

CHOOSE YOUR MEAL 1

Wrap or Bowl

CHOOSE A GRAIN 2

Jasmine Rice or Brown Rice
Organic Quinoa +\$0.75

Substitute Spiralized Carrots & Zucchini
(bowls only) +\$0.75

CHOOSE A PROTEIN 3

Grilled Chicken Breast
(Hormone Free)

Pan Seared Wild Alaskan Salmon
+\$2.25 (Cooked to Order)

Grilled Organic Tofu
(Non GMO)

Extra Chicken +\$1.75

Crispy Chicken Breast
+\$0.75

Pan Seared Steak
+\$2.25 (Cooked to Order)



Mediterranean
Lentil Bowl

WRAPS 8.95

Choose whole wheat, tomato or flour tortilla.
Wraps grilled upon request.
Served with chips or substitute side for \$.99

Buffalo Wrap

Romaine, cheddar, creamy buffalo sauce

Caesar Wrap

Romaine, asiago, caesar

BBQ Wrap

Romaine, spicy slaw, cheddar, BBQ sauce

Thai Wrap

Spicy slaw, spinach, gluten-free Thai peanut sauce**

Teriyaki Wrap

Steamed mixed veggies* with teriyaki

Traditional Wrap

Beans, romaine, cheddar, avocado, pico de gallo

Pesto Wrap

Spinach, asiago, creamy nut-free basil pesto sauce

Mediterranean Wrap

Hummus, romaine, sun-dried tomatoes, Kalamata olives, feta, tzatziki sauce

*Steamed Mixed Veggies

Broccoli, Red Pepper, Zucchini, Cabbage, Kale, Carrots

BOWLS

Small or Regular

Fajita Bowl \$8.55/\$9.55

Red pepper, zucchini, pico de gallo, a roasted jalapeño, squeeze of lime, cheddar, avocado, beans, jalapeño-cilantro sauce. Served with a warm tortilla or chips

Teriyaki Bowl \$6.95/\$8.15

Steamed mixed veggies* with your choice of regular or spicy teriyaki

Thai Bowl \$6.95/\$8.15

Steamed mixed veggies*, gluten-free Thai peanut sauce**

Bean & Veggie Bowl \$6.95/\$8.15

Beans, steamed mixed veggies*

Power Bowl \$7.35/\$8.55

Romaine, beans, cheddar, corn salsa. Served with warm tortilla chips

Stir Fry Bowl \$6.95/\$8.15

Steamed mixed veggies* choose: teriyaki, spicy teriyaki, gluten-free Thai peanut sauce, olive oil and herb, gluten-free garlic ginger

Pesto Bowl \$7.25/\$8.25

Spinach, red pepper, zucchini, asiago, stir-fried in creamy nut-free basil pesto sauce

Sweet & Sour \$7.65/\$8.85

Red pepper, onion, sweet and sour sauce

High-Protein Bowl (Grain Free) \$9.50

Steamed mixed veggies*, double protein, no grain, choose: teriyaki, spicy teriyaki, nut-free basil pesto, gluten-free Thai peanut, olive oil and herb, or gluten-free garlic ginger sauce

Grilled
Veggie Salad



VEGETARIAN

NEW LENTIL BOWLS 7.85

Served with choice of grain, steamed mixed veggies*, fresh yogurt mint sauce.

Add grilled or crispy chicken \$1.75, tofu \$1.75, salmon or steak \$3.50.

Coconut Curry Lentil

Green and red lentils in a creamy coconut milk blended with a savory vegetable stock and spices

Mediterranean Lentil

Lentils, chickpeas and tomatoes simmered in a herbed stock with vegetables

SALADS 7.75

Served with warm tortilla or tortilla chips.

Add grilled or crispy chicken \$1.75, tofu \$1.75, salmon or steak \$3.50.

Tossed Kale & Quinoa Tabbouleh Salad

Spinach, kale, mint, corn salsa, red onion, tomatoes, garbanzo beans, quinoa, avocado, tossed in tahini vinaigrette

Santa Fe Salad

Mixed greens, corn salsa, pico de gallo, tortilla strips, cheddar, avocado, tomato ranch dressing

Grilled Veggie Salad

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

Multigrain Quinoa Salad

Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, gomo shio, gluten free tahini vinaigrette

SIDES

Steamed Broccoli, Carrots, Mixed Veggies, Slaw or Beans & Rice \$1.49

Side of Queso \$1.49

Bag of Chips \$0.85

STARTERS

Black Bean & Green Chile Egg Roll \$2.25

Served with house made creamy buffalo sauce

Lobster Rangoon (3) \$2.95

Served with sweet and sour sauce

KIDS MEALS (12 & UNDER)

Served with a Beverage & a Crazy Crispy Treat

Kids' Broccoli and Chicken Bowl \$5.95

Grilled or crispy chicken, jasmine rice, broccoli and your choice of BBQ or teriyaki sauce

Crispy Chicken \$5.95

Served with a side of carrots and ranch

Kids' Teriyaki Chicken Wrap \$5.95

Grilled or crispy chicken, jasmine rice, teriyaki sauce wrapped in a flour tortilla

Cheese Quesadilla \$4.25

Served with a side of carrots and ranch. Add grilled chicken +\$1.75

BEVERAGES

Regular \$2.15 Large \$2.45

Made In House

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

Fountain Drinks

Coca-Cola, Diet Coke, Sprite, Pomegranate

Vitamin Water, Black Cherry Cola,

*Blood Orange, *Pibb Xtra (*at select locations)

Bottled Water \$1.95

DESSERT

Crazy Crispy Treat \$.99

Original or Chocolate

online ordering now available

CrazyBowlsAndWraps.com



@crazybowlsandwraps



WHOLESOME
INGREDIENTS



REAL FOOD, MADE
FROM SCRATCH



CREATING HEALTHIER
COMMUNITIES

Allergen Information

Many of our products contain or may come into contact with common allergens such as peanuts and glutes.

Prior to placing your order please inform a manager of your food allergy. **Contains peanuts.



High Protein Bowl



CRAZY BOWLS & WRAPS

go for the good.™