

STEP 1

START YOUR DISH

GRILLED WRAPS

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

Buffalo Wrap \$8.95
Romaine, cheddar, creamy buffalo sauce

Caesar Wrap \$8.95
Romaine, asiago, caesar dressing

Pesto Wrap \$8.95
Spinach-arugula blend, asiago, nut-free basil pesto

BBQ Wrap \$8.95
Romaine, spicy slaw, cheddar, BBQ sauce

Thai Wrap \$8.95
Spicy slaw, spinach-arugula blend, gluten-free Thai peanut sauce

Teriyaki Wrap \$8.95
Steamed mixed veggies* with teriyaki sauce

Mediterranean Wrap \$8.95
House-made hummus, romaine, sun-dried tomato, Kalamata olives, feta, tzatziki sauce

Traditional Wrap \$8.95
Beans, romaine, cheddar, avocado, pico de gallo

BOWLS

Fajita Bowl \$8.55 / \$9.55
Red pepper, zucchini, tomato, jalapeño-cilantro sauce, pepperoncini, beans, cheddar, avocado, squeeze of lime; stir-fried and served with a warm tortilla

Power Bowl \$7.35 / \$8.55
Romaine, beans, cheddar, corn salsa; served with warm tortilla chips

Teriyaki Bowl \$6.95 / \$8.15
Mixed veggies* with your choice of regular or spicy teriyaki

Bean & Veggie Bowl \$6.95 / \$8.15
Beans, mixed veggies*

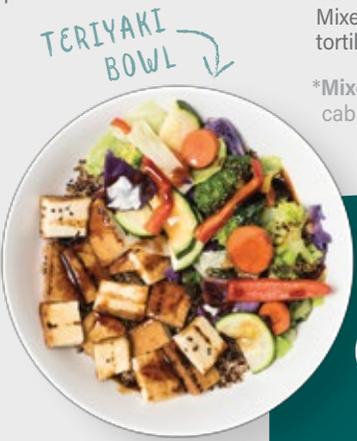
Thai Bowl \$6.95 / \$8.15
Mixed veggies*, gluten-free Thai peanut sauce

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

Stir-Fry Bowl \$6.95 / \$8.15
Mixed veggies* stir-fried in your choice of regular teriyaki, spicy teriyaki, gluten-free Thai peanut sauce, olive oil and herb, or gluten-free garlic ginger sauce

Sweet & Sour Bowl \$7.65 / \$8.85
Red peppers and onions stir-fried in a sweet and sour sauce

Pesto Bowl \$7.25 / \$8.25
Spinach-arugula blend, red pepper, zucchini, asiago, stir-fried in a nut-free basil pesto



TERIYAKI BOWL



GRILLED VEGGIE SALAD



SALADS

Served with warm tortilla or tortilla chips.

Grilled Veggie Salad (Seasonal) \$8.95
Mixed greens, carrot, zucchini, red onion, tomato, red pepper, asiago, pesto yogurt dressing, yogurt ranch dressing

Santa Fe Salad \$8.95
Mixed greens (or spinach upon request), corn salsa, tomato, avocado, cheddar, sun-dried tomato ranch

Multigrain Quinoa Salad \$8.95
Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, crispy noodles, sesame seeds, gluten-free tahini vinaigrette

Tostada Salad \$8.95
Mixed greens, garbanzo beans, pico de gallo, feta, avocado, pepperoncini, tortilla strips, gluten-free jalapeño-cilantro 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)

Crispy Chicken Breast +\$0.50
(No Antibiotics)

Grilled Organic Tofu (Non GMO)

Grilled Steak +\$1.75
(Cooked to Order)

Grilled Wild Alaskan Salmon +\$2.00
(Cooked to Order)

Double Protein +\$1.75

BROTH SOUP BOWLS

Served with warm tortilla or tortilla chips.
Add protein for an additional charge.

Santa Fe Bean Soup (Vegetarian) \$7.05

Your choice of grain with mixed beans, pico de gallo, corn, feta, avocado, cilantro in a vegetable broth

Kale & Quinoa Soup (Vegan) \$7.05

Organic lacinato kale, organic quinoa, garbanzo beans, avocado, tomato in a vegetable broth

Basil Pesto Vegetable Soup (Vegetarian) \$7.05

Your choice of grain with vegetable medley, tomato, nut-free basil pesto, spinach, avocado, asiago, garbanzo beans in a vegetable broth

SIDES

Black Bean & Green Chile Egg Roll \$2.25
Served with creamy buffalo sauce

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

KIDS' MEALS (KIDS 12 & UNDER)

Served with a beverage and a Crazy Crispy Treat.

Kids' Teriyaki Chicken Bowl \$5.95
Grilled or crispy chicken, jasmine rice, teriyaki sauce

Kids' Teriyaki Chicken Wrap \$5.95
Grilled or crispy chicken, jasmine rice, teriyaki sauce wrapped in a flour tortilla

Cheese Quesadilla \$4.25

BEVERAGES

Regular \$2.15 Large \$2.45

Made In House

Limeade, Organic Black Tea, Organic Green Tea, Organic Seasonal Tea, Agua Fresca (Seasonal)

Coca-Cola® Products

Blue Sky® Products

DASANI® Water \$1.95

DESSERTS

Crazy Crispy Treat \$0.99
Original or chocolate

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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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