

# STEP 1

## START YOUR DISH

### GRILLED WRAP \$8.85

Choose whole-wheat, flour, or tomato tortilla. Served with warm tortilla chips.

#### Buffalo Wrap

Romaine, creamy buffalo sauce

#### Caesar Wrap

Romaine, asiago, caesar dressing

#### Pesto Wrap

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

#### BBQ Wrap

Red pepper, zucchini, cheddar, BBQ sauce

#### Thai Wrap

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

#### Teriyaki Wrap

Steamed mixed veggies\* with teriyaki sauce

#### Mediterranean Wrap

House-made hummus, romaine, sun-dried tomato, Kalamata olives, feta, tzatziki sauce

#### Traditional Wrap

Beans, romaine, cheddar, avocado, pico de gallo

CAESAR WRAP



### BOWL

#### Fajita Bowl \$7.95 / \$8.95

Red pepper, zucchini, tomato, jalapeño-cilantro sauce, pepperoncini, beans, cheddar, avocado, squeeze of lime; stir-fried and served with a warm tortilla

#### Power Bowl \$7.05 / \$8.35

Romaine, beans, cheddar, corn salsa; served with warm tortilla chips

#### Teriyaki Bowl \$6.65 / \$7.95

Mixed veggies\* with your choice of regular or spicy teriyaki

#### Bean & Veggie Bowl \$6.65 / \$7.95

Beans, mixed veggies\*

#### Thai Bowl \$6.75 / \$7.95

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, gluten-free Thai peanut sauce, or olive oil and herb

#### Stir-Fry Bowl \$6.95 / \$7.95

Mixed veggies\* stir-fried in your choice of regular teriyaki, spicy teriyaki, gluten-free Thai peanut sauce, or olive oil and herb

#### Sweet & Sour Bowl \$7.25 / \$8.50

Red peppers and onions stir-fried in a sweet and sour sauce

#### Pesto Bowl \$7.05 / \$8.05

Spinach-arugula blend, red pepper, zucchini, asiago, stir-fried in a nut-free basil pesto

### SALAD \$8.85

Served with warm tortilla or tortilla chips.

#### Mediterranean Watermelon Salad (Seasonal)

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

#### Santa Fe Salad

Mixed greens (or spinach upon request), corn salsa, tomato, avocado, cheddar, sun-dried tomato ranch

#### Multigrain Quinoa Salad

Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, crispy noodles, sesame seeds, gluten-free tahini vinaigrette

#### Tostada Salad

Mixed greens, garbanzo beans, pico de gallo, feta, avocado, pepperoncini, tortilla strips, gluten-free jalapeño-cilantro vinaigrette

#### Tossed Kale & Quinoa Salad

Kale, quinoa, feta, Kalamata olives, garbanzo beans, sun-dried tomato, pepperoncini, red onion, gluten-free tahini vinaigrette

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

## STEP 2

### CHOOSE A GRAIN

(Skip this step if you picked a salad.)

Jasmine Rice

Brown Rice

Organic Quinoa +\$0.75

Non-Grain: Spiraled Carrots & Zucchini +\$0.75 (Bowls only)

## STEP 3

### CHOOSE A PROTEIN

Grilled Chicken Breast

(Cage Free, No Hormones or Antibiotics)

Crunchy Chicken Breast +\$0.50

(No Antibiotics)

Grilled Organic Tofu (Non GMO)

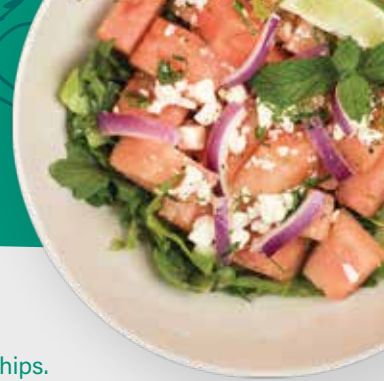
Tenderloin Steak +\$1.50

(Cooked to Order)

Grilled Wild Alaskan Salmon +\$1.50

(Cooked to Order)

Double Protein +\$1.75



HIGH-PROTEIN  
BOWL



## 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' Teriyaki Chicken Bowl \$6.25  
Grilled or crispy chicken, jasmine rice, teriyaki sauce

Kids' Teriyaki Chicken Wrap \$6.25  
Grilled chicken, jasmine rice, teriyaki sauce wrapped in a flour tortilla

Cheese Quesadilla \$5.25

## DRINKS

Regular \$1.95 Large \$2.25

### Made In House

Limeade, Organic Black Tea, Organic Green Tea, Organic Hibiscus Tea

Coca-Cola Products

## DESSERTS

Crazy Crispy Treat \$2.05  
Original or chocolate

CRAZY  
BOWLS  
& 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](http://crazybowlsandwraps.com)

# CRAZY BOWLS & WRAPS

go for the good.™