

MENU

that's a wrap!

wraps

All wraps\$7.75

Substitute grilled tofu for meat no charge

All wraps served with choice of housemade pasta salad, fresh fruit salad, chips & housemade salsa or housemade soup.

Buffalo 66 Grilled Chicken, Medium Hot Wing Sauce, Lettuce, Tomato, Carrots, Celery and House Ranch Dressing in an Herb Tortilla.

Who's the Turkey Turkey, Cream Cheese, Cranberry Relish, Lettuce, Pickles and Red Onion in a Wheat Tortilla.

Gringo Star Grilled Chicken (or Steak*), Black Beans, Pico de Gallo, Jack Cheese, Lettuce, Guacamole, Lime Sour Cream and Garlic Rice in a Tomato Tortilla.

Prince of Thai Sautéed Peanut Chicken, Spinach, Ginger Slaw, Cucumber Pico, Red Onion and Garlic Rice in a Spinach Tortilla.

Rocky VII Sautéed Steak* (or Chicken), Mushrooms, Onions, Peppers and Mozzarella Cheese in a Wheat Tortilla.

The Clubster Turkey, Ham, Bacon, Mozzarella Cheese, Corn Bread Stuffing, Tomatoes, Lettuce and Pesto Mayo in a Wheat Tortilla.

* Please allow extra time for steak.

The Godfather Salami, Ham, Mozzarella Cheese with Lettuce, Tomato, Red Onion, and Tomato Vinaigrette in a Wheat Tortilla.

Fajita's On Grilled Chicken (or Steak*), Onions, Peppers, Pico de Gallo, Guacamole and Cheese in a Jalapeno Tortilla.

The Turk Turkey, Muenster Cheese, Artichoke Hearts, Lettuce, Tomato and Basil Mayo in an Herb Tortilla.

Seven Amigos Grilled Peppers, Onions, Black Beans, Corn, Guacamole, Pico de Gallo, Lettuce, Garlic Rice and Cheese in a Jalapeno Tortilla.

Veggie Jackson Sautéed Zucchini, Asparagus, Onions, Carrots, Broccoli, Eggplant, Feta Cheese, Balsamic Salsa and Garlic Rice in a Spinach Tortilla.

salads

All salads served with choice of housemade pasta salad, fresh fruit salad, chips & housemade salsa or housemade soup.

Any salad can be served as a wrap.

Greek Gatsby Romaine Lettuce, Kalamata Olives, Feta Cheese, Cucumber Pico, Red Onion and Roma Tomatoes with a Light Herb Vinaigrette.... **\$7.50**
add Grilled Chicken \$ 1.00

Alba-Gore Tuna Romaine Lettuce, Albacore Tuna, Jicama, Fresh Dill, Celery, Green Onion and Tomatoes with a Light Herb Vinaigrette. **\$8.00**

Cypress Gardens Romaine Lettuce, Grilled Chicken, Tomatoes, Cucumber, Jack Cheese and Bacon with a Creamy French Dressing..... **\$8.00**

The Picnic Fresh Spinach, Sliced Apples, Crumbled Blue Cheese and Toasted Walnuts with Balsamic Vinaigrette. **\$7.50**
add Grilled Chicken \$ 1.00

rice bowls

All rice bowls**\$7.75**

Substitute grilled tofu for meat no charge

Substitute brown rice \$.50

All rice bowls served with choice of housemade pasta salad, fresh fruit salad, chips & housemade salsa or housemade soup.

Teriyaki Chicken Bowl Sautéed Teriyaki Chicken, Broccoli, Carrots, Onions, Red Cabbage and Zucchini.

Baja Bowl Grilled Chicken, Black Beans, Monterey Jack Cheese, Lime Sour Cream and Pico de Gallo.

Veggie Bowl Sautéed Zucchini, Asparagus, Eggplant, Broccoli, Carrots, Onions, Feta Cheese and Balsamic Salsa.

Bangkok Bowl Sautéed Peanut Chicken, Spinach, Carrots, Broccoli, Zucchini, Onions and Cucumber Relish.

beverages

House Lemonade**\$1.75**

Fresh Brewed Iced Tea.....**\$1.75**

Diet Coke.....**\$1.50**

Bottled Water**\$1.50**

Mexican Coke.....**\$2.25**

Smartwater or Pellegrino.....**\$2.25**

Limonata or Aranciata.....**\$2.25**

Reed's Ginger Ale**\$2.25**

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CATERING

We make catering easy and delicious.

Call **602.252.5051** or visit eatatthewrap.com.

MON-SAT 10:30 AM-9:00 PM | 800 EAST CAMELBACK
TEL 602-252-5051 | EATATTHEWRAP.COM