten 털	eans	S		ıts	ans	۰	S	L.	ırd	ne	4S	ur	de	ū
		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
The Classic DI'Smokey		X X							X X			*	X X		Х	х	*				
The Benedict The Ultimate The Loaded Smash		X X X							X X X	Х	X	* *	X X X		X	Х	*			=	
mash & Squeak		X							X			*	X				*				
ALL DAY		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
BREAKFAST		Wh	R	Bar	Õ	Sp	Kar	Crusta	Eg	Ë	Реа	Soyak	M	Nr	Cel	Mus	Ses	Sec	Sulp	Dio	Lu
Craicn' Eggs The Full Irish		X							X				X						X X		
Mexican Quesapita Ham & Egg Flatbread BLT Flatbread		X							X	v			X		Х	X				=	
Coasted Special Porridge		X			X				X	X			X		X	Х				\dashv	
Pitas					Λ													S			
Designed By		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard		Sesame Seeds	Sulphur	Dioxide	Lupin
us		X	<u> </u>	Ba	0	S	Ka	Crust	Щ	Щ	Рег	Soya	2	Z	Ce	Mu		Sesam	Sul	Dic	ij
Chicken Pesto Candoori Chicken		X X							Х		Х		X X	Х		Х	Х		Х		
Rajin' Cajun Spicy Buffalo Chicken Caesar		X							Х	Х			X X			Х			Х		
Chicken Caesar BBQ Pulled Pork		X		Х					Х	Х		Х	Х			Х					
Grilled Irish Steak Hot & Spicy Chicken		X							Х				X			Х			Х		
A-Tuna-Matata Burrito Pita		X							X	Х			X			X			Х		
Buffalo Chicken Southwest Chicken Chicken Tondors with Soloda		X							X				X			X				=	
Chicken Tenders with Salads Cuban Turkey Club		Х							Х				X		X	Х			Х		
Soup Vegetable Soup Chicken													X		X						
Vegetarian &		at	(D	ey	ţ.	it	ut	eans	S,	Ъ	uts	eans	۲۲	t _S	ıry	ard	me	qs	ıur	ide	in
Vegetarian & Vegan		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyab	Mil	Nut	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Falafel Had me at Halloumi	Veg Veg	X X		Х				J					x x				Х		Х		
Garden Garden	Veg Vegan	X X		x x									X			X X	X		X		
Southern Fried Vegan Chicken Falafel	Vegan Vegan	X X		x		F											X		x		
Pumpkin & Spinach Burger Pulled Oumph!	Vegan Vegan	x x		х		Х				E		X				Х			Х		
								suı			S	ns				r	av		S	(ن	
Wedges		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Small / Regular Wedges		Х						Cn												\exists	
Pork & BBQ Sauce Wedges Bacon & Cheese Wedges		X		Х								X	X								
		٠.ي		h-				ans			Śν	su				ֿס	Φ		<u></u>	٩	
Kids		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Popeye's BBQ Chicken Pita		Х						Cr				X Sc	Х							\exists	
Looney Tuna Dustin's Destiny Ham & Cheese fingers		X X X							X	Х			x x x		*	X				\dashv	
nam & Cheese inigers		^						SI				S	Λ							 	
Rice Bowls		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Mexican Burrito Vegetarian							14	Cru			*	So	X	*		X	*		*		
Mexican Burrito Vegan Mexican Burrito Chicken											*		Х	*		X X	*		*	\exists	
Гегіуакі Vegetarian Гегіуакі Vegan		X							X			X				X	X		X		
Гегіуакі Salmon Гегіуакі Chicken Satay Vegetarian		X							X X X	Х	X	X				X	X	$\overline{}$	X		
Chicken Satay Korean BBQ		X		X X				X(Shrimp)	х	Х	X X	X		*		* X	X		Х		
Buddha Vegetarian Falafel Buddha Vegan Falafel		X						n(em mp)	Х				Х			X	X		X X		
Buddha Salmon Buddha Prawns		X X						X(Shrimp)	X X				X X			X X	X X	$\overline{}$	x x		
	- 										တ	ns				ਰ	a)		H	a	
Smoothies		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustacean s	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Breakfast Bananza					Х			້ວ			щ	So	X			_	0,				
Tropical Revive													X							=	
Wild Berry Fuel the day Fat Burner					Х								x x x							\dashv	
Fat Burner Green Machine Power Punch													X X							\dashv	
	·		 					an			re-	JS				~				<u></u>	
Kids Menu		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustacean s	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Popeye's BBQ chicken		X		,41			X	Cr			Ą	X Soy	Х			Z	Š			n n	<i></i>
Looney Tuna Ham & Cheese Fingers		X							X	Х			X			X				$\frac{1}{1}$	
Dustin's Destiny	1	X		<u>[</u>			<u> </u>	<u> </u>	Х				Х			Х					
Frozen		at	<i>a</i> -	Λέ	v	<u> </u>	Ħ	cean	S	ہے۔	uts	ans	<u>"</u>	S	Þ	ırd	ne		n		'n
Yoghurt		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustacean s	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur	Dioxide	Lupin
Pineapple, Blueberry, Mango, Blackberry, Banana, Peach,																					
Strawberry, Vanilla Raspberry Cheesecake		X							*			*	x x	*					*	\exists	
Chocolate Cheesecake Lemon Cheesecake		X X		Х		E			*		E	*	X X	*	É				*	\exists	
		بة		>		دىق	++	ean	**		ts	ans		**	>	rd	e e	S		je Je	_
Sauces		Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustace	Eggs	Fish	Peanuts	Soyabea	Milk	Nuts	Celer	Musta	Sesame	Seed	Sulphur	Dioxi	Lupir
ight Mayonnaise Garlic Mayo								Ü	X X			S	X			X				\dashv	
Caesar Canch									X X X	Х			X X			Х	X			#	
Sweet Chilli Griracha												*				*				#	
Honey Mustard																Х				\exists	
Ketchup Smoked Ketchup Hot Sauce															X					#	
BBQ Balsamic		X										Х								#	
Southwest Chipotle Vegan Mayo									Х	E						Х				#	
Teriyaki		X X		Х								X X								\exists	
Korean		1 1	oxdot	Х						\vdash	Х	Х						\exists		\exists	
Korean Satay Habanero									· '		· '										
Korean Satay Habanero Sour cream Fomato Relish									¥.				X			Х				\Rightarrow	
Korean Satay Habanero Sour cream									х				X			X					

See Packaging for Nutritional content & Allergen Info

Snacks	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur Dioxide	Lupin	Molluscs
Keogh's Crisps Atlantic Sea Salt & Vinegar																				
Keogh's Crisps Mature Cheese & Onion												Х								
Keogh's Crisps Atlantic Sweet Chilli												Х								
Jo's Protein Balls Rawlos										*	Х	Х	x (almonds)				3	ζ.		
Jo's Protein Balls Protein Balls										*	Х	Х	x (almonds)				3	ζ.		
Jo's Protein Balls Café Mocha										*	*	*	x (almonds)				3	ζ.		
Jo's Protein Balls Peanut Butter										X	*	*	x (almonds)				3	ζ.		
Jo's Protein Balls Chia Energy Bombs										*	*	*	x (almonds)				3	(
Broderick's Brownies Road Rockin Choc	х		Х					*		*	Х	Х	*			*				
Broderick's Brownies New Found Joy Gluten-free Rocky Road											X	X								
Broderick's Brownies Peanut Chunk			Х							X	X	X					2	· ·		
Broderick's Brownies Tiffin	х		X							71	X	X								
Broderick's Brownies Belgian Chocolate	X		21								X	X					3	·		
Pita Chips and Dips	A										Λ	Λ					1			\square
Ben & Jerry's Chocolate Fudge Brownie	X		Х					X				X								
Ben & Jerry's Cookie Dough	X		Λ					X				X					+			
Ben & Jerry's Caramel Chew Chew	A										37		*				+			
Ben & Jerry's Strawberry Cheesecake	77							X			X	X	•							
	X							X			X	X								
Ben & Jerry's Vanilla	+							X				X					-			
Coffee and Cookie	*							*		*			*			*				
Fulfil Bars Chocolate Brownie	*							*		*	X	X	*			71	-			
Fulfil Bars Chocolate Salted Caramel	*	*	X *	*				*		*	X	X	*				-			
Fulfil Bars White Chocolate & Cookie Dough	*	*	*	*				*		*	X	X	*			*				
Fulfil Bars Chocolate Caramel & Cookie Dough	*	*	*	*						*	X	X				<u>*</u>	_			
Fulfil Bars Chocolate Hazelnut Whip		*	*	*				*		*	X	X	x (hazelnuts)							
Cookies Cranberry, White Chunk Duo	X							X			X	X								
Cookies Chunky Chocolate Supreme	X							X			X	*	*	*	*	*	_			
Cookies Oatmeal Raisin	X			X				X					*	*	*	*				
Cookies White Chunk Macadamia	X							X			X		x (macadamia)	*	*	*				
Cookies White Chunk Delight	X							X			X	X	*	*	*	*				
Tea/ Coffee	Wheat	Rye	Barley	Oats	Spelt	Kamut	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Seeds	Sulphur Dioxide	Lupin	Molluscs
Americano												X					-			$\vdash \vdash$
Latte												X								
Cappuccino												X					+			\square
Hot Chocolate												X					+			\square
Mocha												X					+			\square
Flat White												Λ								
Breakfast Tea																	+			$\mid - \mid$
																	+			$\vdash \vdash$
Earl Gray Tea																	+			$\vdash \vdash$
Ginger Lemon Tea																	+			$\vdash \vdash$
Darjeeling																	+			$\vdash \vdash$
Jasmine																				لــــــــــــــــــــــــــــــــــــــ

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

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

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 welfare is our first concern.