

PITAS

Gluten Free Pita Bread: Water, Modified Tapioca Starch (1442), Maize Starch, Coconut Flour, Sunflower Oil, Sugar, Kumara Powder, Fibre (Psyllium Husk, Flax), Tapioca Starch, Yeast, Apple Cider Vinegar, Stabiliser (464,466) lodised Salt, Vegetable Gum (Guar Gum) Stabiliser (464), Emulsifier (Sunflower Lecithin).

Pita White: Flour, Water, Salt, Low Sugar, Yeast. Contains: Gluten (wheat).

Pita Wholemeal: Flour, Water, Salt, Yeast. Contains: Gluten (wheat).

MEAT PRODUCTS / VEGETARIAN OPTIONS / BREAKFAST OPTIONS

Bacon: Pork, Water, Salt, Mineral Salts (450, 451, 452), Sugar, Dextrose (Maize), Acidity Regulators (325, 262), Antioxidant (316), Preservative (250), Woodsmoke.

Beef Steak: Beef (80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Maltodextrin, Salt, Mineral Salts (508, 450, 451), Stabiliser (407a), Colour (150d) (sulphites), Vegetable Powders, Fermented Soya Sauce (soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. *Contains: Soy and Sulphites*.

Chicken: (92%), Water, Salt, Mineral Salts (451, 450, 452), Sugar, Modified Starch (1412), Thickeners (407), Processing Aids: Vegetable Oil [Canola (Antioxidant (319)].

Ham: Pork, Water, Salt, Sugar, Mineral Salts (451, 452, 341), Vegetable Gum (407), Antioxidant (316), Food Acid (331, 325, 262), Honey, Preservative (250).

Lamb (Cooked Diced): Lamb, Water, Tapioca Starch, Salt, Sugar.

May contain traces of Gluten (wheat), Soy, Milk, Sulphites from processing line.

Roast Beef (Sliced): Beef, Water, Salt, Potato Starch, Sucrose, Mineral Salts (450, 451, 508), Sodium Acetate, Flavour Enhancer (621), Vegetable Gum (407, 412). May contain traces of Gluten (wheat), Soy, Milk, Sulphites from processing line.

Tuna: Tuna 85%, Springwater, Vegetable Broth (Contains Soy), Salt, Traces Of Wheat. Contains: Soy, Gluten (wheat traces).

Chicken Tenders: Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts. Contains: May Contain Gluten from processing line.

Crumbed Mushroom & Mozzarella Risotto Cakes: Rice (52%), Mozzarella Cheese (13%) (pasteurized milk (dairy), salt, cultures, enzyme (Rennet), anticaking agent (460 or starch), preservative (200)), Mushrooms (10%), Canola Oil, Bread Crumbs, Egg, Onion, Parsley, Parmesan Cheese (Pasteurised Milk, Salt, Natural Dairy Cultures, Rennet (Microbial), Enzyme (Lipase), Anti-Caking Agent (460), Preservative (200)), Garlic And Salt. Contains: Gluten (wheat), Egg, Milk, Sulphites.

Falafels: Chickpeas (70%), Broad Beans, Flour, Canola Oil, Salt, Cumin, Coriander, Baking Powder, Garlic and Chilli. Contains: Gluten (wheat).

Spicy Black Bean Patty: Black Bean (32%), Chickpea, Bulgar Wheat, Sweetcorn, Egg, Onion, Canola Oil, Coriander, Jalapeño, Flour, Refried Beans, Potato Flake, Salt, Baking Powder, Cumin, Smoked Paprika, Pepper. Contains: Gluten (wheat), Egg.

Egg: Whole Eggs, Skim Milk, Vegetable Oil, Citric Acid (330), Salt, Stabilizer (415). Contains: Egg, Milk.

Cabanossy Sticks: Meat (Beef, Pork), (96.17%), Spice (3.50% Garlic 0.25%), Salt, Raw Sugar, Canola Oil (Preservative 250) (Colour 129) (Anticaking Agent 341, 535) (Antioxidant 319) (Emulsifier 900a) Edible Protein Casing, Smoke.

Hash Brown: Potatoes (89%), Canola Oil, Seasoning Mix (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450), May contain traces of Wheat, Soy, Milk, Egg.



CHEESE / WEDGES

Cheddar Cheese: Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. Contains: Milk.

Swiss Cheese: Cheese (Min 60% Made From Cows Milk, Salt, Culture, Vegetarian/Calves Rennet), Water, Milk Solids, Non Fat Milk Solids, Emulsifier (331, 339, Soy Lecithin (322)), Salt, Acidity Regulator (330), Preservative (200). Contains: Milk and Soy.

Feta: Milk, Salt, Enzyme (non animal rennet), Cultures. Contains: Milk.

Mozzarella: Pasteurised milk, Salt, Natural dairy cultures, Enzyme (microbial rennet), Anti-Caking Agent (starch or 460), Preservative (200).

Sour Cream: Reduced Fat Cream [69%], (Cream, Skim Milk Powder, Water), Water, Thickener (1422), Gelatin, Food Acid (270), Salt, Culture.

Wedges: Potatoes (88%), Canola Oil, Batter Mix (Maize Starch 1404), Potato Starch (1420), Rice Flour, Maize Flour, Salt, Wheat Flour, 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 and Milk. Contains: Gluten (Wheat) and Soy. May contain traces of Egg and Milk.

Secret Sauce (cooking oil): Soyabean Oil [Antioxidants (E319 & E320), Antifoam (E900)], Jalapeño Juice, [Water, Vinegar, Salt, Firming Agent (calcium chloride), Preservative (sodium benzoate)], Garlic Powder, Oregano, Pepper. Contains: Soy.

SEASONINGS

Cajun Seasoning: Salt, Paprika, Pepper, Chilli (10%), Basil, Garlic (contains Sulphites), Onion Powder, Rice Flour, Fennel, Thyme. May contain traces of Gluten, Milk, Soy, Sesame, Crustacean, Sulphites.

Garlic and Herb Seasoning: Salt, Garlic 18%, Rice Flour, Herbs 3% (Parsley, Dill, Thyme, Marjoram), Onion, Celery, Capsicum, Leek, Tomato, Vegetable Oil, Garlic Extract. Contains: Milk.

Lemon Pepper Seasoning: Salt, Pepper 23%, Rice Flour, Food Acid (Citric), Sugar, Natural Chicken Flavour, Onion Powder, Garlic, Lemon 3% (Peel & Oil), Vegetable Oil, Natural Lemon Flavour. *May contain traces of Gluten, Milk, Soy, Sesame, Crustacean.*

Moroccan Seasoning: Salt, Natural Chicken Flavour, Pepper, Garlic (contains Sulphites), Sugar, Rice Flour, Onion Powder, Paprika, Rosemary, Tumeric, Food Acid (Citric), Capsicum, Coriander Seed, Cumin, Vegetable Oil, Lemon Oil, Ginger.

May contain traces of Gluten, Milk, Soy, Sesame, Crustacean, Sulphites.

SAUCES

Aioli: Canola Oil [Protected with Antioxidants (307b, 330)], White Vinegar, Egg (9%), Sugar, Mustard (including Mustard Seeds), Salt, Garlic, Stabilisers (412, 415), Antioxidants (307b from Soy, 385). Contains: Egg, Soy.

Aioli Lite: Canola Oil [Protected with Antioxidant (307b)], White Vinegar, Water, Egg (9%), Sugar, Maize Thickeners (1442, 1440), Mustard (including Mustard Seeds), Lemon Juice, Salt, Garlic, Stabilisers (412, 415, Contain Traces of Soy), Food Acid (270), Preservative (202), Antioxi-dant (385).

Contains: Egg, Soy

BBQ Sauce: Water, Sugar, Food Acid (260), Tomato, Apple, Onion, Colour, Spices, Salt, Garlic, Flavour, Thickener (415). May contain traces of Soy.

Caesar: Canola Oil [Protected with Antioxidants (307b, 330)], White Vinegar, Egg (8%), Lemon Juice (4.7%), Parmesan Cheese (4.7%), Sugar, Onion, Salt, Mustard, Food Acid (270), Worcestershire Sauce [Contains Malt Vinegar (from Barley)], Garlic, Flavour, Anchovies, Spice, Stabilisers (412, 415), Antioxidants (307b from Soy, 385). Contains: Egg, Soy, Milk, Fish, Gluten (barley).



SAUCES (CONT.)

Hollandaise: Sunflower Oil (Antioxidant (306)), Olive Oil, Egg Yolk (12%), Water, Lemon Juice (7.5%) (from concentrate), White Wine Vinegar, Salt, Sugar, Black Pepper, Colour (160a). Contains Egg. May contain traces of Milk, Peanuts, Tree Nuts, Soy and Sesame

Honey Mustard: Water, Sugar, Vinegar, Thickener (1422, 1414, 415), Honey (4.5%), Mustard (4%), Salt, Acidity Regulator (270, 330), Colour (171, 150d), Spices, Preservative (211, 202), Vegetable Powder, Rice Flour, Natural Flavour, Antioxidant (385), Natural Herb Extract, Anti-caking agent (551).

Hummus: Chickpeas (72%) (Contains Traces Of Wheat), Water, Canola Oil, Tahini (3.8%) (Sesame Seeds, Traces Of Tree Nuts And Peanuts), Garlic (1.3%), Lemon Juice (1%), Salt, Natural Flavour, Food Acid (330), Spices, Stabiliser (412), Preservative (202), Mustard. Contains: Sesame. *May contain traces of Gluten (wheat), Tree Nuts, Peanuts.*

Kaitaia Fire Chilli Sauce: Chillies (55%), Water, Cider Vinegar, Food Acid (260), Salt, Vegetable Gum (415).

Ketchup: Concentrated Tomatoes (Contains 170g of Tomatoes per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours (Contain Garlic), Spice. Contains 77% Concentrated Tomatoes.

Mayo Lite: Canola Oil [Protected with Antioxidants (307b, 330)], White Vinegar, Water, Sugar, Free Range Egg Yolk (5%), Maize Thickener (1422), Lemon Juice, Mustard, Salt, Stabilisers (412, 415, Contains Traces of Soy), Preservative (202), Antioxidant (385).

Contains: Egg. Contains traces of Soy.

Mint: Water, Malt Vinegar, Sugar, Food Acid (260), Starch (1442), Mint, Salt, Thickener (415), Preservative (202). Contains: Gluten. May contain traces of Sov.

No-Nut Satay: Water, Brown Sugar, Tomato, Onion, Sunflower Seeds, Tahini (Sesame Seeds), Coconut Milk Powder (Coconut Milk Solids, Maltodextrin, Milk Protein (Sodium Caseinate), Mineral Salt (339)), Soy Sauce, Salt, Sesame Oil, Food Acid (330), Thickener (1442), Garlic, Spices, Canola Oil, Preservative (202). *Contains: Sesame, Milk, Soy.*

Peri Peri Mayo: Canola Oil [Protected with Antioxidant (307b)], White Vinegar, Free Range Egg (8%), Tomato Puree, Sugar, Salt, Lemon Juice, Garlic, Peri Peri Chilli (0.3%), Stabilisers (412, 415), Antioxidants (307b from Soy, 385), Natural Colour (Paprika Extract). Contains: Egg, Soy.

Ranch: Canola Oil [Protected with Antioxidants (307b, 330)], Buttermilk, White Vinegar, Free Range Egg (7%), Lemon Juice, Onion (2.8%), Sugar, Flavour, Blue Cheese (1.6%), Salt, Mustard, Food Acid (270), Garlic, Stabilisers (412, 415), Antioxidants (307b from Soy, 385). Contains: Milk, Egg, Soy.

Southwest Chipotle: Canola Oil [Protected with Antioxidant (307b)], White Vinegar, Free Range Egg (9%), Sugar, Salt, Mustard, Herb, Chipotle Chilli (1%), Spice, Stabilisers (412, 415), Antioxidants (307b from Soy, 385). *Contains: Egg, Soy.*

Teriyaki Sauce: Water, Sugar, Worcestershire Sauce, Tomato, Soy Sauce, Starch (1442), Spices, Salt, White Vinegar, Garlic, Onion, Red Pepper, Sesame Seeds, Treacle, Caramel, Canola Oil, Preservative (202). *Contains: Sesame, Soy.*

Tzatziki: Yoghurt (86%) (Milk Concentrate, Cream, Culture, Traces of Egg), Cucumber (9%), Acidity Regulator (326), Maize Thickener (1442), Canola Oil, Garlic, Sugar, Salt, Thickener (415), Preservative (202), Mint, Natural Flavour, White Vinegar.
Contains Milk. May contain traces of Egg.

Avocado Pulp: Smooth Avocado Pulp (94%), Sugar, Salt, Acidity Regulators (450, 330), Thickeners (401, 415), Onion Puree, Antioxidant (300), Garlic Puree.



Beetroot (tinned): Beetroot (67%), Water, Malt Vinegar (from Barley), Sugar, Salt, Food Acid (Acetic Acid). Contains: Gluten (barley).
Black Olives (Spanish Sliced tinned): Sliced Black Olives (55%), Water, Salt, Colour Stabiliser (Ferrous Gluconate) (Sterilized).
Carrot: Fresh grated.
Corn (tinned): Supersweet Corn (63%), Water, Salt, Food Acid (Citric Acid).
Cucumber: Fresh diced.
Green Peppers: Fresh diced.
Gherkins: Sliced Gherkins, Water, Sugar, Food Acid (260, 270), Salt
Jalapenos (cooked): Sliced Jalapeño Peppers (56%), Water, Vinegar, Salt, Firming Agent (Calcium Chloride), Preservative (Sodium Benzoate).
Lettuce: Iceberg shredded.
Mushroom: Fresh sliced.
Pineapple: Pineapple (61%), Water, Sugar, Food Acid (330).
Red Onion: Fresh diced.
Tomatoes: Fresh diced.

COOKIES/BROWNIES

Candy Cookie: Chocolate Compound [Sugar, Vegetable Fat, Cocoa Powder (10%), Emulsifiers (492, Soy Lecithin), Flavour, Food Acid (330)], Wheat Flour, Sugar, Rainbow Buttons (16%) [Sugar, Vegetable Oil, Skim Milk Powder, Cornflour, Cocoa Powder, Butter Oil, Vegetable Gum (414), Colours (171, 124, 155, 133, 110, 102, 122, 123), Emulsifiers (Soy Lecithin, 492), Flavours, Glazing Agent (903)], Butter [Cream (From Milk), Salt], Egg, Cocoa Powder, Raising Agent (500), Flavour. Contains: Wheat, Milk, Egg, Soy. May be present Peanuts and Tree Nuts.

Caramel Chew Cookies: Wheat Flour, Caramel Chocolate Compound (27%) [Sugar, Vegetable Fat, Milk Powder, Emulsifiers (Soy Lecithin, 492), Flavour, Colour (102, 122, 133), Food Acid (330)], Sugar, Butter [Cream (From Milk), Salt], Egg, Cocoa Powder, Raising (500), Flavour. Contains: Wheat, Milk, Egg, Soy. May be present Peanuts and Tree Nuts.

Choc Chew Cookie: Sugar, Wheat Flour, Chocolate Compound (17%) [Sugar, Vegetable Fat, Cocoa Powder (10%), Emulsifiers (492, Soy Lecithin), Flavour, Food Acid (330)], Butter [Cream (From Milk), Salt], Cornflakes [Corn, Sugar, Salt, Malt Extract, Vitamins (Niacin, Thiamine, Riboflavin, Folate), Mineral (Iron)], Egg, Cocoa Powder (4%), Raising Agent (500), Flavour.

Contains: Wheat, Milk, Soy, Egg. May be present Peanuts and Tree Nuts.

Chunky Choc Chip Cookies: Chocolate Compound (30%) [Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Food Acid (330)), Cocoa Powder (10%), Emulsifiers (492, Soy Lecithin), Flavour], Wheat Flour, Sugar, Butter (Cream (From Milk), Salt), Egg, Cocoa Powder, Raising Agent (500), Flavour. Contains: Wheat, Milk, Soy, Egg. May be present Peanuts and Tree Nuts.



COOKIES/BROWNIES (CONT.)

Raspberry And White Choc Cookies: Wheat Flour, White Chocolate Compound (23%) [Sugar, Vegetable Fat, Whole Milk Powder, Emulsifier (492, Soy Lecithin), Flavour, Food Acid (330)], Sugar, Butter [Cream (From Milk), Salt], Egg, Raspberry Pieces, Raspberry Spread [Sugar, Water, Apple, Raspberries (4%) (Raspberries 3% Raspberry Seeds 1%), Thickener (1442), Acidity Regulator (330, 331), Stabiliser (440), Preservative (202), Flavour, Mineral Salt (341, 452), Colour (124, 132)], Cocoa Powder, Raising Agent (500), Flavour. Contains 2.5% Raspberry. Contains: Wheat, Soy, Milk, Egg. May be present Peanuts and Tree Nuts.

White Choc Macadamia Cookies: White Chocolate Compound (24%) [Sugar, Vegetable Fat, Whole Milk Powder, Emulsifier (492, Soy Lecithin), Flavour, Food Acid (330)], Wheat Flour, Sugar, Butter [Cream (From Milk), Salt], Egg, Macadamia Nuts (7%), Cocoa Powder, Raising Agent (500), Flavour

Choc Fudge Brownie: Sugar, Butter [cream (from milk), salt], Chocolate Compound (16%) [sugar, vegetable fat, cocoa powder (10%), emulsifiers (492, soy lecithin), flavour, food acid (330)], Egg, Wheat Flour, Glucose Syrup, Cocoa Powder (8%), Flavour, Raising Agents (450, 500), Preservative (202).

Contains: Wheat, Milk, Egg, Soy.

EDIBALLS

Cranberry & Cashew Ediballs: Dates, Desiccated Coconut, Cashew Nuts (18%), Water, Re-hydrated Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour. Contains Tree Nuts. May contain Egg, Peanuts and Pit Fragments.

Coconut & Cacao Ediballs: Dates, Desiccated Cocount (20%), Cashew Nuts, Water, Cocoa Powder (5%), Organic Cacao Nibs (3.5%), Natural Vanilla Flavour. Contains Tree Nuts. May contain Egg, Peanuts and Pit Fragments.

PIZZAS

Pasta Napolitana Sauce: Tomatoes (95%), (puree, diced, crushed), sugar, onions, salt, sunflower oil, olive oil, herbs, lemon juice concentrate, spices. Made on equipment that also processes products containing Almond, Peanut, Sesame, Fish, Crustacean.

PIT KIDS

Vegemite: Yeast Extract (from yeast grown on barley and wheat), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate. Contains: Gluten (Barley and Wheat).

Marmite: Yeast, Sugar, Salt, Mineral Salt (Potassium Chloride), Colour (Caramel III), Corn Maltodextrin, Mineral (Iron), Vitamins (Niacin, Thiamin, Riboflavin, Folate, B12), Herbs, Spices. Contains: Gluten (Derivatives of Barley and Wheat).

Apple Slices: Sliced Apple, Antioxidant (302)

SMOOTHIES

Immuni Tropical:

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 Vitamin C supplement: Calcium ascorbate threonate, Vitamin C (Ascorbic Acid), Vitamin C (From sodium ascorbate), Vitamin B2 (Riboflavin), Citrus Bioflavonoid Complex, Rutin, Hesperidin, Maltodextrin, Natural Flavouring, Stevia, Xanthan Gum.



SMOOTHIES (CONT.)

Kiwiberry Omega-3:

Guava Juice: Filtered Water, Guava Puree, (25%), Sugar, Citric Acid, Natural Guava Flavour, Vitamin (C), Preservative (202).

Kiwifruit Juice (Green Kiwifruit Pulp [83.9%], Pineapple Concentrate [6.6%], Natural Sweetener (Xylitol), Fructose, Lemon Powder, Spirulina Powder).

Strawberry - Frozen

Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). *Contains: Milk* Flaxseed Oil supplement: Cold Pressed, Unrefined, Extra Virgin, Certified Organic Flax Seed Oil (100%).

Mango Banana Probiotic:

Mango Nectar, (Water, Reconstituted Mango Puree [25%], Sugar, Natural Mango Flavour, Citric Acid, Vitamin C, Preservative (202)); Mangoes - Frozen, Banana - Frozen

Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Contains: Milk Probiotic supplement Psyllium husks [69%], Inulin Prebiotic [30%], Probiotic Cultures [1%] (Lactobacillus Bulgaricus, Lactobacillus Plantarum, Bifidobacterium Bifidum, Lactobacillus rhamnosus, Lactobacillus Acidophilus). May contain traces of Soy and Milk.

Superfruit Antioxia:

Cranberry (Filtered Water, Natural Cane Sugar, Reconstituted Cranberry Juice [7%], Citric Acid, Natural Flavour, Black Carrot Juice, Concentrate, Antioxidant (Ascorbic Acid))

Guava Juice: Filtered Water, Guava Puree, (25%), Sugar, Citric Acid, Natural Guava Flavour, Vitamin (C), Preservative (202). Blueberries - Frozen, Raspberries - Frozen

Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). Contains: Milk Antioxidant supplement Acai Powder [24%], Noni Powder [19%], Pomegranate Powder [19%], Blackberry Powder [9.5%], Blueberry Powder [9.5%], Cherry Powder [9.5%], Raspberry Powder [9.5%]. Also contains Maltodextrin, Non Organic Silica Dioxide.

Feijoa, Pear & Ginger:

Feijoa Smoothie: (Filtered Water, Feijoa Pulp [70%], Sugar, Citric Acid, Flavour, Vitamin (C), Preservative (202).

Pear (tinned) - Pears 60%, Fruit Juice 40%

Banana - Frozen

Plain Unsweetened Low Fat Yoghurt: Skim Milk, Cream, Milk Solids, Cultures (including Lactobacillus acidophilus). *Contains: Milk* Honey & Ginger Syrup: Manuka honey, Apple Cider Vinegar, Ginger dry root extract.

Frozen Soy Milk (for smoothies): Soy Milk [75%], [Filtered Water, Soy Protein (3.5%), Corn Maltodextrin, Sunflower Oil (contains antioxidant (tocopherols) (Contains Soy)), Cane Sugar, Minerals (Phosphate of Calcium, Potassium, Magnesium), Acidity Regulator (332), Antioxidant (Ascorbic Acid), Vitamin A, B12, B2, B1)], Cane Sugar, Corn Maltodextrin, Glucose Syrup (Corn), Emulsifiers (471, 477), Vegetable Gums (460, 412, 466, 407a), Flavours, Salt.

Contains: Soy.