

## Pita Jungle Delivers Fresh, Delicious Food for Your Family

Written by Rachel Roland

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Rachel Roland is a mom on a mission - exploring the Valley with her two little companions in search of the best restaurants, attractions, and products for you and your children. See what she has in store for your family today!



The older and busier my children get, the less it seems our family has time to sit down and enjoy a meal together as a family during the week. Between various activities, early bedtimes, and my husband working late, we're lucky if we sit down together once.

That's why our weekends are so important for our family - we get to spend time together and usually end up going out to eat for lunch on Saturday in the midst of our adventures. One of my favorite lunch spots for kids? [Pita Jungle!](#)

Pita Jungle is practically a valley institution - they're scattered throughout the Valley, and even in Tucson as well as two locations in California.



It's no surprise Pita Jungle is thriving though - they serve healthy, delicious food in a fun, funky atmosphere.

We always get the cilantro-jalepeno hummus when we visit as a starter. It's not spicy like you'd think (and remember, I'm an absolute baby when it comes to spicy food), and it's absolutely delicious. Our family can easily eat the large portion - and honestly, you could easily eat this as a meal, too!

We sat outside on our most recent visit (to the Chandler location), and, despite the heaters, I was still chilly and required my husband's coat. Our family still enjoyed our time together, though!



I love the children's menu at Pita Jungle - instead of the typical 'burger, pb&j, pizza' that most places offer, they have a "pick & choose" type menu - children can choose from varied protein options like hummus, chicken, turkey and lentils and also have their choice of carbs (mac & cheese was the popular one for us), and a choice of veggies. The meal also comes with fresh fruit - overall a very healthy and delicious meal for the kids!

Pita Jungle isn't just great for the kids, it's also a fantastic lunch option for us grown-ups. On our most recent visit, I had the Broiled Chicken Pita and it was a refreshing, filling lunch. Some of their menu items, like the wraps, are humungous and could easily be shared.

In addition to a great menu for lunch or dinner, Pita Jungle offers a varied wine and beer menu, as well as several decadent desserts.

No matter where you are in the Valley, chances are good that you're close to a Pita Jungle location. The food is good, fresh, arrives quickly and keeps everyone full and happy, so I think you should check them out!

Pita Jungle has [many Valley locations](#), so be sure to visit sometime.



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I'm Rachel - a mom, wife, and 'green' blogger at [Small Steps On Our Journey](#). If you have any suggestions for future articles or any questions on this one, please contact me at [rachel@smallstepsonourjourney.com](mailto:rachel@smallstepsonourjourney.com) or tweet me @rachelroland!