



Pita Jungle Allergen Report



Date: May 23, 2024

Tapas

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
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									
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	Sesame
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	●					●			●
Dolmades									
Blue Corn Nachos	●								
Mediterranean Antipasto Platter	●					●			●
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					●				●



Pita Jungle Allergen Report



Date: May 23, 2024

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
Vegan Hummus with Tofu					●	●		●	●
Vegan Hummus with Grilled Veggies					●	●			●
Vegan Mediterranean Antipasto Platter						●			●

Pitas & Wraps

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



Pita Jungle Allergen Report



Date: May 23, 2024

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

Healthy Burgers

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

Cold Salads

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



Pita Jungle Allergen Report



Date: May 23, 2024

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
Vegan Mediterranean Tofu Salad					●	●		●	●
Vegan Greek Salad, Small									
Vegan Greek Salad, Large									

Sizzling Salads

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

Vegetarian Side Orders

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
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									
Turmeric Brown Rice									
Garlic New Potatoes									
Lemon Cilantro Mixed Beans									
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	Sesame
Chicken Breast									
Shaved Gyro						●		●	●
Side of Kafta									
Philly Steak			●				●	●	●
Side of Turkey									
Side of Wood-Fired Salmon			●						



Pita Jungle Allergen Report



Date: May 23, 2024

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
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	Sesame
Cauliflower Taco					•				•
Falafel Skinny						•			•
Garlic Toum Fries	•								
Green & Blue Escarole Salad	•				•				
Hummus & Chicken Taco					•				•
Kneffe Dessert	•				•	•			
Lemon Chicken Rice Soup, Bowl									•
Lemon Chicken Rice Soup, Cup									•
Mediterranean Bean & Cheese Burrito	•					•		•	•
Mediterranean Street-Cart Chicken Bowl					•				•
Shawarma Toum Chicken Taco									•
Skinny Toum Chicken Wrap						•			•
Street Lamb Burger	•					•		•	•
Street-Noodle Stir Fry									
Street Style Falafel Wrap						•			•
Street Style Gyro Wrap	•					•		•	•
Wharf Shrimp Louie Bowl		•		•					•

Soup du Jour

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
Lentil Soup Bowl w/ Pita Chip	•					•		•	•
Lentil Soup Cup w/ Pita Chip	•					•		•	•
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	•					•		•	•

Desserts

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
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	•								



Pita Jungle Allergen Report



Date: May 23, 2024

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
Strawberry Sorbet									

Kids Menu

Recipe	Milk	Egg	Fish	Shellfish	Nuts	Wheat	Peanut	Soy	Sesame
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						●			

*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.

