



Pita Jungle Allergen Report



Date: July 25, 2021

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				●				
Spanakopita Rolls, 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
Hummus, Small w/ Pita						●		
Hummus, Large w/ Pita						●		
Roasted Bell Pepper Hummus, Small w/ Pita						●		
Roasted Bell Pepper Hummus, Large w/ Pita						●		
Cilantro Jalapeno Hummus, Small w/ Pita						●		
Cilantro Jalapeno Hummus, Large w/ Pita						●		
Hummus Trio, Small						●		
Hummus Trio, Large						●		
Hummus with Grilled Chicken w/ Pita					●	●		
Hummus with Kafta					●	●		
Hummus with Seared Ahi Tuna			●		●	●		
Hummus and Taboule						●		
Baba Ganoosh, Small w/ Pita	●					●		
Baba Ganoosh, Large w/ Pita	●					●		
Garlic Dip, Small w/ Pita						●		
Garlic Dip, Large w/ Pita						●		
Tzatziki, Small w/ Pita	●					●		
Tzatziki, Large w/ Pita	●					●		
Spanakopita	●	●				●		
Dolmades								
Blue Corn Nachos	●							
Gambas Con Ajo w/ Pita	●			●		●		
Mediterranean Antipasto Platter	●					●		



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Mediterranean Cheese and Fruit Platter	●				●	●		
Mediterranean Cheese and Fruit Platter, Gluten Free	●				●			
Mozzarella Tomato and Basil w/ Pita Chip	●					●		
Spinach and Four Cheese Quesadilla	●					●		
Spinach and Four Cheese Quesadilla, Gluten Free	●							●
Caramelized Cauliflower with Tahini, Original					●			
Caramelized Cauliflower with Tahini, Wood Fired					●			
Vegan Hummus with Tofu					●	●		●
Vegan Hummus with Grilled Veggies					●	●		
Vegan Mediterranean Antipasto Platter						●		

Pitas & Wraps

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Mediterranean Roasted Chicken (Shawarma)						●		
Mediterranean Roasted Chicken (Shawarma) Bowl								
Mediterranean Roasted Chicken (Shawarma) Lettuce Wrap	●							
Open-Face Mediterranean Roasted Chicken (Shawarma)						●		
Falafel						●		
Falafel Bowl								
Falafel Lettuce Wrap	●							
Open Face Falafel Pita						●		
Grilled Chicken Pita	●					●		●
Grilled Chicken Bowl								
Grilled Chicken Lettuce Wrap	●							
Grilled Chicken Open Face Pita	●					●		●
Gyro	●					●		●
Gyro Bowl	●					●		●
Gyro Lettuce Wrap	●					●		●
Gyro Open Face Pita	●					●		●
Philly Chicken Bowl	●							
Philly Chicken Pita	●					●		●
Philly Steak Bowl	●						●	
Philly Steak Pita	●					●	●	●
Spicy Chicken Bowl								
Spicy Chicken Lettuce Wrap	●							
Spicy Chicken Open-Face						●		
Turkey Pesto Bowl	●							
Turkey Pesto Lavash Wrap	●					●		
Turkey Pesto Lavash Wrap , Gluten Free	●							●
Wood-Fired Veggie Bowl	●							
Wood-Fired Veggie Lavash Wrap	●					●		
Wood-Fired Veggie Lavash Wrap , Gluten Free	●							●
Lavash Shawarma Bowl	●							
Lavash Shawarma Wrap	●					●		
Lavash Shawarma Wrap, Gluten Free	●							●
California Beach Bowl	●	●						
California Beach Lavash Wrap	●	●				●		
California Beach Lavash Wrap, Gluten Free	●	●						●
California Beach Bowl W/ Chicken	●	●						
California Beach Lavash Wrap W/ Chicken	●	●				●		



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
California Beach Lavash Wrap W/ Chicken, Gluten Free	●	●						●
Vegan Spicy Tofu Wrap						●		●
Vegan Pesto Lavash Shawarma Bowl								●
Vegan Pesto Lavash Shawarma Wrap						●		●
Vegan Wood-Fired Veggie Lavash Wrap						●		
Vegan Wood-Fired Veggie Lavash Wrap, Gluten Free								●
Vegan Lavash Shawarma Bowl								●
Vegan Lavash Shawarma Wrap						●		●
Vegan California Beach Tofu Bowl								●
Vegan California Beach Tofu Lavash Wrap						●		●
Vegan California Beach Tofu Lavash Wrap, Gluten Free								●
Vegan Pita Burrito						●		
Vegan Chipotle Black Bean Pita Pocket						●		
Vegan Portobello Mushroom Pita Pocket						●		
Vegan Veggie Pita Pocket						●		
Vegan Mediterranean Tofu Shawarma						●		●
Vegan Wood-Fired Veggie Bowl								

Signature Entrees

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

Wood-Fired Pizzas

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

Healthy Burgers

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Grilled Portobello Mushroom Burger		●						
Chipotle Black Bean Burger		●				●		
Chipotle Black Bean Burger, Gluten Free		●				●		



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Salmon Burger		●	●					
Salmon Burger, Gluten Free		●	●					
Broiled Fish Sandwich		●	●			●		
Kafta Burger		●						

Cold Salads

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Mediterranean Chicken Salad	●				●	●		
Greek Salad, Small	●							
Greek Salad, Large	●							
Spinach Pasta Salad						●		
Chicken Curry Salad	●				●	●		●
Vegan Mediterranean Tofu Salad					●	●		●
Vegan Greek Salad, Small								
Vegan Greek Salad, Large								

Sizzling Salads

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Avocado & Garbanzo Southwest Bowl								
Lentil Fetoosh Salad						●		
Chicken Pasta Salad						●		
Grilled Chicken Salad								
Falafel Salad						●		
Wood-Fired Vegetable Salad								
Yellowfin Tuna Honey Sesame Salad			●		●			●
Za'atar Dusted Wood-Fired Salmon Salad	●		●					
Vegan Lentil Fetoosh Salad								

Vegetarian Side Orders

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Extra Pita						●		
Pita Chips						●		
Garlic Smashed Potatoes	●							
Lentils & Organic Brown Rice								
Garlic Mushrooms								
Sauteed Broccoli								
Steamed Broccoli								
Sauteed Spinach								
Steamed Spinach								
Sauteed Carrots								
Steamed Carrots								
Sauteed Cauliflower								
Steamed Cauliflower								
Grilled Vegetables								
Steamed Veggies								
Fresh Fruit Bowl								
Red Quinoa Pilaf					●			
Organic Brown Rice								
Garlic New Potatoes								
Lemon Cilantro Mixed Beans								



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Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Taboule Salad						●		
Cucumbers								
Side of Falafel Ball								
Turmeric Cauliflower Rice, Side								
Turmeric Cauliflower Rice, Small								

Protein Side Orders

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Chicken Breast								
Shaved Gyro						●		●
Side of Kafta								
Philly Steak			●				●	
Side of Turkey								
Side of Wood-Fired Salmon			●					
Side of Ahi Tuna			●		●			
Side of Mahi			●					
Side of Shrimp				●				
Side of Tofu								●

Seasonal Kitchen Crafts

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy
Chicken Avocado Pita Tostada	●				●	●		
Moroccan Gazpacho, Cup					●	●		
Moroccan Gazpacho Bowl					●	●		
Pickle Hummus, Small						●		
Pickle Hummus, Large						●		
Shaved Korean Beef Lavash Wrap						●	●	●
Super Green Nordic Salad			●			●		
Turmeric Ginger Rice Pudding	●				●			
Vegan Veggie Pita Pocket						●		
Wood-Fired Medchilada	●				●			

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	●					●		●



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Smoothies

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

Desserts

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

Kids Menu

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



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*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.

