



# Pita Jungle

## Product Nutrition Guide

Date: January 19, 2019

### Tapas

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Baba Ganoosh Dip Tapas	-serving	80	150	40	4.5	0.5	0	0	380	24	1	2	5
Chicken Slider	Slider	122	200	45	5	0.5	0	40	290	19	0	4	18
Chipotle Black Bean Slider	Slider	137	210	50	6	0	0	5	470	33	3	6	8
Chipotle Chicken Pizza on Greek Pita	Entree	523	690	250	28	12	0	130	1270	55	6	9	53
Dolmades Tapas	-serving	137	290	210	24	3.5	0	0	620	18	2	2	2
Falafel Tapas	-serving	94	250	160	18	2	0	0	650	16	4	2	8
Feta Cheese Tapas	-serving	76	270	230	26	10	0	50	530	3	0	3	8
Fresh Mozzarella	-serving	69	200	170	19	5	0	20	340	2	0	1	5
Garlic Dip Tapas	-serving	104	220	70	8	1	0	0	380	32	1	0.5	6
Garlic Lemon Chicken Tapas	-serving	102	220	150	16	2.5	0	50	45	2	0.6	0	16
Glazed Chicken Pizza on Greek Pita	Entree	328	740	260	29	13	0	135	1550	63	3	20	49
Hummus Dip Tapas	-serving	72	170	30	3.5	0	0	0	360	28	2	2	6
Hummus Trio Dip Tapas	-serving	76	170	35	4	0	0	0	390	28	3	2	7
Kafta Slider	Slider	137	260	120	13	4	0.5	40	420	23	1	5	14
Mediterranean Olives Tapas	-serving	87	260	250	28	2.5	0	0	1020	4	1	0	0
Mushroom Tapas	-serving	107	220	200	22	2.5	0	0	300	4	0.9	1	2
Pesto Pizza	Pizza	297	540	260	29	14	0	75	1460	49	4	4	25
Salmon Slider	Slider	137	220	80	9	2	0	30	490	22	0.8	5	14
Shrimp Tapas	-serving	153	190	150	16	2	0	85	470	6	0.9	0.9	9
Spinach and Pesto Pizza on Greek Pita	Entree	302	520	200	22	9	0	45	1350	59	5	12	21
Thyme and Olive Oil Pita	-serving	187	500	260	29	7	0	25	1150	47	4	3	12
Tzatziki Dip Tapas	-serving	78	120	15	1.5	0.5	0	4	350	22	0.6	2	5

### Starters

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Baba Ganoosh, Large w/ Pita	1/3 Platter	154	260	80	9	1.5	0	2	670	37	3	4	9
Hummus w/ Sirloin	1/3 Platter	231	540	250	27	4.5	0	20	900	51	7	5	24
Baba Ganoosh, Small w/ Pita	1/2 Platter	130	210	70	8	1.5	0	0	560	29	2	3	7
Blue Corn Nachos	Platter	793	1310	550	61	29	0	115	2990	141	31	11	59



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Caramelized Cauliflower with Tahini, Original	1/3 Platter	147	180	130	14	2	0	0	170	9	2	2	5
Caramelized Cauliflower with Tahini, Wood Fired	1/3 Platter	152	220	170	19	2.5	0	0	270	9	2	2	5
Cilantro Jalapeno Hummus, Large w/ Pita	1/3 Platter	173	320	80	9	1	0	0	880	48	6	5	12
Cilantro Jalapeno Hummus, Small w/ Pita	1/2 Platter	151	260	70	8	1	0	0	760	39	5	4	10
Dolmades	Appetizer	111	160	100	11	1.5	0	0	420	14	2	2	2
Fruit and Cheese Fantasia	1/2 Platter	517	750	440	49	27	1	135	1040	45	6	30	37
Gambas Con Ajo w/ Pita	1/2 Appetizer	213	440	300	34	6	0	35	790	30	3	2	10
Garlic Dip, Large w/ Pita	1/3 Platter	134	260	90	10	1	0	0	610	39	2	1	6
Garlic Dip, Small w/ Pita	1/2 Platter	112	220	80	9	1	0	0	510	31	1	1	5
Hummus Trio, Large	1/3 Platter	152	330	90	10	1.5	0	0	730	49	6	4	13
Hummus Trio, Small	1/2 Platter	130	280	80	9	1	0	0	620	40	6	4	11
Hummus and Ahi Tuna	1/2 Platter	314	710	280	32	4	0	30	1080	73	9	6	36
Hummus and Taboule	1/3 Plate	250	410	140	16	2	0	0	1180	56	9	6	15
Hummus with Grilled Chicken w/ Pita	1/3 Platter	206	430	110	12	2	0	50	730	49	6	4	31
Hummus with Kafta	1/3 Platter	282	590	290	32	7	1	45	1040	52	7	6	25
Hummus with Seared Ahi Tuna	1/3 Platter	196	440	170	19	2	0	20	700	46	6	4	23
Hummus, Large w/ Pita	1/3 Platter	154	340	90	10	1.5	0	0	700	51	7	5	14
Hummus, Small w/ Pita	1/2 Platter	130	290	80	9	1	0	0	590	41	6	4	11
Mediterranean Antipasto Platter	Platter	885	1270	490	54	10	0	25	4030	166	21	24	41
Mozzarella Tomato and Basil w/ Pita Chip	Appetizer	365	850	530	59	18	0	100	1090	44	3	13	31
Roasted Bell Pepper Hummus, Large w/ Pita	1/3 Platter	154	330	80	9	1	0	0	750	49	6	4	13
Roasted Bell Pepper Hummus, Small w/ Pita	1/2 Platter	130	270	70	8	1	0	0	630	40	5	4	11
Spanakopita	1 Appetizer	229	450	280	31	9	0	50	1380	29	3	4	17
Spinach and Four Cheese Quesadilla	Plate	442	830	380	42	24	0	135	1990	73	3	9	42
Tzatziki, Large w/ Pita	1/3 Platter	156	190	30	3.5	1.5	0	10	620	32	1	5	8
Tzatziki, Small w/ Pita	1/3 Platter	132	150	25	3	1.5	0	10	510	25	0.8	4	6



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### Signature Entrees

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Chicken Combo Platter w/ Pita	1/2 Platter	369	500	100	11	2	0	85	770	58	8	2	42
Chicken Del Sol	1/2 Entree	462	460	210	23	6	0	65	900	36	5	6	27
Chicken Tikka Masala	1/2 Entree	275	490	320	35	15	0	50	330	20	2	1	20
Macro Platter w/ Pita	1/2 Platter	426	370	50	6	0.5	0	0	900	63	11	5	19
Mahi Mahi with Pita Chips	1/2 Entree	248	400	200	23	3	0	60	880	26	6	4	24
Red Quinoa Salad with Cilantro Jalapeno Hummus	Salad	751	1240	420	47	8	0	15	2630	166	21	18	44
Wood-Fired Salmon Dinner	1/2 Entree	286	400	230	26	7	0	70	570	18	3	2	24
Wood-fired Chicken In Garlic Tomato Sauce	1/2 Platter	407	470	260	29	7	0	90	580	26	4	5	28

### Pitas

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Broiled Chicken Bowl	1 Bowl	419	530	140	16	3	0	120	480	47	4	3	49
Broiled Chicken Lettuce Wrap	lettuce wrap	307	360	130	14	2.5	0	120	470	11	2	3	46
Grilled Chicken Open Face Pita	Pita	393	610	170	19	3.5	0	120	1050	52	4	4	54
Grilled Chicken Pita	1 Wrap	392	610	170	19	3.5	0	120	1050	52	4	4	54
Falafel	1 Wrap	363	620	250	28	3	0	0	1490	75	11	7	21
Falafel Bowl	1 Bowl	405	600	260	29	3.5	0	0	1040	72	12	7	18
Falafel Lettuce Wrap	1 Lettuce Wrap	293	430	250	27	3	0	0	1040	36	10	7	14
Gyro	1 Wrap	327	570	280	31	12	0	50	1440	53	4	7	20
Gyro Bowl	1 Bowl	354	490	250	27	11	0	50	870	48	3	6	16
Gyro Lettuce Wrap	1 Lettuce Wrap	242	320	240	26	11	0	50	860	12	2	6	12
Gyro Open Face Pita	1 Wrap	328	570	280	31	12	0	50	1440	53	4	7	20
Mediterranean Roasted Chicken (Shawarma)	1 Wrap	386	590	160	18	3.5	0	120	980	50	3	3	55
Mediterranean Roasted Chicken (Shawarma) Bowl	1 Bowl	473	580	170	19	3.5	0	120	540	48	5	4	52
Mediterranean Roasted Chicken (Shawarma) Lettuce Wrap	Lettuce Wrap	318	400	160	18	3.5	0	120	530	11	2	3	48



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Open Face Falafel Pita	1 Wrap	364	620	250	28	3	0	0	1490	75	11	7	21
Open-Face Mediterranean Roasted Chicken (Shawarma)	1 Wrap	387	590	160	18	3.5	0	120	980	50	3	3	55
Philly Chicken Pita	1 Wrap	405	750	260	29	13	0.5	175	900	50	4	5	68
Philly Steak Pita	1 Wrap	462	620	230	26	13	0	110	1610	57	4	6	44

### Wraps

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
California Beach Lavash Wrap	Lavosh	760	1050	500	56	7	0	85	4060	91	7	12	46
California Beach Lavash Wrap W/ Chicken	Lavosh	731	1110	510	57	8	0	135	2600	87	7	10	60
Lavash Shawarma Wrap	1/2 Wrap w/ Salad	370	580	250	28	7	0	100	1220	44	3	7	37
Pesto Lavash Turkey Wrap	1/2 Wrap w/ Salad	389	620	310	35	12	0	85	2010	44	3	8	34
Spicy Chicken Bowl	1 Bowl	732	620	100	11	2.5	0	120	1320	70	16	14	61
Spicy Chicken Lettuce Wrap	Wrap	782	630	100	11	2.5	0	120	1430	73	17	15	62
Spicy Chicken Open-Face	Wrap	833	800	80	9	2	0	120	1660	111	18	15	67
Spicy Chicken Wrap	1/2 Wrap	412	400	50	6	1	0	60	690	54	9	6	34
Wood-Fired Veggie Lavash Wrap	Wrap	633	830	350	39	10	0	45	2390	97	8	18	25

### Salads

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Grilled Chicken Salad	1 salad	610	550	230	25	4	0	170	580	15	6	8	65
Caribbean Salad w/ Dressing	1/2 Salad w/ Dressing	551	330	30	3	2	0	0	25	79	9	63	5
Chicken Curry Salad	1 Salad	828	1330	610	68	10	0	140	1280	124	16	54	68
Chicken Pasta Salad	salad	808	1090	310	35	5	0	300	740	107	2	5	84
Falafel Salad	Salad	742	1130	460	51	5	0	0	2830	140	20	14	35
Greek Salad, Large	Salad	487	450	340	37	5	0	10	1290	22	6	9	8
Greek Salad, Small	1 Salad	279	310	240	27	6	0	25	910	13	3	6	6



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Lentil Fetoosh Salad	1/2 Salad	392	440	210	23	3	0	0	770	51	9	5	10
Mediterranean Chicken Salad	Salad	743	820	400	45	8	0	135	2020	55	10	28	54
Spinach Pasta Salad	salad	600	960	160	18	1.5	0	0	850	168	11	14	31
Wood-Fired Vegetable Salad	Salad	703	500	350	39	5	0	0	780	32	11	15	12
Yellow Fin Tuna Honey Salad w/ Dressing	Salad	689	770	370	41	5	0	20	1160	68	11	51	41
Za'atar Dusted Wood-Fired Salmon Salad	salad	653	910	640	71	12	0	120	1590	24	8	10	48

### Healthy Burgers

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Broiled Mahi Fish Sandwich w/ Potatoes	1 Entree	631	1010	450	50	4.5	0	120	1370	96	7	8	45
Chipotle Black Bean Burger	Burger	581	990	380	42	6	0	10	1750	135	15	19	26
Grilled Portabello Mushroom Burger	1 Entree	743	820	410	46	5	0	0	1810	89	9	19	13
Kafta Burger	Burger	652	1170	570	63	19	2.5	145	2130	98	9	15	50
Salmon Burger	Burger	657	1130	490	54	10	0	85	1970	115	10	17	46

### Wood-Fired Pizzas

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Chipotle Chicken Lavash Pizza	1/2 Pizza	280	580	290	32	11	0	110	930	37	2	4	38
Glazed-Chicken Lavash Pizza	1/2 Pizza	242	520	170	19	10	0	110	950	43	0.6	11	39
Kafta Pizza	Pizza	800	1530	880	98	34	2.5	235	2320	87	7	19	74
Lavash Pizza	Pizza	471	930	420	47	20	0	120	2750	85	3	14	40
Roasted Garlic Portobello Lavash Pizza	1/2 Pizza	266	490	240	26	9	0	45	1120	43	2	5	19
Spinach and Pesto Lavash Pizza	Pizza	503	760	310	35	17	0	95	2190	77	5	11	37



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### Seasonal Kitchen Crafts

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Ahi Tuna Poke Bowl w/ Greens	Bowl	464	470	180	20	2.5	0	60	1720	35	6	24	42
Ahi Tuna Poke Bowl w/ Rice	Bowl	574	670	190	21	2.5	0	60	1680	77	8	23	44
Avocado Balilla	Plate	657	1430	1020	113	18	0	0	1250	90	25	13	24
Avocado Hummus, Large	1/3 Platter	151	320	160	18	4.5	0	0	570	35	7	3	8
Avocado Hummus, Small	1/2 Platter	142	300	150	17	4.5	0	0	540	33	6	3	8
Baked Kibbeh with Beets & Greens Salad	Plate	661	1170	760	84	13	0	45	1110	75	13	29	36
Baklava Trifle	Bowl	315	970	490	54	21	1	80	320	118	5	97	12
Beef Asada Shawarma Lavash Pizza	Plate	693	1270	510	57	23	1	175	2200	116	18	14	75
Beef Asada Shawarma with Avocado Hummus	Plate	774	1180	660	73	13	0	80	1600	99	16	16	49
Beluga Lentil Soup, Cup	1 Cup	226	380	70	7	0.5	0	0	670	59	27	4	22
Beluga Lentil Soup, Bowl	1 Bowl	439	760	130	15	1.5	0	0	1340	116	54	8	44
Chicken Avocado Pita Tostada	Entree	776	1410	600	67	11	0	85	2110	148	20	9	60
Flat Italian Green Bean Stew	Plate	681	740	300	34	8	0	90	2810	74	9	9	38
Fresh Ahi Tuna Salad	Plate	841	880	530	58	8	0	290	1970	45	11	14	48
Gluten Free Chocolate Brownie with Ice Cream	Plate	207	610	230	26	10	0	110	320	78	5	58	9
Grilled Chicken with Zucchini Quinoa Pilaf	Plate	663	990	390	43	7	0	215	1060	74	10	9	78
Levantine Beluga Lentils Risotto and Kohlrabi Chopped Salad	Plate	564	930	760	85	10	0	0	700	37	12	6	10
Moroccan Gazpacho Bowl	1 Bowl	464	320	110	12	1	0	0	1820	51	7	22	9
Moroccan Gazpacho, Cup	1 Cup	227	160	50	6	0	0	0	860	25	4	11	4
Pain Perdu French Toast	Plate	522	1110	350	39	18	0	215	860	170	5	108	23
Roasted Vegetable Penne Salad	Salad	488	610	240	27	3.5	0	4	840	80	8	11	17
Spicy Mango Shrimp	Entree	556	630	290	32	4	0	60	1100	71	8	17	16
Street of Beirut-Style Chicken Wrap	Plate	622	900	510	56	10	0	160	1700	58	10	13	56
Turkey Kafta Burger	Plate	656	1070	490	55	12	0	140	1710	97	8	16	45
Turkey Kebab Koobideh Pita	Plate	575	750	340	38	9	0	135	2070	65	5	11	41



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### Side Orders

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Organic Brown Rice	1 Side	285	350	25	3	0.5	0	0	10	73	5	0.7	8
Cucumbers	1 Side	198	25	0	0	0	0	0	0	4	1	3	1
Fresh Fruit Bowl	1/2 bowl	146	70	0	0	0	0	0	0	18	2	13	1
Garlic Mushrooms	1 Side	313	330	250	28	4	0	0	310	13	3	5	8
Garlic New Potatoes	1 Side	285	390	170	19	2	0	0	480	50	5	4	6
Garlic Smashed Potatoes	1 Side	257	260	110	12	7	0	30	390	34	4	5	5
Grilled Vegetables	1 Side	376	220	130	15	1.5	0	0	380	19	6	8	6
Lentils & Organic Brown Rice	1 Side	326	280	40	4	0.5	0	0	740	49	10	2	10
Lemon Cilantro Mixed Beans	1 Side	383	370	45	5	1	0	0	1040	62	21	5	21
Philly Steak	Side	142	170	70	7	3.5	0	50	680	7	0	2	21
Pita Chip Triangles	1 Triangle	13	50	25	3	0	0	0	70	5	0	0	0.9
Ratatoulli	plate	359	180	60	7	1	0	0	980	28	7	14	7
Sauteed Broccoli	1 Side	316	320	250	28	4	0	0	360	14	6	4	8
Sauteed Carrots	1 Side	188	200	130	14	1.5	0	0	410	17	5	8	2
Sauteed Cauliflower	plate	278	190	130	14	2	0	0	370	14	5	5	5
Sauteed Spinach	1 Side	144	270	250	27	4	0	0	380	5	3	0.5	3
Side Salad (No Dressing)	Salad	122	110	70	8	4.5	0	25	390	5	1	3	5
Side of Ahi Tuna	Side	211	460	300	34	3.5	0	60	270	4	1	0.9	34
Side of Falafel Ball	Side	39	70	40	4.5	0	0	0	310	7	2	1	2
Shaved Gyro	1 Side	78	270	220	24	10	0	45	490	5	0	0.8	9
Side of Hummus & Chicken	Side	0	0	0	0	0	0	0	0	0	0	0	0
Side of Kafta	Side	234	510	350	39	15	2.5	135	730	4	0.9	2	34
Side of Mahi	Side	193	150	10	1.5	0	0	125	440	2	1	0	32
Pita Crisp	Pita Crisp Triangle	38	110	45	5	2.5	0	15	270	11	0.5	0	5
Red Quinoa Pilaf	1 Side	289	390	180	20	2	0	0	540	44	6	4	10
Side of Shrimp	Side	49	80	60	7	1	0	35	450	2	0.7	0	4
Side of Tofu	Side	148	110	50	6	0	0	0	450	5	0	2	11
Side of Turkey	Side	170	220	30	3.5	1	0	115	400	0	0	0	46
Side of Wood-Fired Salmon	Side	249	540	360	40	8	0	110	410	3	1	0	41
Steamed Broccoli	1 Side	404	70	10	1	0	0	0	370	13	6	4	8
Steamed Carrots	1 Side	188	70	0	0	0	0	0	410	16	5	8	2
Steamed Cauliflower	plate	243	60	5	0.5	0	0	0	370	13	5	5	5
Steamed Spinach	1 Side	233	25	0	0	0	0	0	390	4	3	0	3



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Steamed Veggies	1 Side	332	90	10	1	0	0	0	370	18	6	8	6

### Soup du Jour

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Lentil Soup Bowl w/ Pita Chip	1 Bowl w/ Pita Chips	521	410	110	12	1.5	0	0	1960	56	20	2	20
Lentil Soup Cup w/ Pita Chip	1 Cup w/ Pita Chip	266	220	70	7	1	0	0	1010	28	10	1	10
Mayan Quinoa Chili, Bowl	1 Bowl	429	300	80	9	1.5	0	0	1550	46	9	5	10
Mayan Quinoa Chili, Cup	1 Cup	214	150	40	4.5	0.5	0	0	770	23	4	2	5
Red Lentil Soup Bowl w/ Pita Chip	1 Bowl w/ Pita Chips	509	430	130	14	1.5	0	0	1240	59	10	5	20
Red Lentil Soup Cup w/ Pita Chip	1 Cup w/ Pita Chip	255	220	60	7	1	0	0	620	29	5	2	10
Soup, Curried Coconut w/ Chickpeas Bowl w/ Pita Chip	1 Bowl w/ Pita Chips	333	370	230	25	11	0	0	860	27	5	7	8
Soup, Curried Coconut w/ Chickpeas Bowl	1 Serving	310	280	230	19	10	0	0	750	20	5	7	6
Pita Chips	2 Fried Pita Chip	23	90	230	6	0.5	0	0	115	7	0.6	0	1
Soup, Curried Coconut w/ Chickpeas Cup w/ Pita Chip	1 Cup w/ Pita Chip	167	180	110	13	5	0	0	430	14	3	3	4
Soup, Curried Coconut w/ Chickpeas Cup	1 Serving	155	140	110	9	5	0	0	370	10	2	3	3
Pita Chips	1 Fried Pita Chip	12	45	110	3	0	0	0	55	4	0	0	0.7
Tomato Basil Soup, Bowl w/ Pita Chip	1 Bowl w/ Pita Chip	410	250	140	15	2.5	0	10	1360	23	4	13	8
Tomato Basil Soup, Bowl	1 Serving	398	200	140	12	2.5	0	10	0	19	4	13	7
Pita Chips	1 Fried Pita Chip	12	45	140	3	0	0	0	55	4	0	0	0.7
Tomato Basil Soup, Cup w/ Pita Chip	1 Cup w/ Pita Chip	211	150	80	9	1.5	0	4	710	13	2	7	4
Tomato Basil Soup, Cup	1 Serving	199	100	80	6	1	0	4	650	10	2	7	4





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Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Pita Chips	1 Fried Pita Chip	12	45	80	3	0	0	0	55	4	0	0	0.7
Vegetarian Chili, Bowl w/ Pita Chip	1 Bowl w/ Pita Chips	420	550	300	34	13	0.5	55	1820	45	8	4	23
Vegetarian Chili, Bowl	1 Serving	397	460	300	27	12	0.5	55	0	37	7	4	22
Pita Chips	2 Fried Pita Chip	23	90	300	6	0.5	0	0	115	7	0.6	0	1
Vegetarian Chili, Cup w/ Pita Chip	1 Cup w/ Pita Chip	267	320	160	18	7	0	30	1130	28	5	3	13
Vegetarian Chili, Cup	1 Serving	255	270	160	15	6	0	30	0	25	5	3	12
Pita Chips	1 Fried Pita Chip	12	45	160	3	0	0	0	55	4	0	0	0.7

### Smoothies

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Guava/Orange/Banana/Passion Fruit Smoothie	Smoothie	659	620	0	0	0	0	25	360	143	3	114	23
Guava/Orange/Banana/Passion Fruit Soy Smoothie	Smoothie	905	420	35	4	0.5	0	0	130	92	4	77	7
Peanut Butter-Banana Smoothie	Smoothie	716	1270	530	59	12	0	25	840	161	9	119	48
Peanut Butter-Banana Soy Smoothie	Smoothie	961	1070	560	62	12	0	0	600	110	10	82	32
Strawberry Mango Fruit Smoothie	Smoothie	899	160	10	1	0	0	0	15	39	5	33	2
Strawberry Smoothie	Smoothie	619	530	0	0	0	0	25	360	119	3	99	23
Strawberry Soy Smoothie	Smoothie	865	330	35	4	0.5	0	0	120	68	4	62	7
Strawberry-Banana Smoothie	Smoothie	688	620	5	0.5	0	0	25	360	143	5	111	24
Strawberry-Banana Soy Smoothie	Smoothie	933	420	35	4	0.5	0	0	125	91	6	74	8
Watermelon Smoothie	Smoothie	546	380	0	0	0	0	15	190	86	1	73	14



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### Desserts

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Carrot Cake	1 Slice	188	610	290	32	12	0.5	85	400	77	3	52	6
Chocolate Dipped Walnut Baklava	1 Serving	322	1560	920	102	40	1.5	85	330	151	13	106	21
Frozen Yogurt	Bowl	179	210	0	0	0	0	10	115	47	0	40	7
Pistachio Cherry Chunk Gelato	Bowl	171	420	210	23	7	0	25	120	46	3	39	8
Pistachio Gelato	Bowl	171	420	210	23	7	0	25	115	46	3	39	8
Raspberry Sorbet	Bowl	170	180	0	0	0	0	0	0	45	2	42	0
Rice Pudding Dessert	1 Serving	376	390	30	3.5	2	0	10	75	84	3	58	7
Salted Caramel Gelato	Bowl	170	320	160	17	11	0	55	250	40	0	38	5
Strawberry Sorbet	Bowl	170	180	0	0	0	0	0	0	44	2	41	0
Turtle Cheesecake	1 Slice	250	860	440	49	28	1	150	600	98	3	72	10
Baklava	Square	187	930	560	62	22	1	80	290	93	4	67	11
Baklava Rolls	3 Rolls	212	1040	580	65	22	1	80	290	113	5	86	13

### Salad Dressing

### Kids Menu

Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Kid's Broccoli	serving	85	15	0	0	0	0	0	75	3	1	0.8	2
Kid's Brown Rice	serving	85	100	5	1	0	0	0	0	22	1	0	2
Kid's Carrots	serving	85	30	0	0	0	0	0	190	7	2	4	0.7
Kid's Chicken	serving	85	150	50	5	1	0	65	420	1	0	0	23
Kid's Corn	serving	85	50	5	0.5	0	0	0	210	12	1	3	1
Kid's Cucumber	serving	85	10	0	0	0	0	0	0	2	0.6	1	0.5
Kid's Fruit Cup	serving	66	35	0	0	0	0	0	0	9	1	7	0.5
Kid's Garlic Potatoes	serving	85	120	50	6	0.5	0	0	150	15	1	1	2
Kid's Good Pita Bread	serving	1	0	0	0	0	0	0	5	0.6	0	0	0
Kid's Hummus	serving	80	170	70	8	1	0	0	310	18	5	3	7
Kid's Lentils	serving	104	60	0	0.5	0	0	0	380	10	4	0	4
Kid's Macaroni and Cheese	serving	117	300	150	17	10	0.5	50	250	22	1	0.9	13
Kid's Mahi	Side	108	200	130	14	1.5	0	60	370	0.9	0	0	16



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Recipe	Serving Size	Weight (g)	Calories	Calories from Fat	Fat(g)	Sat. Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugars(g)	Protein(g)
Kid's Pasta with Butter	1 serving	129	250	130	14	8	0	30	95	25	1	0	5
Kid's Pasta with Marinara	1 plate	161	270	130	14	2	0	0	470	31	2	4	6
Kid's Pita Crisp	1 serving	38	110	45	5	2.5	0	15	270	11	0.5	0	5
Kid's Red Quinoa	1 Side	120	170	50	6	2.5	0	10	300	25	3	7	4
Kid's Spinach	1 serving	85	10	0	0	0	0	0	140	2	0.9	0	1
Kid's Tofu	1 serving	85	70	30	3.5	0	0	0	270	3	0	1	7
Kid's Tuna	1 serving	85	110	25	2.5	0.5	0	35	320	0	0	0	20
Kid's Turkey Slices	1 serving	85	90	20	2	0.5	0	35	780	2	0	0.9	15
Kid's Whole Wheat Pita	1 serving	78	160	10	1	0	0	0	380	34	4	0	7

\*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.

