


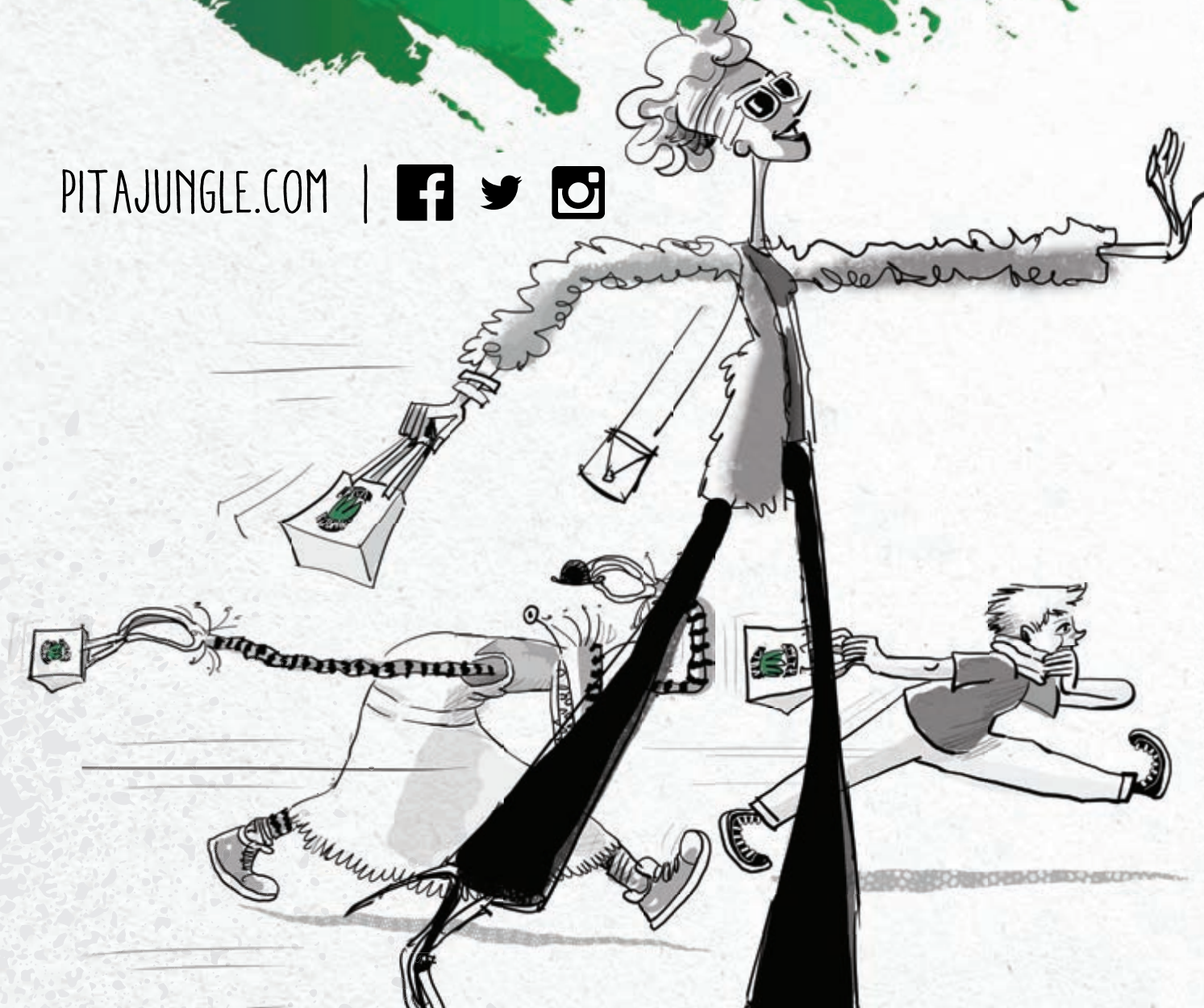


The art of eating healthy

## TO GO MENU

PITAJUNGLE.COM |   



## STARTERS

small dips 1 pita | large dips 2 pitas  
all dips can be ordered as a duo or trio  
avocado | extra pita  
substitute with gluten-free pita\*\*  
choice of pita: regular, whole wheat or greek pita

### Hummus

chickpeas, tahini, fresh garlic, evoo, lemon juice, garbanzo confit, pita

### Roasted Bell Pepper Hummus

chickpeas, tahini, roasted red bell peppers, fresh garlic, lemon juice, garbanzo confit, pita

### Cilantro Jalapeno Hummus

chickpeas, tahini, fresh cilantro, fresh jalapeno, fresh garlic, evoo, lemon juice, pico de gallo, pita

### Hummus with Grilled Chicken

grilled marinated all-natural chicken breast, choice of hummus, toasted pine nuts, pita

### 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, pita

### Hummus with Seared Ahi Tuna\*

fresh ahi tuna, curried sesame crust, choice of hummus, pita, served medium rare

### Hummus & Taboule

hummus, taboule, pita

### Baba Ganoosh

roasted eggplant, tahini, yogurt, fresh garlic, evoo, lemon juice, kalamata olives, pita

### Garlic Dip

emulsion of fresh garlic, lemon juice, oil, smashed potatoes, pita

### Tzatziki

yogurt, cucumber, fresh garlic, mint, za'atar, pita

### 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*

### Mediterranean Antipasto Platter

hummus duo, baba ganoosh, tzatziki, taboule, dolma, mozzarella-tomato & basil, falafel, feta, kalamata olives, cucumber, pita

### Mozzarella Tomato & Basil

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

### Spinach Four-Cheese Quesadilla

cheddar, mozzarella, feta, swiss, lavash bread, fresh spinach, tzatziki, pico de gallo, za'atar  
*grilled marinated all-natural chicken*

### Caramelized Cauliflower with Tahini

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

### Soup Du Jour

made from scratch

## SIDES

Extra Pita

Pita Chips

Gluten-Free Pita\*\*

Avocado

Garlic-Herb Smashed Potatoes

Lentils & Turmeric Brown Rice

Garlic Mushrooms

Mixed Veggies (Sautéed/Steamed)  
broccoli, cauliflower, zucchini, yellow squash, mushrooms, carrots

Turmeric Brown Rice

Turmeric Cauliflower Rice

Garlic New Potatoes

Lemon-Cilantro Mixed Beans

Taboule

Cucumbers or Tomatoes

Falafel Ball

Griddled Marinated Organic Tofu

Wood-Fired Norwegian Salmon\*

Mahi-Mahi\*

Ahi Tuna\*

Chicken Breast

Gyro, Shaved

Kafta Beef\* Patty

Philly Steak, Shaved

Grilled Chicken w/ Pine Nuts

## BEVERAGES

Assorted Pepsi® and Dr. Pepper® Products

Assorted Pepsi® & Bubly cans

Freshly Brewed Iced Tea

tropical (black) // berry hibiscus (herbal) // paradise (green)

Freshly Made Guava Lemonade

Lemonade Iced Tea

Iced Chai Latte

LifeWTR

Aquafina

Sparkling Water

*Menu Items may vary by location.  
Prices are subject to change.*

\*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 notify your server if you have any specific dietary needs. We will do our best to accommodate them.

## PITAS, WRAPS & BOWLS

substitute rice for cauliflower rice | bowl  
add garlic new potatoes, turmeric brown rice, lemon-cilantro mixed beans  
turmeric cauliflower rice  
avocado | substitute gluten-free pita/wrap\*\*  
open face option available

**Mediterranean Roasted Chicken (Shawarma)**  
grilled marinated all-natural chicken breast, garlic sauce, tahini, seasonal mixed greens, tomatoes, red onions, pickles, with pita or as a bowl with turmeric brown rice, cabbage-kale super greens, garlic, lemon juice, sumac

### Falafel

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

### Grilled Chicken Pita

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

### Gyro

broiled beef and lamb gyro, tzatziki, seasonal mixed greens, tomatoes, red onions, pickles, with greek pita or as a bowl with turmeric brown rice, cabbage-kale super greens, garlic, lemon juice, sumac

### Philly Chicken Pita

grilled marinated all-natural chicken breast, roasted bell peppers and onions, swiss, greek pita, wood-fired or as a bowl with turmeric brown rice

### Philly Steak Pita

premium shaved beef cuts, roasted bell peppers and onions, roasted mushrooms, mozzarella, greek pita, wood-fired or as a bowl with turmeric brown rice

### 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, with pita or as a bowl with turmeric brown rice, cabbage-kale super greens, lemon vinaigrette, sprouts

### Turkey Pesto Lavash Wrap

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

### Wood-Fired Veggie Lavash Wrap

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

### Lavash Shawarma Wrap

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

### California Beach Lavash 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, lavash 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*

### Chicken Combo Platter

grilled marinated all-natural chicken breast, lemon-cilantro mixed beans, turmeric brown rice, garlic dip, tomatoes, onions, pickles, pita  
*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, choice of organic blue corn chips or pita

## WOOD-FIRED PIZZAS

substitute with gluten-free pizza crust\*\*

### Chipotle Chicken Lavash Pizza

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

### Glazed Chicken Lavash Pizza

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

### Kafta Beef Pizza

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

### Spinach & Pesto Lavash Pizza

spinach, roasted mushrooms, wood-fired tomatoes, pesto, herbs, mozzarella, feta, thin lavash crust  
*grilled marinated all-natural chicken*

### Pita Crisp

mozzarella, cheddar, greek pita crust

## SALADS

chicken | avocado | feta  
griddled marinated organic tofu

### Lentil Fetoosh Salad

lentils and turmeric brown rice, caramelized onions, seasonal mixed greens, tomatoes, cucumbers, red onions, garlic, evoo, lemon juice, pita crumbs, sumac, pita chips  
*substitute rice for cauliflower rice*

### Chicken Pasta Salad

grilled marinated all-natural chicken breast, tri-color rotini pasta, tomatoes, lemon vinaigrette

### Grilled Chicken Salad

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

### Falafel Salad

original or baked chickpea croquettes, seasonal mixed greens, tomatoes, cucumbers, red onions, pickles, tahini, sumac, pita, lemon vinaigrette

### Wood-Fired Vegetable Salad

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

### Mediterranean Chicken Salad

grilled chopped all-natural chicken breast, roasted bell peppers, cucumbers, taboule, seasonal mixed greens, corn, diced tomatoes, red onions, feta, golden raisins, toasted pine nuts, fresh cilantro, lemon vinaigrette

### Greek Salad

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

### Spinach Pasta Salad

fresh spinach, tri-color rotini pasta, tomatoes, roasted mushrooms, bell peppers, pesto, za'atar, lemon vinaigrette  
add fresh mozzarella

### Chicken Curry Salad

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

### Avocado Garbanzo Southwest Salad

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

## MEZZE PLATTER

## HEALTHY BURGERS

side options: garlic new potatoes, turmeric brown rice, lemon-cilantro mixed beans or side greek salad  
side of turmeric cauliflower rice +2.99  
substitute with gluten-free bun\*\* +1.29

### Grilled Portobello Mushroom Burger

grilled marinated portobello mushroom, roasted red bell peppers, baby arugula, hothouse tomato, sprouts, caramelized onions, pesto, bun

### Chipotle Black Bean Burger

homemade black bean patty formed with chipotle, jalapenos and bell peppers, carrots, corn, oats, garlic, onion, fresh cilantro, cranberries, chipotle hummus, baby arugula, hothouse tomato, sliced red onion, sprouts, bun

### Kafta Beef\* Burger

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

## DESSERTS

### Chocolate-Dipped Walnut

Baklava Rolls (3) 6.99

Walnut Baklava Rolls (3) 5.99

Carrot Cake 7.49

Turtle Cheesecake 7.49

Vanilla Frozen Yogurt Scoop 3.99

Seasonal Gelato & Sorbet 6.99

Gluten-Free Brownie\*\* 5.99

Rice Pudding 5.99

hummus & chicken with pine nuts, fresh mozzarella tomato & basil, kafta mini pockets, baked pita chips, feta, pickles, cucumber

## FAMILY MEALS

4-6 people / take-out orders only

### Starter

Choose 1

- Hummus  
(regular, cilantro jalapeno or as a duo)
- Caramelized Cauliflower with Tahini  
(wood-fired or original)

### Entrée

Choose Pita or Bowl

- Pita (regular, wheat, greek, +\$5.39 for gf pita)
- Bowl (turmeric brown rice)

### Add Protein

Choose 1

- Chicken, Gyro, Philly Steak, Falafel Ball, Tofu

### Add Greens

Choose 1

- Cabbage Kale Mix or Lettuce  
(comes also with red onions, diced tomatoes, pickles)

### Add Sauce

Choose 1

- Tzatziki, Garlic Dip, Tahini

### Side or Salad

Choose 1

- Greek Salad, Spinach Pasta Salad, Mediterranean Chicken Salad, Organic Red Quinoa with Cilantro Jalapeno, Mozzarella Tomato & Basil, Roasted Veggies, Mac & Cheese

### Dessert

- Walnut Baklava