

# STEP 1

## START YOUR DISH

### GRILLED WRAPS

Choose whole wheat or flour 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

#### Thai Wrap \$8.95

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

#### BBQ Wrap \$8.95

Romaine, spicy slaw, cheddar, BBQ sauce

#### Traditional Wrap \$8.95

Beans, romaine, cheddar, avocado, pico de gallo

### BOWLS

#### 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

↑  
TERIYAKI  
BOWL



### GRILLED VEGGIE SALAD



### SALADS

Served with chips or tortilla

#### Grilled Veggie Salad (Seasonal) \$8.95

Mixed greens, carrot, zucchini, red onion, tomato, red pepper, asiago, pesto yogurt dressing, yogurt ranch dressing

#### Tossed Tabbouleh Quinoa Salad \$8.95

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

#### Santa Fe Salad \$8.95

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 +\$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 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, cheddar, 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), Infused Water (Free)

Coca-Cola® Products

Blue Sky® Products

DASANI® Water \$1.95

## DESSERTS

Crazy Crispy Treat \$0.99  
Original or chocolate

### Blue Ash

9525 Kenwood Rd.  
(513) 258-2026

### Mason

8250 Arbor Square Dr.  
(513) 445-3051

### Beechmont

7893 Beechmont Ave.  
Opening December 2017

**CRAZY  
BOWLS  
& WRAPS®**

[CRAZYBOWLSANDWRAPS.COM](http://CRAZYBOWLSANDWRAPS.COM)

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).

CIN10/17

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go for the good.™

