



Pita Jungle Gluten-Free** Friendly Menu

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

To make it easier for our guests, we gathered a selection of our most popular items that can be made gluten-free. Below are the details with the modifications that need to be made highlighted in red. Double-check with the guest if they want the initial recipe or the gluten-free version as most of the menu items are still named the same. Please make sure to know the alterations needed on these items. You will need to type in these modifications when placing the order on the POS.

STARTERS

dips served with organic blue corn chips, cucumbers or tomatoes

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, pita

ROASTED BELL PEPPER HUMMUS

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

CILANTRO JALAPENO HUMMUS

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

HUMMUS WITH GINGER-TURMERIC VEGGIES

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



HUMMUS WITH GRILLED CHICKEN

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

HUMMUS WITH SEARED AHI TUNA*

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

BABA GANOOSH

broiled eggplant, tahini, yogurt, fresh garlic, evoo, lemon juice, kalamata olives, blue corn chips, ~~pita~~

GARLIC DIP

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

TZATZIKI

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

DOLMADES

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

add additional dolma

BLUE CORN NACHOS

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

add 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, ~~seasoned-pita-chips~~

GLUTEN-FREE SPINACH FOUR-CHEESE QUESADILLA

cheddar, mozzarella, feta, swiss, ~~lavash-bread~~, 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, ~~caramelized-onions~~, toasted pine nuts

SOUP DU JOUR

made from scratch, ~~pita-chips~~



PITAS, WRAPS & BOWLS

add garlic new potatoes, or lemon-cilantro mixed beans or organic red quinoa pilaf • avocado

gluten-free pita/wrap**

substitute rice for cauliflower rice | bowl

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 ENTREES

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, **chipotle-cheddar pita crisp**, **organic blue corn chips**

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, **pita**, **organic blue corn chips**
gluten-free 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, organic blue corn chips

WOOD-FIRED PIZZA

GLUTEN-FREE 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, **gluten-free pizza crust****

GLUTEN-FREE GLAZED CHICKEN **LAVASH** PIZZA

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



GLUTEN-FREE SPINACH & PESTO **LAVASH** PIZZA

spinach, roasted mushrooms, wood-fired tomatoes, pesto, herbs, mozzarella, feta, **gluten-free pizza crust****
add 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 pizza crust****

SALADS

add 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, **pita-crumbles**, **caramelized onions**, walnuts, sumac, fresh cilantro, on seasonal mixed greens, lemon vinaigrette
substitute rice for cauliflower rice

GREEK SALAD

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

GLUTEN-FREE LENTIL FETOOSH SALAD

lentils and turmeric brown rice, **caramelized onions**, seasonal mixed greens, tomatoes, cucumbers, red onions, garlic, evoo, lemon juice, **pita-crumbles**, 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, **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, 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

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, ~~macerated radishes~~, sprouts, ~~caramelized onions~~, pesto, **gluten-free bun**

GLUTEN-FREE KAFTA BEEF* BURGER

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

DESSERTS

Seasonal Gelato

Seasonal Sorbet

Rice Pudding

Gluten-Free** Brownie Ice Cream Sandwich

SIDES

Gluten-Free Pita** or Wrap**

Avocado

Garlic-Herb Smashed Potatoes



Gluten-Free Lentils & Turmeric Brown Rice – **no caramelized onions**

Garlic Mushrooms

Mixed Veggies (Sautéed or Steamed)

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

Organic Red Quinoa Pilaf

Turmeric Brown Rice

Cauliflower Turmeric 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

Pita Jungle is **not a gluten-free restaurant** and cannot ensure that cross contamination will never occur. The menu items have been modified for our gluten-sensitive guests.

*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 especially if you have certain medical conditions. Olives may contain pits.

Pita Jungle is pleased to offer a variety of gluten-free options. We are however not a gluten-free/vegetarian/vegan restaurant and cannot ensure that cross contamination will never occur. **Please inform the manager if anyone in your party has a food allergy or dietary restriction and we will do our best to make accommodations.

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