

ALLERGEN GUIDE

	MILK	EGGS	PEANUTS	WHEAT/GLUTEN	SHELLFISH	SOY	SESAME	TREE NUTS	FISH	VEGETARIAN	VEGAN
PITA BREAD & BOWLS											
Brown Rice and Quinoa										✓	✓
Gluten Free Wrap						✓				✓	✓
Pita				✓						✓	✓
BREAKFAST											
Egg Patty	✓	✓								✓	
MEAT PROTEIN OPTION											
Bacon											
Black Forest Ham											
Brisket											
Chicken Breast						✓					
Chicken Souvlaki											
Gyro				✓		✓					
Philly Steak											
Turkey											
VEGGIE PROTEIN OPTION											
Falafel										✓	✓
Spicy Black Bean				✓		✓				✓	✓
TOPPINGS											
Avocado										✓	✓
Banana Peppers										✓	✓
Carrots										✓	✓
Cilantro										✓	✓
Corn										✓	✓
Cucumbers										✓	✓
Green Peppers										✓	✓
Jalapenos										✓	✓
Lettuce, Shredded										✓	✓
Mushrooms										✓	✓
Olives, Black										✓	✓
Onions										✓	✓
Pickles										✓	✓
Pineapple										✓	✓
Roasted Red Peppers										✓	✓
Romaine Lettuce										✓	✓
Salt and Pepper										✓	✓
Spinach, Fresh										✓	✓
Tomatoes										✓	✓
SPREADS											
Hummus							✓			✓	✓
Roasted Red Pepper Hummus							✓			✓	✓
Tzatziki	✓									✓	
CHEESES											
Cheddar	✓									✓	
Feta	✓									✓	
Parmesan	✓									✓	
Provolone	✓									✓	
Pepper Jack Cheese	✓									✓	
TRÜFRÜ											
TrüFrü	✓	✓	✓			✓		✓		✓	

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SAUCES											
Ancho Chipotle	✓	✓								✓	
Balsamic Vinaigrette		✓								✓	
BBQ										✓	✓
Caesar	✓	✓							✓		
Frank's Buffalo Sauce										✓	✓
Honey Mustard		✓								✓	
Jalapeno Ranch	✓	✓								✓	
Mayo		✓								✓	
Pesto	✓									✓	
Ranch	✓	✓								✓	
Schug Sauce										✓	✓
Secret (spicy vinaigrette)										✓	✓
Sour Cream	✓									✓	
Sriracha										✓	✓
Teriyaki				✓		✓					
Thai			✓	✓		✓	✓			✓	✓
Yellow Mustard										✓	✓
SEASONINGS											
Bayou Cajun										✓	✓
Garlic Romano	✓					✓				✓	
Greek										✓	✓
Mojito Lime										✓	✓
Smokehouse Maple										✓	✓
SMOOTHIES (not available at all locations)											
Banana Very Berry	✓									✓	
Berry Go Round	✓									✓	
Blu Bayou	✓									✓	
Mango Tango	✓									✓	
Protein Powder (BSN Syntha-6 Vanilla Ice Cream)	✓	✓		✓		✓					
COOKIES (not available at all locations)											
Buttery Sugar	✓	✓		✓						✓	
Carnival M & M Chocolate	✓	✓		✓		✓				✓	
Chocolate Chip	✓	✓		✓		✓				✓	
Double Chocolate Chunk	✓	✓		✓		✓				✓	
Peanut Butter	✓	✓	✓	✓						✓	
White Chocolate Macadamia	✓	✓		✓		✓		✓		✓	
SOUPS (not available at all locations)											
Broccoli Cheese	✓			✓		✓				✓	
Buffalo Chicken	✓			✓		✓					
Chicken & Wild Rice	✓			✓		✓					
Chicken Dumpling	✓	✓		✓		✓					
Chicken Enchilada	✓			✓		✓					
Chicken Noodle		✓		✓		✓					
Chicken Sausage Gumbo				✓		✓			✓		
Chicken Tortilla	✓			✓		✓					
Garden Vegetable				✓		✓				✓	✓
Italian Style Wedding	✓			✓		✓					
Minestrone		✓		✓							
New England Clam	✓			✓	✓	✓			✓		
Tomato Bisque	✓			✓		✓				✓	
Ultimate Baked Potato	✓			✓		✓					
Wisconsin Cheddar	✓			✓		✓					

If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details. This guide is based on the standard recipes and manufacturers approved by Pita Pit USA. It is possible that the ingredients have changed or have been substituted and have not been updated on this allergen guide. Promotional food items are not included. Because our food is prepared on shared surfaces, we cannot guarantee that any item is 100% allergen-free.