



# GLUTEN-FREE WRAP FAQs

## What ingredients are in Pita Pit's Gluten-Free Wrap?

Water, Modified Food Starch, Rice Flour, Soybean Flour, Soybean Oil, Dextrose, Potato Starch, Xanthan Gum, Salt, Rice Starch, Corn Dextrin, Polyglycerol Esters of Fatty Acids (from soybean oil and palm oil), Mono & Diglycerides of Fatty Acids (from soybean oil and palm oil), Calcium Propionate, Fumaric Acid, Potassium Sorbate.

## Which Pita Pit products contain gluten

Pita Pit Ingredients that contain gluten and SHOULD NOT be added to a Gluten-Free Wrap:

- > Gyro Strips
- > Falafel
- > Black Bean Patty
- > Teriyaki sauce

Other Pita Pit products that contain gluten:

- > White pita bread
- > Wheat pita bread
- > Cookies
- > Soups (except Chicken Enchilada...that's gluten-free!)

## What is gluten exposure?

Gluten is present in Pita Pit's pita bread. After steaming, opening, and filling a pita shell, small gluten particles could remain in the steamer, on the sandwich table, and on the pita roller's hands, which then touch the toppings and could transfer to these ingredients. Due to the handcrafted nature of Pita Pit's products and because restaurants do not have a separate gluten-free area in the kitchen, a possibility for gluten exposure can occur. As such, sandwiches made with Pita Pit's Gluten-Free Wrap is not recommended for customers with celiac disease. However, because the risk for exposure is low, this sandwich made with Pita Pit's Gluten-Free Wrap is an option for individuals with mild gluten sensitivities.

## Is there gluten exposure in the restaurant?

Because Pita Pit's Gluten-Free Wrap is prepared in a common kitchen, there is risk of gluten exposure. You can watch the video above that explains while our Gluten-Free Wrap is free from gluten, there is a risk of gluten exposure.

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## Why won't Pita Pit restaurants use a separate area of the kitchen or use new ingredients when making a sandwich with the Gluten-Free Wrap?

With Pita Pit's current operation model, we cannot, beyond all doubt, provide the environment needed to assure those with celiac disease that the whole sandwich is 100% gluten-free. Pita Pit does not want to set unrealistic expectations of how the Gluten-Free Wrap is handled in our restaurants. Pita Pit would rather be honest and transparent about this product and avoid risking a customer ordering this product under false pretenses. Pita Pit includes its Gluten-Free Wrap disclaimer in restaurant and online.

## Who should eat Pita Pit's Gluten-Free Wrap?

- > Pita Pit does not give medical advice. Please contact your physician if you have concerns about consuming this product, knowing the following:
- > Sandwiches made with the Gluten-Free Wrap are made in a common kitchen. We do not have a separate area in our kitchens that are guaranteed free from gluten.
- > While the Gluten-Free Wrap is certified to be free of gluten, the sandwiches made with the Gluten-Free Wrap use the same ingredients and utensils as all our other sandwiches.

## What is gluten?

Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many foods, even ones that wouldn't be expected.

## What is the difference between celiac disease and gluten sensitivity?

**Celiac disease:** Celiac disease is a serious autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and are at risk for long-term health complications.

**Gluten sensitivity:** According to a leading gluten awareness organization, gluten sensitivity affects 18 million Americans and falls within the spectrum of gluten-related disorders. Gluten sensitivity has been coined to describe those individuals who cannot tolerate gluten and experience symptoms similar to those with celiac disease yet lack the same antibodies and intestinal damage as seen in celiac disease.