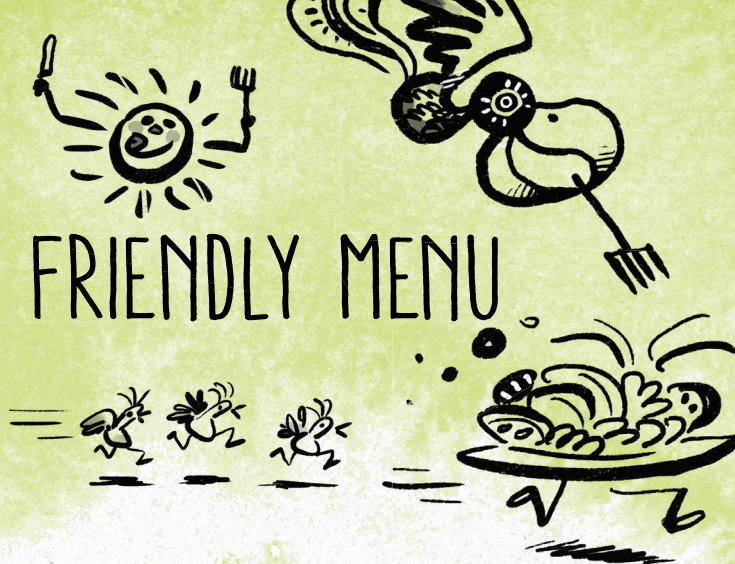




The art of eating healthy®

VEGAN FRIENDLY MENU



STARTERS

small dips served with one pita | large dips served with two pitas
choice of pita: regular or whole wheat, extra pita | avocado
sub gluten-free pita** | all dips can be ordered as a duo or as a trio

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 Ginger-Turmeric Veggies

sautéed finely chopped veggies, choice of hummus, toasted pine nuts, pita

Hummus & Taboule

hummus, taboule, pita

Hummus with Tofu

hummus, griddled marinated organic tofu, toasted pine nuts, pita

Garlic Dip

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

Vegan Mediterranean Antipasto Platter

hummus trio, taboule, dolma, baked falafel, garlic dip, kalamata olives, tomato, cucumber, pita

Wood-Fired Caramelized Cauliflower with Tahini

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

Soup Du Jour

coconut curry or lentil soup made from scratch



TAPAS

Hummus

Hummus Trio

Garlic Dip

Dolmades

Falafel

Mediterranean Olives

Sautéed Mushrooms

SERVED AT
HAPPY HOUR

SIGNATURE ENTRÉES

Tofu Tikka Masala

griddled marinated organic tofu, coconut masala sauce, turmeric brown rice, sprouts
substitute rice for cauliflower rice

Keto Tofu Platter

griddled marinated organic tofu, 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, toasted pine nuts, cilantro jalapeno hummus, evoo, lemon-cumin vinaigrette, choice of organic blue corn chips or pita



PITAS, WRAPS & BOWLS

add garlic new potatoes, turmeric brown rice, or lemon-cilantro mixed beans | avocado
all pitas available as a bowl
substitute rice for cauliflower rice
substitute with gluten-free pita/wrap**

Mediterranean Tofu (Shawarma)
griddled marinated organic tofu, 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

Baked Falafel Pita
baked chickpea croquettes, 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

Spicy Tofu Wrap
griddled marinated organic tofu, 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

Tofu Pesto Lavash Wrap
griddled marinated organic tofu, pesto, roasted tomatoes and onions, lavash wrap, wood-fired, side salad or as a bowl with pesto-turmeric brown rice

Vegan Wood-Fired Veggie Lavash Wrap
eggplant, zucchini, bell peppers, tomatoes, onions, arugula, pesto, garlic sauce, organic balsamic reduction, lavash wrap, wood-fired, side salad or as a bowl with pesto-turmeric brown rice

Tofu Lavash Shawarma Wrap
griddled marinated organic tofu, garlic sauce, roasted tomatoes and onions, lavash wrap, wood-fired, side salad or as a bowl with turmeric brown rice

California Beach Tofu Lavash Wrap
griddled marinated organic tofu, pesto, 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 salad or as a bowl with turmeric brown rice

Pita Burrito
lemon-cilantro mixed beans, seasonal mixed greens, tomatoes, cucumbers, red onions, cilantro, garlic, lemon vinaigrette, pita or as a bowl with turmeric brown rice

PITA POCKETS

add garlic new potatoes, turmeric brown rice or lemon-cilantro mixed beans
turmeric cauliflower rice | avocado

Black Bean Pita Pocket
homemade black bean patty formed with chipotle jalapenos, and bell peppers, carrots, corn, oats, garlic, onion, cilantro, cranberries, with chipotle hummus, baby arugula, hothouse tomato, sliced red onion, sprouts, in a pita pocket, served with garlic new potatoes

Portobello Mushroom Pita Pocket
grilled marinated portobello mushroom, roasted red bell peppers, baby arugula, hothouse tomato, sprouts, pesto, in a pita pocket, served with garlic new potatoes

Veggie Pita Pocket
avocado, baby greens, seasonal mixed greens, tomatoes, cucumbers, bell peppers, red onion, sprouts, taboule, lemon vinaigrette, in a pita pocket, served with tahini

FRESH. TASTY. VEGAN.

Pita Jungle is happy to present a separate vegan menu, the proud distillate of our main menu with some extra options like adding organic tofu to all salads and a new spin on our Mediterranean Roasted Shawarma and the addition of Pita Pockets. Enjoy!

-Bassel, Nelly & Fouad



SALADS

avocado | griddled marinated organic tofu

Mediterranean Tofu Salad
griddled marinated organic tofu, roasted bell peppers, cucumbers, taboule, seasonal mixed greens, corn, diced tomatoes, red onions, golden raisins, grapes, toasted pine nuts, fresh cilantro, lemon vinaigrette

Vegan Greek Salad
seasonal mixed greens, tomatoes, cucumbers, red onions, kalamata olives, lemon vinaigrette

Spinach Pasta Salad
fresh spinach, tri-color rotini pasta, tomatoes, roasted mushrooms, bell peppers, pesto, za'atar, lemon vinaigrette

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

Baked Falafel Salad
baked chickpea croquettes, seasonal mixed greens, tomatoes, cucumbers, red onions, pickles, tahini, sumac, organic blue corn chips, 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

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

VEGAN SIDES

- Extra Pita
- Gluten-Free Pita**
- Avocado
- 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
- Taboule
- Cucumbers or Tomatoes
- Baked Falafel Ball
- Griddled Marinated Organic Tofu

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.

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

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