



Pita Jungle Vegan Report

Date: March 30, 2023

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	Eggs
Chipotle Chicken Pizza on Greek Pita	Not Vegan	Contains chicken, cheese and milk
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, milk, and cheese
Hummus Dip Tapas	Vegan	
Hummus Trio Dip Tapas	Vegan	
Kafta Slider	Not Vegan	Contains beef and egg
Mediterranean Olives Tapas	Vegan	
Mushroom Tapas	Vegan	
Pesto Pizza	Not Vegan	Contains milk and cheese
Salmon Slider	Not Vegan	Contains fish and egg
Shrimp Tapas	Not Vegan	Contains shrimp
Spanakopita Rolls, Tapas	Not Vegan	Contains cheese and egg
Spinach and Pesto Pizza on Greek Pita	Not Vegan	Contains milk and cheese
Thyme and Olive Oil Pita	Not Vegan	Contains cheese and milk
Tzatziki Dip Tapas	Not Vegan	Contains yogurt

Starters

Recipe	Type	Reason
Hummus, Small w/ Pita	Vegan	
Hummus, Large w/ Pita	Vegan	
Roasted Bell Pepper Hummus, Small w/ Pita	Vegan	
Roasted Bell Pepper Hummus, Large w/ Pita	Vegan	
Cilantro Jalapeno Hummus, Small w/ Pita	Vegan	
Cilantro Jalapeno Hummus, Large w/ Pita	Vegan	
Hummus Trio, Small	Vegan	
Hummus Trio, Large	Vegan	
Hummus with Grilled Chicken w/ Pita	Not Vegan	Chicken
Hummus with Kafta	Not Vegan	Contains beef
Hummus with Seared Ahi Tuna	Not Vegan	Fish
Hummus and Taboule	Vegan	
Baba Ganoosh, Small w/ Pita	Not Vegan	Yogurt
Baba Ganoosh, Large w/ Pita	Not Vegan	Yogurt
Garlic Dip, Small w/ Pita	Vegan	
Garlic Dip, Large w/ Pita	Vegan	
Tzatziki, Small w/ Pita	Not Vegan	Yogurt
Tzatziki, Large w/ Pita	Not Vegan	Yogurt
Spanakopita	Not Vegan	Cheese, Egg
Dolmades	Vegan	
Blue Corn Nachos	Not Vegan	Cheese and Yogurt
Gambas Con Ajo w/ Pita	Not Vegan	Cheese and Shrimp
Mediterranean Antipasto Platter	Not Vegan	Yogurt and Feta



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Recipe	Type	Reason
Mediterranean Cheese and Fruit Platter	Not Vegan	Cheese
Mediterranean Cheese and Fruit Platter, Gluten Free	Not Vegan	Cheese
Mozzarella Tomato and Basil w/ Pita Chip	Not Vegan	Cheese
Spinach and Four Cheese Quesadilla	Not Vegan	Cheese
Spinach and Four Cheese Quesadilla, Gluten Free	Not Vegan	Cheese
Caramelized Cauliflower with Tahini, Original	Vegan	
Caramelized Cauliflower with Tahini, Wood Fired	Vegan	
Vegan Hummus with Tofu	Vegan	
Vegan Hummus with Grilled Veggies	Vegan	
Vegan Mediterranean Antipasto Platter	Vegan	

Pitas & Wraps

Recipe	Type	Reason
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 Mediterranean Roasted Chicken (Shawarma)	Not Vegan	Chicken
Falafel	Vegan	
Falafel Bowl	Vegan	
Falafel Lettuce Wrap	Vegan	
Open Face Falafel Pita	Vegan	
Grilled Chicken Pita	Not Vegan	Chicken, milk
Grilled Chicken Bowl	Not Vegan	Chicken
Grilled Chicken Lettuce Wrap	Not Vegan	Chicken
Grilled Chicken Open Face Pita	Not Vegan	Chicken, Milk
Gyro	Not Vegan	Beef, Milk, Yogurt
Gyro Bowl	Not Vegan	Beef, Yogurt
Gyro Lettuce Wrap	Not Vegan	Beef, Yogurt, Milk
Gyro Open Face Pita	Not Vegan	Beef, Yogurt, Milk
Philly Chicken Bowl	Not Vegan	Chicken, Milk, Cheese
Philly Chicken Pita	Not Vegan	Chicken, Milk, Cheese
Philly Steak Bowl	Not Vegan	Beef, Cheese
Philly Steak Pita	Not Vegan	Beef, Cheese, Milk
Spicy Chicken Bowl	Not Vegan	Chicken
Spicy Chicken Lettuce Wrap	Not Vegan	Chicken
Spicy Chicken Open-Face	Not Vegan	Chicken
Turkey Pesto Bowl	Not Vegan	Turkey, Dairy
Turkey Pesto Lavash Wrap	Not Vegan	Turkey, Cheese
Turkey Pesto Lavash Wrap , Gluten Free	Not Vegan	Turkey, Cheese
Wood-Fired Veggie Bowl	Not Vegan	Cheese
Wood-Fired Veggie Lavash Wrap	Not Vegan	Cheese
Wood-Fired Veggie Lavash Wrap , Gluten Free	Not Vegan	Cheese
Lavash Shawarma Bowl	Not Vegan	Chicken
Lavash Shawarma Wrap	Not Vegan	Chicken
Lavash Shawarma Wrap, Gluten Free	Not Vegan	Chicken
California Beach Bowl	Not Vegan	Turkey, Cheese
California Beach Lavash Wrap	Not Vegan	Turkey, Cheese
California Beach Lavash Wrap, Gluten Free	Not Vegan	Turkey, Cheese
California Beach Bowl W/ Chicken	Not Vegan	Chicken, Egg, Cheese
California Beach Lavash Wrap W/ Chicken	Not Vegan	Chicken, Egg, Cheese
California Beach Lavash Wrap W/ Chicken, Gluten Free	Not Vegan	Chicken, Egg, Cheese
Vegan Spicy Tofu Wrap	Vegan	



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Recipe	Type	Reason
Vegan Pesto Lavash Shawarma Bowl	Vegan	
Vegan Pesto Lavash Shawarma Wrap	Vegan	
Vegan Wood-Fired Veggie Lavash Wrap	Vegan	
Vegan Wood-Fired Veggie Lavash Wrap, Gluten Free	Vegan	
Vegan Lavash Shawarma Bowl	Vegan	
Vegan Lavash Shawarma Wrap	Vegan	
Vegan California Beach Tofu Bowl	Vegan	
Vegan California Beach Tofu Lavash Wrap	Vegan	
Vegan California Beach Tofu Lavash Wrap, Gluten Free	Vegan	
Vegan Pita Burrito	Vegan	
Vegan Chipotle Black Bean Pita Pocket	Vegan	
Vegan Portobello Mushroom Pita Pocket	Vegan	
Vegan Veggie Pita Pocket	Vegan	
Vegan Mediterranean Tofu Shawarma	Vegan	
Vegan Wood-Fired Veggie Bowl	Vegan	

Signature Entrees

Recipe	Type	Reason
Mahi Mahi with Pita Chips	Not Vegan	Fish
Wood-Fired Salmon Dinner	Not Vegan	Fish
Wood-fired Chicken In Garlic Tomato Sauce	Not Vegan	Chicken, Milk
Chicken Del Sol	Not Vegan	Chicken, Milk, Cheese
Chicken Tikka Masala	Not Vegan	Chicken
Chicken Combo Platter w/ Pita	Not Vegan	Chicken
Macro Platter w/ Pita	Vegan	
Red Quinoa Salad with Cilantro Jalapeno Hummus with Pita	Not Vegan	Cheese
Red Quinoa Salad with Cilantro Jalapeno Hummus with Blue Corn Chips	Not Vegan	Cheese
Keto and Paleo Bowl with Chicken	Not Vegan	Chicken
Vegan Tikka Masala	Vegan	
Vegan Keto Tofu Platter	Vegan	

Wood-Fired Pizzas

Recipe	Type	Reason
Chipotle Chicken Lavash Pizza	Not Vegan	Chicken, Cheese
Glazed-Chicken Lavash Pizza	Not Vegan	Chicken, Cheese, Honey
Lavash Pizza	Not Vegan	Cheese
Spinach and Pesto Lavash Pizza	Not Vegan	Cheese
Roasted Garlic Portobello Lavash Pizza	Not Vegan	Cheese
Kafta Pizza	Not Vegan	Beef, Cheese, Yogurt
Pita Crisp	Not Vegan	Milk, Cheese

Healthy Burgers

Recipe	Type	Reason
Grilled Portobello Mushroom Burger	Not Vegan	Bun Contains Dairy
Chipotle Black Bean Burger	Not Vegan	Bun Contains Egg
Chipotle Black Bean Burger, Gluten Free	Not Vegan	Bun Contains Egg
Salmon Burger	Not Vegan	Fish, Milk, Egg
Salmon Burger, Gluten Free	Not Vegan	Fish, Milk, Egg
Broiled Fish Sandwich	Not Vegan	Fish, Egg
Kafta Burger	Not Vegan	Beef, Eggs



Cold Salads

Recipe	Type	Reason
Mediterranean Chicken Salad	Not Vegan	Chicken, Cheese
Greek Salad, Small	Not Vegan	Cheese
Greek Salad, Large	Not Vegan	Cheese
Spinach Pasta Salad	Vegan	
Chicken Curry Salad	Not Vegan	Chicken, Yogurt, Milk
Vegan Mediterranean Tofu Salad	Vegan	
Vegan Greek Salad, Small	Vegan	
Vegan Greek Salad, Large	Vegan	

Sizzling Salads

Recipe	Type	Reason
Avocado & Garbanzo Southwest Bowl	Not Vegan	Honey
Lentil Fetoosh Salad	Not Vegan	Pita Chips Contain Dairy
Chicken Pasta Salad	Not Vegan	Chicken
Grilled Chicken Salad	Not Vegan	Chicken
Falafel Salad	Vegan	
Wood-Fired Vegetable Salad	Vegan	
Yellowfin Tuna Honey Sesame Salad	Not Vegan	Fish, Honey
Za'atar Dusted Wood-Fired Salmon Salad	Not Vegan	Salmon, Cheese
Vegan Lentil Fetoosh Salad	Vegan	

Vegetarian Side Orders

Recipe	Type	Reason
Extra Pita	Vegan	
Pita Chips	Not Vegan	Greek Pita Contains Dairy
Garlic Smashed Potatoes	Not Vegan	Dairy
Lentils & Organic Brown Rice	Vegan	
Garlic Mushrooms	Vegan	
Sauteed Broccoli	Vegan	
Steamed Broccoli	Vegan	
Sauteed Spinach	Vegan	
Steamed Spinach	Vegan	
Sauteed Carrots	Vegan	
Steamed Carrots	Vegan	
Sauteed Cauliflower	Vegan	
Steamed Cauliflower	Vegan	
Grilled Vegetables	Vegan	
Steamed Veggies	Vegan	
Fresh Fruit Bowl	Vegan	
Red Quinoa Pilaf	Vegan	
Organic Brown Rice	Vegan	
Garlic New Potatoes	Vegan	
Lemon Cilantro Mixed Beans	Vegan	
Taboule Salad	Vegan	
Cucumbers	Vegan	
Side of Falafel Ball	Vegan	
Turmeric Cauliflower Rice, Side	Vegan	
Turmeric Cauliflower Rice, Small	Vegan	



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Protein Side Orders

Recipe	Type	Reason
Chicken Breast	Not Vegan	Chicken
Shaved Gyro	Not Vegan	Beef
Side of Kafta	Not Vegan	Beef
Philly Steak	Not Vegan	Beef
Side of Turkey	Not Vegan	Turkey
Side of Wood-Fired Salmon	Not Vegan	Salmon
Side of Ahi Tuna	Not Vegan	Fish
Side of Mahi	Not Vegan	Fish
Side of Shrimp	Not Vegan	Shrimp
Side of Tofu	Vegan	

Seasonal Kitchen Crafts

Recipe	Type	Reason
Lemon Chicken Rice Soup, Cup	Not Vegan	
Lemon Chicken Rice Soup, Bowl	Not Vegan	
Albondigas-Mediterranean Meatballs	Not Vegan	
Salmon Taco	Not Vegan	
Shrimp Taco	Not Vegan	
Mediterranean Ceviche	Not Vegan	
Labneh Dip Mezze Veggies and Chips	Not Vegan	
Wood-Fired Gluten Free Medchilada	Not Vegan	Chicken, Cheese
Spicy Harissa Arroz with Argentine Wild Shrimp	Not Vegan	
Jungle Pao Chicken	Not Vegan	
The Amazing Hummus & Chicken Wrap	Not Vegan	
The Amazing Hummus & Chicken Bowl	Not Vegan	
Greek Avocado Salad	Not Vegan	

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
Strawberry Smoothie	Not Vegan	Dairy
Strawberry Soy Smoothie	Vegan	
Strawberry-Banana Smoothie	Not Vegan	Dairy



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

Desserts

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

Kids Menu

Recipe	Type	Reason
Kid's Broccoli	Vegan	
Kid's Brown Rice	Vegan	
Kid's Carrots	Vegan	
Kid's Chicken	Not Vegan	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	Cheese, Milk, Butter
Kid's Mahi	Not Vegan	Fish
Kid's Pasta with Butter	Not Vegan	Butter
Kid's Pasta with Marinara	Vegan	
Kid's Pita Crisp	Not Vegan	Milk, Cheese
Kid's Red Quinoa	Not Vegan	Honey, Butter
Kid's Spinach	Vegan	
Kid's Tofu	Vegan	
Kid's Tuna	Not Vegan	Fish
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.