

SIDES

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

Side of Queso \$1.49

Bag of Chips \$0.85

Cup of Lentils \$3.50



High Protein Bowl

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

Coca-Cola



DASANI

DESSERT

Crazy Crispy Treat \$.99

Original or Chocolate

We Deliver
DOORDASH

online ordering and delivery now available

CrazyBowlsAndWraps.com



@crazybowlsandwraps



WHOLE SOME
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. 12/6/18

CRAZY BOWLS & WRAPS

go for the good.™

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)

Upgrade to Lentils
+\$2.25

Grilled Organic Tofu
(Non GMO)

Extra Chicken +\$1.75

Crispy Chicken Breast
+\$0.75

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

Pan Seared Wild Alaskan Salmon
+\$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
Add a cup of lentils \$3.50

Buffalo Wrap
Romaine, cheddar, creamy buffalo sauce

Teriyaki Wrap
Steamed mixed veggies* with teriyaki

Caesar Wrap
Romaine, asiago, caesar

Traditional Wrap
Beans, romaine, cheddar, avocado, pico de gallo

BBQ Wrap
Romaine, spicy slaw, cheddar, BBQ sauce

Pesto Wrap
Spinach, asiago, creamy nut-free basil pesto sauce

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

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

SAUCE GUIDE

PALEO
Jalapeno Cilantro Sauce
GLUTEN-FREE
Thai
Garlic Ginger

VEGAN
Olive Oil and Herb
Hiyashi
Teriyaki
Spicy Teriyaki
Garlic Ginger
Jalapeno Cilantro Sauce

*Steamed Mixed Veggies
Broccoli, Red Pepper, Zucchini, Cabbage, Organic Kale, Carrots

BOWLS

Small or Regular

Fajita Bowl \$8.55/\$9.55
Red pepper, zucchini, tomato, lime, jalapeño-cilantro sauce, cheddar, avocado, beans, pepperoncini. Served with a warm tortilla

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

Grilled
Veggie Salad



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, red 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

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

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

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

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

BROTH SOUP BOWLS 7.05

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

Santa Fe Bean Soup (Vegetarian)
Your choice of grain with mixed beans, pico de gallo, corn, feta, avocado, cilantro in vegetable broth

Kale & Quinoa Soup (Vegan)
Organic kale, organic quinoa, garbanzo beans, avocado, tomato, crispy whole-wheat noodles in a vegetable broth