

WOOD-FIRED PIZZAS

gluten-free pizza crust +2.49**

Chipotle Chicken Lavash Pizza 11.99
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 11.99
grilled marinated all-natural chicken breast in a honey-dijon glaze, wood-fired onions, herbs, mozzarella, cheddar, feta, thin lavash crust

Spinach & Pesto Lavash Pizza 10.99
spinach, roasted mushrooms, wood-fired tomatoes, pesto, herbs, mozzarella, feta, thin lavash crust
grilled marinated all-natural chicken +3.99

Pita Crisp 4.99
mozzarella, cheddar, greek pita crust

SIDES

Extra Pita .79

Pita Chips 2.99

Gluten-Free Pita 1.89

Avocado 2.99

Garlic-Herb Smashed Potatoes 4.79

Lentils & Turmeric Brown Rice 4.79

Garlic Mushrooms 4.79

Mixed Veggies (Sautéed/Steamed) 4.79
broccoli, cauliflower, zucchini, yellow squash, mushrooms, carrots

Turmeric Brown Rice 3.69

Turmeric Cauliflower Rice 3.99

Garlic New Potatoes 3.69

Lemon-Cilantro Mixed Beans 3.69

Taboule 3.69

Cucumbers or Tomatoes 1.99

Falafel Ball 1.29

Griddled Marinated Organic Tofu 3.99

Wood-Fired Norwegian Salmon* 8.79

Chicken Breast 5.49

Gyro, Shaved 4.69

Kafta Beef* Patty 4.69

Philly Steak, Shaved 5.79

Grilled Chicken w/ Pine Nuts 5.49

BEVERAGES

Assorted Pepsi® and Dr. Pepper® Products 2.99

Assorted Pepsi®, Dr. Pepper® & Bubly cans 1.49

Freshly Brewed Iced Tea 2.99
tropical (black) // berry hibiscus (herbal) // paradise (green)

Freshly Made Guava Lemonade 2.99

Lemonade Iced Tea 2.99

Iced Chai Latte 3.29

Smoothies 6.59
(frozen yogurt or soy milk)

LifeWTR 1.99

Aquafina 1.69

Voss Sparkling Water 2.99

DESSERTS

Chocolate-Dipped Walnut Baklava Rolls (3) 5.99

Walnut Baklava Rolls (3) 4.99

Carrot Cake 6.79

Turtle Cheesecake 6.79

Vanilla Frozen Yogurt Scoop 2.99

Seasonal Gelato & Sorbet 5.99

Gluten-Free Brownie Ice-Cream Sandwich** 4.99
gluten-free brownie, vanilla ice-cream, strawberry, blueberry

LOCATIONS

AHWATUKEE: I-10 & E Ray • 480-785-7482

ARCADIA: 44th St & Indian School • 602-955-7482

ARROWHEAD: 75th Ave & Bell • 623-486-2615

CHANDLER: Dobson & W Ray • 480-855-3232

DESERT RIDGE: Tatum & 101 N • 480-473-2321

DOWNTOWN PHOENIX: 3rd Ave & Roosevelt • 602-258-7482

FLAGSTAFF: Regent & Butler • 928-774-0086

GILBERT: Val Vista & Williams Field • 480-814-2535

GRAND CANYON UNIVERSITY: 35th Ave & Camelback

MESA – DANA PARK: Val Vista & US 60 • 480-339-3595

MESA – RED MOUNTAIN: Higley & McKellips • 480-590-6058 NOW OPEN!

MESA – SOUTHERN: Dobson & Southern • 480-615-7482

NORTERRA: I-17 & Happy Valley • 623-587-5572

PARK WEST: 101 N & Northern • 623-328-7429 NOW OPEN!

PHOENIX SKY HARBOR AIRPORT: Terminal 4 • B Gate

QUEEN CREEK: Ellsworth & Rittenhouse • 480-987-6767

SCOTTSDALE – FLW: Frank Lloyd Wright & Thompson Peak • 480-949-7482

SCOTTSDALE – SHEA: Scottsdale & Shea • 480-922-7482

SCOTTSDALE FASHION SQUARE MALL: Scottsdale & Camelback • 480-947-7482

TEMPE @ MILL: Mill & University • 480-804-0234

TUCSON: Craycroft & Broadway • 520-207-6873



TUCSON – ORACLE & INA: Oracle & Ina • 520-797-7482

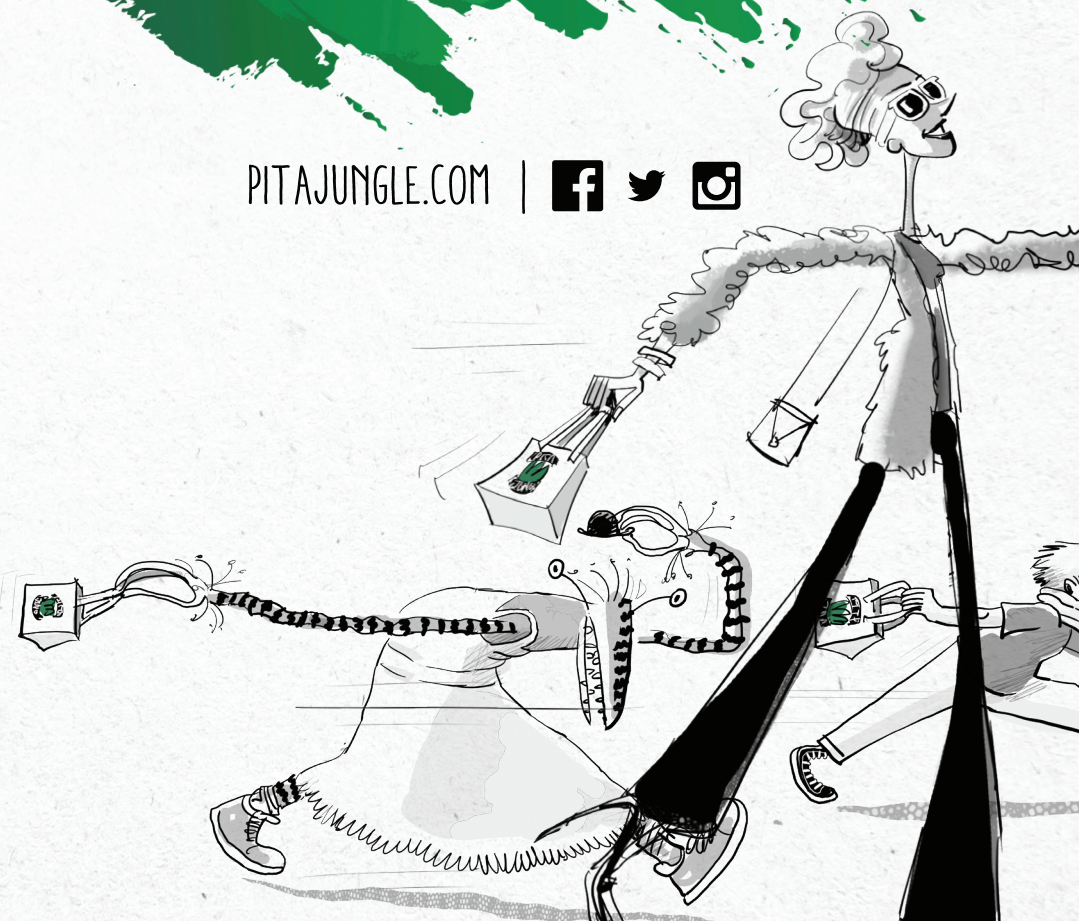
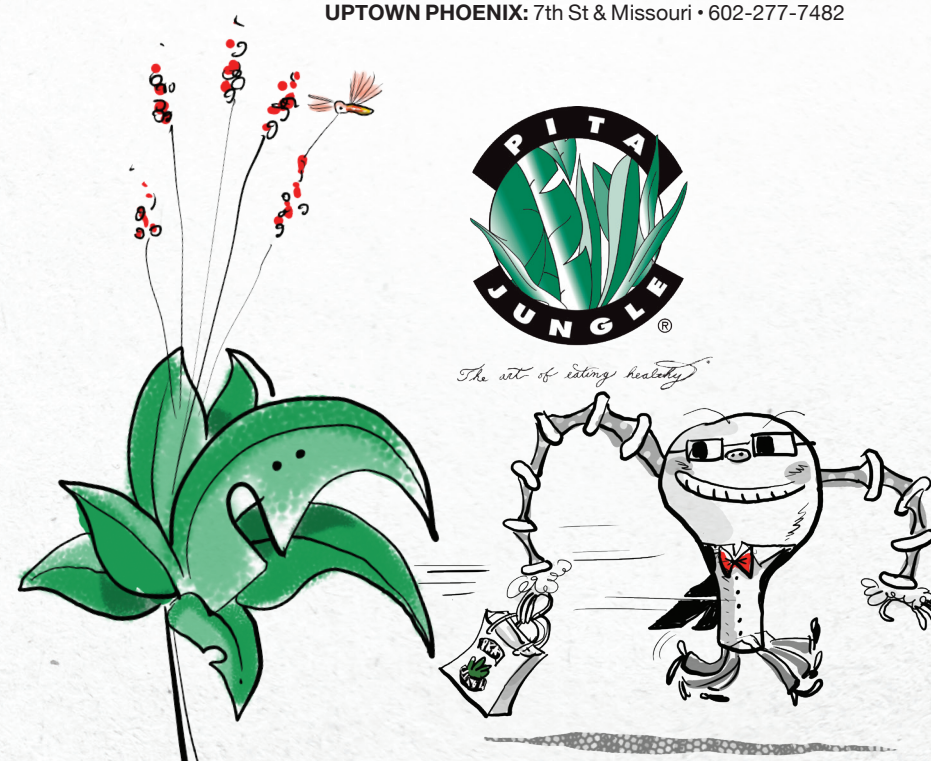
UPTOWN PHOENIX: 7th St & Missouri • 602-277-7482



The art of eating healthy

TEMPORARY SHORTENED MENU

PITAJUNGLE.COM |   



STARTERS

small dips 1 pita | large dips 2 pitas
all dips can be ordered as a duo or trio
avocado +2.39 | extra pita +.79
gluten-free pita +1.89**
choice of pita: regular, whole wheat or greek pita

Hummus 5.99/7.99
chickpeas, tahini, fresh garlic, evoo, lemon juice, garbanzo confit, pita

Cilantro Jalapeno Hummus 5.99/7.99
chickpeas, tahini, fresh cilantro, fresh jalapeno, fresh garlic, evoo, lemon juice, pico de gallo, pita

Hummus with Grilled Chicken 11.99
grilled marinated all-natural chicken breast, choice of hummus, toasted pine nuts, pita

Hummus with Kafta Beef* 11.99
ground beef mixed with minced onions, diced tomatoes, jalapeno, parsley, mediterranean seasoning and pomegranate molasses, choice of hummus, toasted pine nuts, pita

Hummus & Taboule 8.99
hummus, taboule, pita

Garlic Dip 5.99/7.99
emulsion of fresh garlic, lemon juice, oil, smashed potatoes, pita

Tzatziki 5.99/7.99
yogurt, cucumber, fresh garlic, mint, za'atar, pita

Blue Corn Nachos 9.99
organic blue corn tortilla chips, lemon-cilantro mixed beans, melted cheese, pico de gallo, fresh cilantro, seasoned yogurt sauce
grilled marinated all-natural chicken +3.99

Mozzarella Tomato & Basil 9.99
fresh mozzarella, sliced hothouse tomato, fresh basil, baby arugula, tuscan kale, evoo, organic balsamic reduction, seasoned pita chips

Spinach Four-Cheese Quesadilla 9.99
cheddar, mozzarella, feta, swiss, lavash bread, fresh spinach, tzatziki, pico de gallo, za'atar
grilled marinated all-natural chicken + 3.99

Caramelized Cauliflower with Tahini 7.99
organic or wood-fired caramelized cauliflower, garlic-cilantro tahini sauce, caramelized onions, toasted pine nuts

Soup Du Jour 4.69/6.69
made from scratch

PITAS, WRAPS & BOWLS

substitute rice for cauliflower rice +1.59 | bowl +1
add garlic new potatoes, turmeric brown rice, lemon-cilantro mixed beans +1.99
turmeric cauliflower rice +2.49
avocado +2.39 | gluten-free pita/wrap +1.89**
open face option available

Mediterranean Roasted Chicken (Shawarma) 7.99
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 7.99
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 7.99
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 7.99
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 8.99
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 9.49
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 11.29
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 10.99
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 9.99
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 11.99
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 10.99
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

Wood-Fired Norwegian Salmon* 16.99
norwegian salmon, garlic-herb smashed potatoes, wilted spinach

Wood-Fired Chicken 13.99
marinated all-natural chicken breast, garlic-herb smashed potatoes, wilted spinach, light tomato-garlic sauce

Chicken Del Sol 11.99
southwest style all-natural chicken breast, black beans, corn, diced tomatoes, cilantro, garlic, chipotle-cheddar pita crisp

Chicken Tikka Masala 12.99
grilled marinated all-natural chicken breast, coconut masala sauce, turmeric brown rice, sprouts
substitute rice for cauliflower rice +1.59

Chicken Combo Platter 12.99
grilled marinated all-natural chicken breast, lemon-cilantro mixed beans, turmeric brown rice, garlic dip, tomatoes, onions, pickles, pita
substitute rice for cauliflower rice +1.59

Keto & Paleo Platter 11.99
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 10.99
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

SALADS

chicken +3.99 | avocado +2.39 | feta +1.19
griddled marinated organic tofu +3.99

Lentil Fetoosh Salad 10.99
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 +1.59

Chicken Pasta Salad 11.99
grilled marinated all-natural chicken breast, tri-color rotini pasta, tomatoes, lemon vinaigrette

Grilled Chicken Salad 11.99
grilled marinated all-natural chicken breast, seasonal mixed greens, tomatoes, cucumbers, red onions, lemon vinaigrette

Falafel Salad 9.99
original or baked chickpea croquettes, seasonal mixed greens, tomatoes, cucumbers, red onions, pickles, tahini, sumac, pita, lemon vinaigrette

Wood-Fired Vegetable Salad 11.59
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 15.99
wood-fired norwegian salmon, tuscan kale, baby arugula, spinach, red bell peppers, tomatoes, kalamata olives, feta, za'atar, lemon vinaigrette

Mediterranean Chicken Salad 11.99
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 7.99/10.99
seasonal mixed greens, tomatoes, cucumbers, red onions, feta, kalamata olives, lemon vinaigrette

Spinach Pasta Salad 10.99
fresh spinach, tri-color rotini pasta, tomatoes, roasted mushrooms, bell peppers, pesto, za'atar, lemon vinaigrette
add fresh mozzarella +1.59

Chicken Curry Salad 12.99
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 +1.59

HEALTHY BURGERS

side options: garlic new potatoes, turmeric brown rice, lemon-cilantro mixed beans or side greek salad
side of turmeric cauliflower rice +2.49
gluten-free bun +1.99**

Grilled Portobello Mushroom Burger 10.99
grilled marinated portobello mushroom, roasted red bell peppers, baby arugula, hothouse tomato, sprouts, caramelized onions, pesto, bun

Chipotle Black Bean Burger 10.99
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

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 and vegetarian/vegan options. We are however not a gluten-free/vegetarian/vegan restaurant and cannot ensure that cross contamination will never occur. Please notify your server if you have any specific dietary needs. We will do our best to accommodate them.

