

LA Pit- Wrapita

Menu Item	FODMAP Ingredients to be Aware of
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Grain Products:

Buns (any)	Wheat
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Bagel (any)	Wheat
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Tortillas (any)	Wheat
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Proteins:

Black Bean Patty	Onion Black beans Corn Wheat Bulgur wheat Modified milk ingredients Onion powder Garlic powder Hydrolyzed vegetable protein
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Malibu Patty	Corn Onions Onion powder Garlic powder Broccoli Soybeans
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Falafel	Chickpea Chickpea flour Garlic powder Onion powder
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Hummus	Garlic
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Chicken Souvlaki	Garlic
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Chicken Caesar	Garlic
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Gyro	Wheat Garlic Onion
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Toppings:

Vegan bacon bits Soy flour

Gauacamole Onion

Vegetables Onions
Mushrooms

Sauces:

Mild Salsa Onions
Garlic

Sundried Tomato & Pesto Sundried tomatoes
Onion
Garlic powder

Sweet & Sour Onion
Garlic
Glucose-fructose

Balsamic Balsamic vinegar
Garlic
Onion

BBQ Sauce Glucose-fructose
Onion
Garlic

Tangy Thai Garlic

Greek Garlic
Onion powder