



# Pita Jungle Allergen Report

Date: January 19, 2019

## Tapas

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Baba Ganoosh Dip Tapas	●					●		
Chicken Slider		●				●		
Chipotle Black Bean Slider		●				●		
Chipotle Chicken Pizza on Greek Pita	●				●	●		●
Dolmades Tapas								
Falafel Tapas								
Feta Cheese Tapas	●							
Fresh Mozzarella	●							
Garlic Dip Tapas						●		
Garlic Lemon Chicken Tapas					●			
Glazed Chicken Pizza on Greek Pita	●					●		●
Hummus Dip Tapas						●		
Hummus Trio Dip Tapas						●		
Kafta Slider		●				●		
Mediterranean Olives Tapas								
Mushroom Tapas								
Pesto Pizza	●					●		●
Salmon Slider		●	●			●		
Shrimp Tapas				●				
Spinach and Pesto Pizza on Greek Pita	●					●		●
Thyme and Olive Oil Pita	●					●		●
Tzatziki Dip Tapas	●					●		

## Starters

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Baba Ganoosh, Large w/ Pita	●					●		
Hummus w/ Sirloin					●	●		
Baba Ganoosh, Small w/ Pita	●					●		
Blue Corn Nachos	●							
Caramelized Cauliflower with Tahini, Original					●			
Caramelized Cauliflower with Tahini, Wood Fired					●			
Cilantro Jalapeno Hummus, Large w/ Pita						●		
Cilantro Jalapeno Hummus, Small w/ Pita						●		
Dolmades								
Fruit and Cheese Fantasia	●					●		●
Gambas Con Ajo w/ Pita	●			●		●		
Garlic Dip, Large w/ Pita						●		
Garlic Dip, Small w/ Pita						●		
Hummus Trio, Large						●		
Hummus Trio, Small						●		
Hummus and Ahi Tuna			●		●	●		
Hummus and Taboule						●		
Hummus with Grilled Chicken w/ Pita					●	●		
Hummus with Kafta					●	●		
Hummus with Seared Ahi Tuna			●		●	●		
Hummus, Large w/ Pita						●		
Hummus, Small w/ Pita						●		
Mediterranean Antipasto Platter	●					●		
Mozzarella Tomato and Basil w/ Pita Chip	●					●		



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Roasted Bell Pepper Hummus, Large w/ Pita						●		
Roasted Bell Pepper Hummus, Small w/ Pita						●		
Spanakopita	●	●				●		
Spinach and Four Cheese Quesadilla	●					●		
Tzatziki, Large w/ Pita	●					●		
Tzatziki, Small w/ Pita	●					●		

## Signature Entrees

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Chicken Combo Platter w/ Pita						●		
Chicken Del Sol	●					●		●
Chicken Tikka Masala					●			
Macro Platter w/ Pita						●		●
Mahi Mahi with Pita Chips	●		●		●	●		●
Red Quinoa Salad with Cilantro Jalapeno Hummus	●				●	●		
Wood-Fired Salmon Dinner	●		●					
Wood-fired Chicken In Garlic Tomato Sauce	●							

## Pitas

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Broiled Chicken Bowl								
Broiled Chicken Lettuce Wrap	●							
Grilled Chicken Open Face Pita	●					●		●
Grilled Chicken Pita	●					●		●
Falafel						●		
Falafel Bowl								
Falafel Lettuce Wrap	●							
Gyro	●					●		●
Gyro Bowl	●					●		●
Gyro Lettuce Wrap	●					●		●
Gyro Open Face Pita	●					●		●
Mediterranean Roasted Chicken (Shawarma)						●		
Mediterranean Roasted Chicken (Shawarma) Bowl								
Mediterranean Roasted Chicken (Shawarma) Lettuce Wrap	●							
Open Face Falafel Pita						●		
Open-Face Mediterranean Roasted Chicken (Shawarma)						●		
Philly Chicken Pita	●					●		●
Philly Steak Pita	●					●	●	●

## Wraps

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
California Beach Lavash Wrap	●	●				●		
California Beach Lavash Wrap W/ Chicken	●	●				●		
Lavash Shawarma Wrap	●					●		
Pesto Lavash Turkey Wrap	●					●		
Spicy Chicken Bowl								
Spicy Chicken Lettuce Wrap	●							
Spicy Chicken Open-Face						●		



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Spicy Chicken Wrap						•		
Wood-Fired Veggie Lavash Wrap	•					•		

## Salads

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Grilled Chicken Salad								
Caribbean Salad w/ Dressing					•			
Chicken Curry Salad	•				•	•		•
Chicken Pasta Salad						•		
Falafel Salad						•		
Greek Salad, Large	•							
Greek Salad, Small	•							
Lentil Fetoosh Salad						•		
Mediterranean Chicken Salad	•				•	•		
Spinach Pasta Salad						•		
Wood-Fired Vegetable Salad								
Yellow Fin Tuna Honey Salad w/ Dressing			•		•			•
Za'atar Dusted Wood-Fired Salmon Salad	•		•					

## Healthy Burgers

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Broiled Mahi Fish Sandwich w/ Potatoes		•	•			•		
Chipotle Black Bean Burger		•				•		
Grilled Portabello Mushroom Burger		•						
Kafta Burger		•						
Salmon Burger	•	•	•			•		•

## Wood-Fired Pizzas

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Chipotle Chicken Lavash Pizza	•				•	•		
Glazed-Chicken Lavash Pizza	•					•		
Kafta Pizza	•				•	•		
Lavash Pizza	•					•		
Roasted Garlic Portobello Lavash Pizza	•					•		
Spinach and Pesto Lavash Pizza	•					•		

## Seasonal Kitchen Crafts

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Ahi Tuna Poke Bowl w/ Greens			•		•	•		•
Ahi Tuna Poke Bowl w/ Rice			•		•	•		•
Avocado Ballita								
Avocado Hummus, Large								
Avocado Hummus, Small								
Baked Kibbeh with Beets & Greens Salad					•			
Baklawa Trifle	•				•	•		
Beef Asada Shawarma Lavash Pizza	•					•		
Beef Asada Shawarma with Avocado Hummus	•							•
Beluga Lentil Soup, Cup						•		
Beluga Lentil Soup, Bowl						•		



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Chicken Avocado Pita Tostada	●				●	●		
Flat Italian Green Bean Stew	●							
Fresh Ahi Tuna Salad		●	●			●		
Gluten Free Chocolate Brownie with Ice Cream	●	●						●
Grilled Chicken with Zucchini Quinoa Pilaf	●	●			●			
Levantine Beluga Lentils Risotto and Kohlrabi Chopped Salad								
Moroccan Gazpacho Bowl					●	●		
Moroccan Gazpacho, Cup					●	●		
Pain Perdu French Toast	●	●			●			●
Roasted Vegetable Penne Salad	●							
Spicy Mango Shrimp				●	●	●		●
Street of Beirut-Style Chicken Wrap	●							●
Turkey Kafta Burger	●	●						
Turkey Kebab Koobideh Pita	●					●		

## Side Orders

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Organic Brown Rice								
Cucumbers								
Fresh Fruit Bowl								
Garlic Mushrooms								
Garlic New Potatoes								
Garlic Smashed Potatoes	●							
Grilled Vegetables								
Lentils & Organic Brown Rice								
Lemon Cilantro Mixed Beans								
Philly Steak							●	
Pita Chip Triangles						●		
Ratatoulli								
Sauteed Broccoli								
Sauteed Carrots								
Sauteed Cauliflower								
Sauteed Spinach								
Side Salad (No Dressing)	●							
Side of Ahi Tuna			●		●			
Side of Falafel Ball								
Shaved Gyro						●		●
Side of Hummus & Chicken								
Side of Kafta								
Side of Mahi			●					
Pita Crisp	●					●		●
Red Quinoa Pilaf		●			●	●		●
Side of Shrimp				●				
Side of Tofu						●		●
Side of Turkey								
Side of Wood-Fired Salmon			●					
Steamed Broccoli								
Steamed Carrots								
Steamed Cauliflower								
Steamed Spinach								
Steamed Veggies								



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## Soup du Jour

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Lentil Soup Bowl w/ Pita Chip	●					●		●
Lentil Soup Cup w/ Pita Chip	●					●		●
Mayan Quinoa Chili, Bowl						●		
Mayan Quinoa Chili, Cup						●		
Red Lentil Soup Bowl w/ Pita Chip	●					●		●
Red Lentil Soup Cup w/ Pita Chip	●					●		●
Soup, Curried Coconut w/ Chickpeas Bowl w/ Pita Chip	●				●	●		●
Soup, Curried Coconut w/ Chickpeas Cup w/ Pita Chip	●				●	●		●
Tomato Basil Soup, Bowl w/ Pita Chip	●					●		●
Tomato Basil Soup, Cup w/ Pita Chip	●					●		●
Vegetarian Chili, Bowl w/ Pita Chip	●					●		●
Vegetarian Chili, Cup w/ Pita Chip	●					●		●

## Smoothies

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Guava/Orange/Banana/Passion Fruit Smoothie	●							
Guava/Orange/Banana/Passion Fruit Soy Smoothie								●
Peanut Butter-Banana Smoothie	●						●	
Peanut Butter-Banana Soy Smoothie							●	●
Strawberry Mango Fruit Smoothie								
Strawberry Smoothie	●							
Strawberry Soy Smoothie								●
Strawberry-Banana Smoothie	●							
Strawberry-Banana Soy Smoothie								●
Watermelon Smoothie	●							

## Desserts

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Carrot Cake	●	●			●	●		●
Chocolate Dipped Walnut Baklawa	●				●	●		
Frozen Yogurt	●	●						
Pistachio Cherry Chunk Gelato	●				●			
Pistachio Gelato	●				●			
Raspberry Sorbet	●							
Rice Pudding Dessert	●							
Salted Caramel Gelato	●							
Strawberry Sorbet								
Turtle Cheesecake	●	●			●	●		●
Baklawa	●				●	●		
Baklawa Rolls	●				●	●		

## Salad Dressing

## Kids Menu

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Kid's Broccoli								
Kid's Brown Rice								



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Kid's Carrots								
Kid's Chicken								●
Kid's Corn								
Kid's Cucumber								
Kid's Fruit Cup								
Kid's Garlic Potatoes								
Kid's Good Pita Bread						●		
Kid's Hummus								
Kid's Lentils								
Kid's Macaroni and Cheese	●					●		
Kid's Mahi			●					
Kid's Pasta with Butter	●					●		
Kid's Pasta with Marinara								
Kid's Pita Crisp	●					●		●
Kid's Red Quinoa	●							
Kid's Spinach								
Kid's Tofu						●		●
Kid's Tuna			●					
Kid's Turkey Slices								
Kid's Whole Wheat Pita						●		

\*Nutrition information and ingredients are current as of the date this resource was printed. Nutrition calculations and ingredients are based on standard product formulations and recipes. Variations can be expected due to slight differences in product assembly by employees, local vendors, and other factors. This information is provided as a reference only. The allergen information provided refers to only the big 8 required allergens for labeling.

