



Pita Jungle Vegan Report

Date: November 15, 2018

Tapas

Recipe	Type	Reason
Baba Ganoosh Dip Tapas	Not Vegan	Contains Yogurt
Chicken Slider	Not Vegan	Contains chicken and eggs
Chipotle Black Bean Slider	Not Vegan	Contains chicken and eggs
Chipotle Chicken Pizza on Greek Pita	Not Vegan	Contains chicken and dairy
Dolmades Tapas	Vegan	
Falafel Tapas	Vegan	
Feta Cheese Tapas	Not Vegan	Contains Cheese
Fresh Mozzarella	Not Vegan	Contains Cheese
Garlic Dip Tapas	Vegan	
Garlic Lemon Chicken Tapas	Not Vegan	Contains chicken
Glazed Chicken Pizza on Greek Pita	Not Vegan	Contains chicken and dairy
Hummus Dip Tapas	Vegan	
Hummus Trio Dip Tapas	Vegan	
Kafta Slider	Not Vegan	
Mediterranean Olives Tapas	Vegan	
Mushroom Tapas	Vegan	
Pesto Pizza	Not Vegan	Dairy in Cheese and Greek Pita
Salmon Slider	Not Vegan	Contains fish
Shrimp Tapas	Not Vegan	Contains shrimp
Spinach and Pesto Pizza on Greek Pita	Not Vegan	Contains Dairy
Thyme and Olive Oil Pita	Not Vegan	Contains cheese
Tzatziki Dip Tapas	Not Vegan	

Starters

Recipe	Type	Reason
Baba Ganoosh, Large w/ Pita	Not Vegan	Dairy in Yogurt
Hummus w/ Sirloin	Not Vegan	Beef
Baba Ganoosh, Small w/ Pita	Not Vegan	Yogurt
Blue Corn Nachos	Not Vegan	Dairy in Cheese and Yogurt
Caramelized Cauliflower with Tahini, Original	Vegan	
Caramelized Cauliflower with Tahini, Wood Fired	Vegan	
Cilantro Jalapeno Hummus, Large w/ Pita	Vegan	
Cilantro Jalapeno Hummus, Small w/ Pita	Vegan	
Dolmades	Vegan	
Fruit and Cheese Fantasia	Not Vegan	Dairy in Cheese
Gambas Con Ajo w/ Pita	Not Vegan	Cheese and Shrimp
Garlic Dip, Large w/ Pita	Vegan	
Garlic Dip, Small w/ Pita	Vegan	
Hummus Trio, Large	Vegan	
Hummus Trio, Small	Vegan	
Hummus and Ahi Tuna	Not Vegan	Fish
Hummus and Taboule	Vegan	
Hummus with Grilled Chicken w/ Pita	Not Vegan	Chicken
Hummus with Kafta	Not Vegan	Kafta Meat
Hummus with Seared Ahi Tuna	Not Vegan	Fish
Hummus, Large w/ Pita	Vegan	
Hummus, Small w/ Pita	Vegan	
Mediterranean Antipasto Platter	Not Vegan	Baba Ganoosh (contains yogurt), Tzatziki, (contains yogurt), Feta



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Recipe	Type	Reason
Mozzarella Tomato and Basil w/ Pita Chip	Not Vegan	Mozzarella Cheese
Roasted Bell Pepper Hummus, Large w/ Pita	Vegan	
Roasted Bell Pepper Hummus, Small w/ Pita	Vegan	
Spanakopita	Not Vegan	Dairy in Cheese, Egg
Spinach and Four Cheese Quesadilla	Not Vegan	Cheese
Tzatziki, Large w/ Pita	Not Vegan	Yogurt
Tzatziki, Small w/ Pita	Not Vegan	Yogurt

Signature Entrees

Recipe	Type	Reason
Chicken Combo Platter w/ Pita	Not Vegan	Chicken
Chicken Del Sol	Not Vegan	Chicken
Chicken Tikka Masala	Not Vegan	Chicken
Macro Platter w/ Pita	Vegan	
Mahi Mahi with Pita Chips	Not Vegan	Fish
Red Quinoa Salad with Cilantro Jalapeno Hummus	Not Vegan	Contains Feta Cheese
Wood-Fired Salmon Dinner	Not Vegan	Fish
Wood-fired Chicken In Garlic Tomato Sauce	Not Vegan	Contains Chicken

Pitas

Recipe	Type	Reason
Broiled Chicken Bowl	Not Vegan	Chicken, Dairy in Greek Pita
Broiled Chicken Lettuce Wrap	Not Vegan	Chicken, Dairy in Greek Pita
Grilled Chicken Open Face Pita	Not Vegan	Chicken, Dairy in Greek Pita
Grilled Chicken Pita	Not Vegan	Chicken, Dairy in Greek Pita
Falafel	Vegan	
Falafel Bowl	Vegan	
Falafel Lettuce Wrap	Vegan	
Gyro	Not Vegan	Beef, Dairy in Tzatziki and Greek Pita
Gyro Bowl	Not Vegan	Beef, Dairy in Tzatziki and Greek Pita
Gyro Lettuce Wrap	Not Vegan	Beef, Dairy in Tzatziki and Greek Pita
Gyro Open Face Pita	Not Vegan	Beef, Dairy in Tzatziki and Greek Pita
Mediterranean Roasted Chicken (Shawarma)	Not Vegan	Chicken
Mediterranean Roasted Chicken (Shawarma) Bowl	Not Vegan	Chicken
Mediterranean Roasted Chicken (Shawarma) Lettuce Wrap	Not Vegan	Chicken
Open Face Falafel Pita	Vegan	
Open-Face Mediterranean Roasted Chicken (Shawarma)	Not Vegan	Chicken
Philly Chicken Pita	Not Vegan	Chicken, Dairy in Cheese and Greek Pita
Philly Steak Pita	Not Vegan	Beef, Dairy in Cheese and Greek Pita

Wraps

Recipe	Type	Reason
California Beach Lavash Wrap	Not Vegan	Turkey, Dairy in Cheese and Tzatziki
California Beach Lavash Wrap W/ Chicken	Not Vegan	Turkey, Dairy in Cheese and Tzatziki
Lavash Shawarma Wrap	Not Vegan	Chicken, Dairy in Cheese
Pesto Lavash Turkey Wrap	Not Vegan	Turkey, Dairy in Cheese
Spicy Chicken Bowl	Not Vegan	Chicken
Spicy Chicken Lettuce Wrap	Not Vegan	Chicken
Spicy Chicken Open-Face	Not Vegan	Chicken
Spicy Chicken Wrap	Not Vegan	Chicken



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Recipe	Type	Reason
Wood-Fired Veggie Lavash Wrap	Not Vegan	Contains Cheese

Salads

Recipe	Type	Reason
Grilled Chicken Salad	Not Vegan	Contains Chicken
Caribbean Salad w/ Dressing	Vegan	
Chicken Curry Salad	Not Vegan	Chicken, Dairy in Yogurt
Chicken Pasta Salad	Not Vegan	Chicken
Falafel Salad	Vegan	
Greek Salad, Large	Not Vegan	Dairy in Cheese
Greek Salad, Small	Not Vegan	Dairy in Cheese
Lentil Fetoosh Salad	Not Vegan	Pita Chips Contain Dairy
Mediterranean Chicken Salad	Not Vegan	Chicken, Dairy in Cheese
Spinach Pasta Salad	Vegan	
Wood-Fired Vegetable Salad	Vegan	
Yellow Fin Tuna Honey Salad w/ Dressing	Not Vegan	Fish, Honey in Dressing
Za'atar Dusted Wood-Fired Salmon Salad	Not Vegan	Contains Salmon

Healthy Burgers

Recipe	Type	Reason
Broiled Mahi Fish Sandwich w/ Potatoes	Not Vegan	Contains Fish and Egg
Chipotle Black Bean Burger	Not Vegan	Bun Contains Egg
Grilled Portobello Mushroom Burger	Not Vegan	Bun Contains Dairy
Kafta Burger	Not Vegan	Contains Meat & Eggs
Salmon Burger	Not Vegan	Fish & Dairy

Wood-Fired Pizzas

Recipe	Type	Reason
Chipotle Chicken Lavash Pizza	Not Vegan	Chicken, Dairy in Cheese
Glazed-Chicken Lavash Pizza	Not Vegan	Chicken, Dairy in Cheese, Honey
Kafta Pizza	Not Vegan	Contains Meat, Cheese, Eggs & Yogurt
Lavash Pizza	Not Vegan	Dairy in Cheese
Roasted Garlic Portobello Lavash Pizza	Not Vegan	Dairy in Cheese
Spinach and Pesto Lavash Pizza	Not Vegan	Dairy in Cheese

Seasonal Kitchen Crafts

Recipe	Type	Reason
Ahi Tuna Poke Bowl w/ Greens	Not Vegan	Contains Fish
Ahi Tuna Poke Bowl w/ Rice	Not Vegan	Contains Fish
Avocado Balila	Vegan	
Avocado Hummus, Large	Vegan	
Avocado Hummus, Small	Vegan	
Baked Kibbeh with Beets & Greens Salad	Not Vegan	Contains Beef
Baklawa Trifle	Not Vegan	
Beef Asada Shawarma Lavash Pizza	Not Vegan	Contains Beef
Beef Asada Shawarma with Avocado Hummus	Not Vegan	
Beluga Lentil Soup, Cup	Not Vegan	
Beluga Lentil Soup, Bowl	Not Vegan	
Chicken Avocado Pita Tostada	Not Vegan	Contains Chicken



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Recipe	Type	Reason
Flat Italian Green Bean Stew	Not Vegan	Contains Beef
Fresh Ahi Tuna Salad	Not Vegan	Contains Eggs, Mayo & Fish
Gluten Free Chocolate Brownie with Ice Cream	Not Vegan	
Grilled Chicken with Zucchini Quinoa Pilaf	Not Vegan	
Levantine Beluga Lentils Risotto and Kohlrabi Chopped Salad	Vegan	
Moroccan Gazpacho Bowl	Vegan	
Moroccan Gazpacho, Cup	Vegan	
Pain Perdu French Toast	Not Vegan	
Roasted Vegetable Penne Salad	Not Vegan	
Spicy Mango Shrimp	Not Vegan	Contains shellfish
Street of Beirut-Style Chicken Wrap	Not Vegan	Contains Chicken
Turkey Kafta Burger	Not Vegan	
Turkey Kebab Koobideh Pita	Not Vegan	

Side Orders

Recipe	Type	Reason
Organic Brown Rice	Vegan	
Cucumbers	Vegan	
Fresh Fruit Bowl	Vegan	
Garlic Mushrooms	Vegan	
Garlic New Potatoes	Vegan	
Garlic Smashed Potatoes	Not Vegan	Dairy
Grilled Vegetables	Vegan	
Lentils & Organic Brown Rice	Vegan	
Lemon Cilantro Mixed Beans	Vegan	
Philly Steak	Not Vegan	
Pita Chip Triangles	Not Vegan	Greek Pita Contains Dairy
Ratatoulli	Vegan	
Sauteed Broccoli	Vegan	
Sauteed Carrots	Vegan	
Sauteed Cauliflower	Vegan	
Sauteed Spinach	Vegan	
Side Salad (No Dressing)	Not Vegan	Feta
Side of Ahi Tuna	Not Vegan	
Side of Falafel Ball	Not Vegan	
Shaved Gyro	Not Vegan	
Side of Hummus & Chicken	Not Vegan	
Side of Kafta	Not Vegan	
Side of Mahi	Not Vegan	
Pita Crisp	Not Vegan	Dairy
Red Quinoa Pilaf	Not Vegan	
Side of Shrimp	Not Vegan	
Side of Tofu	Vegan	
Side of Turkey	Not Vegan	
Side of Wood-Fired Salmon	Not Vegan	
Steamed Broccoli	Vegan	
Steamed Carrots	Vegan	
Steamed Cauliflower	Vegan	
Steamed Spinach	Vegan	
Steamed Veggies	Vegan	



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Soup du Jour

Recipe	Type	Reason
Lentil Soup Bowl w/ Pita Chip	Not Vegan	Greek Pita Contains Dairy
Lentil Soup Cup w/ Pita Chip	Not Vegan	Greek Pita Contains Dairy
Mayan Quinoa Chili, Bowl	Not Vegan	Pita Chips Contain Milk
Mayan Quinoa Chili, Cup	Not Vegan	Pita Chips Contain Milk
Red Lentil Soup Bowl w/ Pita Chip	Not Vegan	Greek Pita Contains Dairy
Red Lentil Soup Cup w/ Pita Chip	Not Vegan	Greek Pita Contains Dairy
Soup, Curried Coconut w/ Chickpeas Bowl w/ Pita Chip	Not Vegan	Greek Pita Contains Dairy
Soup, Curried Coconut w/ Chickpeas Cup w/ Pita Chip	Not Vegan	Greek Pita Contains Dairy
Tomato Basil Soup, Bowl w/ Pita Chip	Not Vegan	Dairy in Soup Base and Pita Chip
Tomato Basil Soup, Cup w/ Pita Chip	Not Vegan	Dairy in Soup Base and Pita Chip
Vegetarian Chili, Bowl w/ Pita Chip	Not Vegan	Dairy in Cheese and Pita Chip
Vegetarian Chili, Cup w/ Pita Chip	Not Vegan	Dairy in Cheese and Pita Chip

Smoothies

Recipe	Type	Reason
Guava/Orange/Banana/Passion Fruit Smoothie	Not Vegan	Dairy
Guava/Orange/Banana/Passion Fruit Soy Smoothie	Vegan	
Peanut Butter-Banana Smoothie	Not Vegan	Dairy
Peanut Butter-Banana Soy Smoothie	Vegan	
Strawberry Mango Fruit Smoothie	Not Vegan	Dairy
Strawberry Smoothie	Not Vegan	Dairy
Strawberry Soy Smoothie	Vegan	
Strawberry-Banana Smoothie	Not Vegan	Dairy
Strawberry-Banana Soy Smoothie	Vegan	
Watermelon Smoothie	Not Vegan	Dairy

Desserts

Recipe	Type	Reason
Carrot Cake	Not Vegan	Dairy, Egg
Chocolate Dipped Walnut Baklawa	Not Vegan	Contains Dairy
Frozen Yogurt	Not Vegan	
Pistachio Cherry Chunk Gelato	Not Vegan	
Pistachio Gelato	Not Vegan	
Raspberry Sorbet	Not Vegan	
Rice Pudding Dessert	Not Vegan	Milk
Salted Caramel Gelato	Not Vegan	
Strawberry Sorbet	Not Vegan	
Turtle Cheesecake	Not Vegan	Dairy, Egg
Baklawa	Not Vegan	Butter
Baklawa Rolls	Not Vegan	Butter

Salad Dressing

Recipe	Type	Reason
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Kids Menu

Recipe	Type	Reason
Kid's Broccoli	Vegan	
Kid's Brown Rice	Vegan	
Kid's Carrots	Vegan	
Kid's Chicken	Not Vegan	Contains Chicken
Kid's Corn	Vegan	
Kid's Cucumber	Vegan	
Kid's Fruit Cup	Vegan	
Kid's Garlic Potatoes	Vegan	
Kid's Good Pita Bread	Vegan	
Kid's Hummus	Vegan	
Kid's Lentils	Vegan	
Kid's Macaroni and Cheese	Not Vegan	Contains Dairy
Kid's Mahi	Not Vegan	
Kid's Pasta with Butter	Not Vegan	Contains Dairy
Kid's Pasta with Marinara	Vegan	
Kid's Pita Crisp	Not Vegan	Contains Dairy
Kid's Red Quinoa	Not Vegan	Honey
Kid's Spinach	Vegan	
Kid's Tofu	Vegan	
Kid's Tuna	Not Vegan	Contains Tuna
Kid's Turkey Slices	Not Vegan	Contains Turkey
Kid's Whole Wheat Pita	Vegan	

*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.