

STEP 1

START YOUR DISH

GRILLED WRAP \$8.85

Choose whole wheat or flour tortilla
Served with warm tortilla chips

Buffalo Wrap

Romaine, cheddar, creamy buffalo sauce

Caesar Wrap

Romaine, asiago, caesar dressing

Pesto Wrap

Spinach-arugula blend, asiago, nut-free basil pesto

Thai Wrap

Spicy slaw, spinach-arugula blend, gluten-free Thai peanut sauce

BBQ Wrap

Romaine, slaw, cheddar, BBQ sauce

Traditional Wrap

Beans, romaine, cheddar, avocado, pico de gallo

BOWL

Power Bowl \$8.50

Romaine, beans, cheddar, corn salsa

Fajita Stir Fry Bowl \$9.05

Red pepper, red onion, zucchini, tomato, lime, jalapeño-cilantro sauce, cheddar, avocado, beans, roasted jalapeño; served with a warm tortilla

Teriyaki Bowl \$8.05

Mixed veggies* with your choice of regular or spicy teriyaki

Thai Bowl \$8.05

Mixed veggies*, gluten-free Thai peanut sauce

High-Protein Bowl (Grain Free) \$9.50

Mixed veggies*, double protein, no grain, with your choice of regular teriyaki, spicy teriyaki, nut-free basil pesto, or gluten-free Thai peanut sauce

Sweet & Sour Stir Fry Bowl \$8.85

Red pepper, onion, sweet and sour sauce

*Mixed Veggies Broccoli, red pepper, zucchini, purple and green cabbage, kale, carrot

CAESAR WRAP



MEDITERRANEAN WATERMELON SALAD



SALAD \$8.85

Served with chips or tortilla

Mediterranean Watermelon Salad (Seasonal)

Mixed greens, mint, watermelon, red onion, feta, olive oil, fresh lime juice

Spinach & Arugula Salad

Red onion, carrot, tomato, orange slices, goji berries, fried garbanzo beans, citrus vinaigrette

Tossed Tabbouleh Quinoa Salad

Chopped spinach, arugula, kale, mint; tossed with corn, red pepper, red onion, tomato, garbanzo beans, avocado, quinoa, gluten-free tahini vinaigrette

Santa Fe Salad

Mixed greens, corn salsa, tomato, avocado, cheddar, jalapeño-cilantro vinaigrette

STEP

2 CHOOSE A GRAIN

(Skip this step if you picked a salad.)

Jasmine Rice

Brown Rice

Organic Quinoa

Non-Grain: Spiraled Carrots & Zucchini
(Bowls only)

STEP

3 CHOOSE A PROTEIN

Grilled Chicken Breast

(Cage Free, No Hormones or Antibiotics)

Crunchy Chicken Breast

(No Antibiotics)

Grilled Organic Tofu (Non GMO)

Grilled Wild Alaskan Salmon +\$1.75

(Cooked to Order)

Double Protein +\$1.75

SIDES

Black Bean & Green Chile Egg Roll \$1.95
Served with creamy buffalo sauce

Lobster Rangoon (3) \$2.95
Served with sweet and sour sauce

KIDS' MEALS

Kids' Chicken Bowl \$6.25
Grilled or crispy chicken, jasmine rice, your choice of BBQ or teriyaki sauce

Cheese Quesadilla \$3.25
+\$1.75 for chicken

DRINKS

Regular \$1.95 Large \$2.25

Made In House
Limeade, Organic Black Tea, Organic Green Tea, Organic Seasonal Teas,
Agua Fresca (Seasonal), Infused Water (Free)

Coca-Cola Products
Coca-Cola, Diet Coke, Sprite, Pomegranate Vitamin Water

Blue Sky Products
Ginger Ale, Black Cherry Cola

DESSERTS

Puffed Quinoa Treats \$2.25
Goji berries and 75% pure cacao chips

HIGH-PROTEIN
BOWL



LOCATIONS

Blue Ash

9525 Kenwood Rd.
Suite 46
Blue Ash, OH 45242

Mason

8250 Arbor Square Dr.
Mason, OH 45040
Coming July 2017

Beechmont

7893 Beechmont Ave.
Cincinnati, OH 45255
Coming Soon

**CRAZY
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& WRAPS**

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Our menu items may contain wheat, egg, dairy, soy, gluten, or fish allergens, and may be processed in facilities that process tree nuts and peanuts. For more allergen and nutrition information, visit crazybowlsandwraps.com

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