



The art of eating healthy®

GLUTEN-FREE** FRIENDLY MENU

***Pita Jungle is not a gluten-free restaurant and cannot ensure that cross contamination will never occur.*



STARTERS

dips served with organic blue corn chips
gluten-free pita | avocado
all dips can be ordered as a duo or as a trio

Hummus

chickpeas, tahini, fresh garlic, evoo, lemon juice, garbanzo confit, blue corn chips

Roasted Bell Pepper Hummus

chickpeas, tahini, roasted red bell peppers, fresh garlic, lemon juice, garbanzo confit, blue corn chips

Cilantro Jalapeno Hummus

chickpeas, tahini, fresh cilantro, fresh jalapeno, fresh garlic, evoo, lemon juice, pico de gallo, blue corn chips

Hummus with Ginger-Turmeric Veggies

sautéed finely chopped veggies, choice of hummus, toasted pine nuts, organic blue corn chips

Hummus with Grilled Chicken

grilled marinated all-natural chicken breast, choice of hummus, toasted pine nuts, blue corn chips

Hummus with Kafta Beef*

ground beef mixed with minced onions, diced tomatoes, jalapeno, parsley, mediterranean seasoning and pomegranate molasses, choice of hummus, toasted pine nuts, blue corn chips

Hummus with Seared Ahi Tuna*

fresh ahi tuna, curried-sesame crust, choice of hummus, served medium rare, blue corn chips

Baba Ganoosh

roasted eggplant, tahini, yogurt, fresh garlic, evoo, lemon juice, kalamata olives, blue corn chips

Garlic Dip

emulsion of fresh garlic, lemon juice, oil, smashed potatoes, blue corn chips

Tzatziki

yogurt, cucumber, fresh garlic, mint, za'atar, blue corn chips

Dolmades

two grape leaves stuffed with rice, tomatoes, onions, parsley, red bell peppers, canola oil, evoo, cilantro, dill, mint, lemon juice, garlic
every additional dolma

Blue Corn Nachos

organic blue corn tortilla chips, lemon-cilantro mixed beans, melted cheese, pico de gallo, fresh cilantro, seasoned yogurt sauce
grilled marinated all-natural chicken

Gluten-Free Mozzarella Tomato & Basil

fresh mozzarella, sliced hothouse tomato, fresh basil, baby arugula, tuscan kale, evoo, organic balsamic reduction

Gluten-Free Spinach Four-Cheese Quesadilla

cheddar, mozzarella, feta, swiss, fresh spinach, tzatziki, pico de gallo, za'atar, gluten-free wrap

Gluten-Free Caramelized Cauliflower with Tahini

wood-fired caramelized cauliflower, garlic-cilantro tahini sauce, toasted pine nuts

Soup Du Jour

made from scratch

Wood-Fired Norwegian Salmon*

norwegian salmon, garlic-herb smashed potatoes, wilted spinach

Wood-Fired Chicken

marinated all-natural chicken breast, garlic-herb smashed potatoes, wilted spinach, light tomato-garlic sauce

Gluten-Free Chicken Del Sol

southwest style all-natural chicken breast, black beans, diced tomatoes, cilantro, garlic, organic blue corn chips

PITAS, WRAPS & BOWLS

garlic new potatoes, lemon-cilantro mixed beans,
or organic red quinoa pilaf | avocado
substitute rice for cauliflower rice

Gluten-Free Mediterranean Roasted Chicken (Shawarma)

grilled marinated all-natural chicken breast, garlic sauce, tahini, seasonal mixed greens, tomatoes, red onions, pickles, gluten-free pita or as a bowl with turmeric brown rice, cabbage-kale super greens, garlic, lemon juice, sumac

Baked Falafel Pita

baked chickpea croquettes, tahini, seasonal mixed greens, tomatoes, red onions, pickles, gluten-free pita, or as a bowl with turmeric brown rice, cabbage-kale super greens, garlic, lemon juice, sumac

Gluten-Free Spicy Chicken Wrap

spicy grilled marinated all-natural chicken breast, steamed veggies: broccoli, cauliflower, zucchini, yellow squash, tomatoes, red onions, turmeric brown rice, lemon-cilantro mixed beans, herbs, cilantro, garlic, hot chili sauce, gluten-free wrap or as a bowl with turmeric brown rice, cabbage-kale super greens, lemon vinaigrette, sprouts

Gluten-Free Wood-Fired Veggie Wrap

eggplant, zucchini, bell peppers, tomatoes, onions, feta, mozzarella, baby arugula, pesto, garlic sauce, organic balsamic reduction, gluten-free wrap, wood-fired, side greek salad or as a bowl with pesto-turmeric brown rice

Gluten-Free Turkey Pesto Wrap

roasted all-natural turkey breast, pesto, roasted tomatoes and onions, swiss, gluten-free wrap, wood-fired, side greek salad or as a bowl with pesto-turmeric brown rice

Gluten-Free Lavash Shawarma Wrap

grilled marinated all-natural chicken breast, garlic sauce, roasted tomatoes and onions, gluten-free wrap, wood-fired, side greek salad or as a bowl with turmeric brown rice

Gluten-Free California Beach Wrap

roasted all-natural turkey breast, pesto-mayo, avocado, seasonal mixed greens, tomatoes, cucumbers, roasted mushrooms, bell peppers, macerated red onions, kalamata olives, pickles, fresh parsley, lemon vinaigrette, gluten-free wrap, lightly toasted, side greek salad or as a bowl with turmeric brown rice
also available with grilled marinated all-natural chicken

SIGNATURE ENTRÉES

Chicken Tikka Masala

grilled marinated all-natural chicken breast, coconut masala sauce, turmeric brown rice, sprouts
substitute rice for cauliflower rice

Gluten-Free Chicken Combo Platter

grilled marinated all-natural chicken breast, lemon-cilantro mixed beans, turmeric brown rice, garlic dip, tomatoes, onions, pickles, organic blue corn chips
substitute rice for cauliflower rice

Keto & Paleo Platter

grilled marinated all-natural chicken breast, broccoli, cabbage-kale super greens, turmeric cauliflower rice, garlic, herbs, lemon juice, tahini, sumac

Organic Red Quinoa with Cilantro Jalapeno Hummus

organic red quinoa, tuscan kale, spinach, baby arugula, tomatoes, cucumbers, red onions, garlic, feta, toasted pine nuts, cilantro jalapeno hummus, evoo, lemon-cumin vinaigrette, organic blue corn chips

SALADS

avocado | chicken | feta
griddled marinated organic tofu

Gluten-Free Chicken Curry Salad

grilled marinated all-natural chicken breast in yogurt-curry sauce, turmeric brown rice, carrots, celery, red onions, red grapes, golden raisins, walnuts, sumac, fresh cilantro, on seasonal mixed greens, lemon vinaigrette
substitute rice for cauliflower rice

Greek Salad

seasonal mixed green, tomatoes, cucumbers, red onions, feta, kalamata olives, lemon vinaigrette

Gluten-Free Lentil Fetoosh Salad

lentils and turmeric brown rice, seasonal mixed greens, tomatoes, cucumbers, red onions, garlic, evoo, lemon juice, sumac, organic blue corn chips
substitute rice for cauliflower rice

Grilled Chicken Salad

grilled marinated all-natural chicken breast, seasonal mixed greens, tomatoes, cucumbers, red onions, lemon vinaigrette

Baked Falafel Salad

baked chickpea croquettes, seasonal mixed greens, tomatoes, cucumbers, red onions, pickles, tahini, sumac, lemon vinaigrette, organic blue corn chips

Wood-Fired Vegetable Salad

broccoli, cauliflower, eggplant, zucchini, yellow squash, mushrooms, tomatoes, carrots, garlic, on seasonal mixed greens, tahini drizzle, fresh basil, cilantro, lemon vinaigrette

Za'atar-Dusted Wood-Fired Norwegian Salmon* Salad

wood-fired norwegian salmon, tuscan kale, baby arugula, spinach, red bell peppers, tomatoes, kalamata olives, feta, za'atar, lemon vinaigrette

Avocado Garbanzo Southwest Salad

avocado, chickpeas, organic red quinoa, tomatoes, cucumbers, celery, roasted jalapenos, organic blue corn chips, pickled onions, fresh mint and parsley, cilantro, minced garlic, pumpkin seeds, cumin, herb-honey-apple-cider vinaigrette

WOOD-FIRED PIZZAS

Gluten-Free Chipotle Chicken Pizza

grilled marinated all-natural chicken breas in a lemon-chili-chipotle glaze, tomatoes, green onions, toasted pine nuts, za'atar, mozzarella, feta, chipotle-sesame sauce, gluten-free crust

Gluten-Free Glazed Chicken Pizza

grilled marinated all-natural chicken breast in a honey-dijon glaze, wood-fired onions, herbs, mozzarella, cheddar, feta, gluten-free crust

Gluten-Free Spinach & Pesto Pizza

spinach, roasted mushrooms, wood-fired tomatoes, pesto, herbs, mozzarella, feta, gluten-free crust
grilled marinated all-natural chicken

Gluten-Free Kafta Beef Pizza

ground beef mixed with minced onions, jalapeno, parsley, mediterranean seasoning and pomegranate molasses, tomatoes, fire-roasted jalapeno peppers, toasted pine nuts, mozzarella, drizzled seasoned yogurt sauce, gluten-free crust

HEALTHY BURGERS

side options: garlic new potatoes, turmeric brown rice, lemon-cilantro mixed beans or side greek salad
cauliflower turmeric rice | avocado

Gluten-Free Grilled Portobello Mushroom Burger

grilled marinated portobello mushroom, roasted red bell peppers, baby arugula, hothouse tomato, sprouts, pesto, gluten-free bun

Gluten-Free Kafta Beef* Burger

hand-formed beef, pomegranate molasses patty, mixed with minced parsley, jalapenos, onions, baby arugula, hothouse tomato, sliced red onion, sumac, chipotle hummus, gluten-free bun

SIDES

Gluten-Free Pita or Wrap

Avocado

Garlic-Herb Smashed Potatoes

Gluten-Free Lentils & Turmeric Brown Rice

Garlic Mushrooms

Mixed Veggies (Sautéed or Steamed)

broccoli, cauliflower, zucchini, yellow squash, mushrooms, carrots

Organic Red Quinoa Pilaf

Turmeric Brown Rice

Turmeric Cauliflower Rice

Garlic New Potatoes

Lemon-Cilantro Mixed Beans

Cucumbers or Tomatoes

Baked Falafel

Griddled Marinated Organic Tofu

Wood-Fired Norwegian Salmon*

Ahi Tuna*

Mahi-Mahi*

Chicken Breast

Kafta Beef* Patty

Grilled Chicken w/ Pine Nuts

DESSERTS

Seasonal Gelato

Seasonal Sorbet

Gluten-Free Brownie Ice Cream Sandwich

Rice Pudding

*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Olives may contain pits.

**Pita Jungle is pleased to offer a variety of gluten-free friendly and vegetarian/vegan options. Our facilities use or may use ingredients containing FDA recognized allergens including but not limited to peanuts, tree nuts, sesame seeds, and sesame derived products, eggs, fish, shellfish, milk, soy and wheat. We do not guarantee cross contamination.

Please inform the manager if anyone in your party has a food allergy or dietary restriction and we will do our best to make accomodations.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request and at pitajungle.com