

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)



Poke 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

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

NEW Jerk Wrap

Spicy slaw, pico, cucumber, jerk sauce

NEW LETTUCE WRAPS 8.95

Served with chips or substitute side for \$.99

Add a cup of lentils \$3.50

Choose up to 3 of your favorite wraps

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

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 \$7.35/\$8.55

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

Thai Bowl \$7.35/\$8.55

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

Bean & Veggie Bowl \$7.35/\$8.55

Beans, steamed mixed veggies*

Power Bowl \$7.55/\$8.80

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

Stir Fry Bowl \$7.35/\$8.55

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

Pesto Bowl \$7.50/\$8.50

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

Fruit & Feta
Salad



Sweet & Sour \$7.90/\$9.15

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 Jerk Bowl \$8.55/\$9.55

Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain. Served with beans, and house made spicy slaw. Topped with feta and a side of jerk sauce

NEW Poke Bowl \$10.25

Fresh tuna mixed with GF garlic ginger sauce, onion, tomato, cucumber, topped with avocado and gomo shio on a bed of shredded romaine. Served with choice of grain, house made spicy slaw, chips and a side of siracha.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

VEGETARIAN

LENTIL BOWLS 8.10

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 8.00

Served with warm tortilla or tortilla chips.

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

Kale & Quinoa Salad

Chopped kale, quinoa, feta, sundried tomato, garbanzo, pepperoncini, onion, feta, kalamata olives. Served with tahini vinaigrette

Fruit & Feta Salad

Chopped romaine and spinach topped with fresh strawberries, blueberries, feta cheese and toasted sunflower seeds. Served with our poppyseed 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

*Steamed Mixed Veggies

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

SIDES



Steamed Broccoli, Carrots, Mixed Veggies, Spicy 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 \$6.25

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

Crispy Chicken \$6.25

Served with a side of carrots and ranch

Kids' Teriyaki Chicken Wrap \$6.25

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

Cheese Quesadilla \$5.95

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, Hibiscus, 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

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online ordering and delivery now available

CrazyBowlsAndWraps.com



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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 gluters.

Prior to placing your order please inform a manager of your food allergy. **Contains peanuts. 4/17/19

CRAZY B**OWL**S & WRAPS

go for the good.™

