GOURMET WRAPS $9.30

HAIR CAESAR grilled honey citrus chicken, black beans, lettuce, roasted red peppers, roasted pumpkin seeds, feta and a low-fat Caesar dressing in a chile wrap.

WHAT’S UP DOC! hummus and Greek veggies, sprouts, lettuce, feta, and low-fat garlic yogurt sauce in a spinach wrap.

BAZAN-EQUE start with mashed potatoes and add grilled steak or chicken or carrots or roasted veggies, confetti salad, egg and saucis BBQ sauce in a flour tortilla.

TO THAI FOR grilled chicken or sautéed tofu, peanut sauce, jasmine rice or brown rice, black beans and confetti slaw in a flour tortilla.

SIVAT KICK a fajita burrito filled with grilled chicken or steak or roasted veggies, black bean spread, guacamole, saucis peppers and onions, rice and tortillas in a flour wrap.

ROCK YOUR WORLD fresh roasted turkey breast, confetti slaw, (jicama, carrots, cucumber, green onion) lettuce, sprouts, guacamole, ranch dressing, and roasted pumpkin seeds wrapped in a whole wheat tortilla.

PESTO WRAP IT UP grilled chicken or tofu, jasmine or brown rice, salsa, black beans, polenta, cilantro and sweet peppers, sprouts, cheese and sour cream in a flour wrap.

MR. POTATO HEAD a mixture of roasted potatoes, spinach and grilled portobello mushrooms, pinto beans, jasmine or brown rice, salsa, lettuce and cheese with sour cream, with roasted garlic vinaigrette in a whole wheat wrap.

GETS BETTY grilled chicken or tofu, jasmine or brown rice, black beans, cilantro, potatoes, peanuts, pineaple relish and crispy noodles in a flour wrap.

WRAP IT UP fresh roasted turkey breast, chopped, lettuce, pico de gallo, and sprouts topped with a raspberry honey mustard in a tomato wrap.

GARDEN OF EDEN grilled chicken, quinoa, Greek veggie mix, (cucumber, tomato, black olive, green bell pepper) crispy lettuce, feta and roasted tomato vinaigrette in a spinach wrap.

MEXICAN four tortilla filled with Spanish rice, lettuce and lots of decisions: MEAT (choose one)  steak, chicken, tost, roasted veggies, roasted potatoes, carrots or guacamole BEANS (black or pinto) DAIRY (cheese and/or sour cream) SALSA mild (tomato) or medium (corn) or hot (jalapeno) EXTRA GUACAMOLE ADD $1.75.

TACOS Soft flour tortilla filled with choice of: MEAT (steak, or chicken or tofu, or carrots or veggies or potatoes) DAIRY (cheese and/or sour cream) SALSA (mild or medium or hot) AL LETTUCE
ONE $3.25 with guac $3.75
TWO $6.00 with guac $6.75
THREE $9.30 with guac $10.30

TRY A NAKED WRAP! OUR FRESH FILLINGS SERVED IN A BOWL WITHOUT THE TORTILLA.

SALADS
SALADS are served with choice of steamed tortilla or corn corn chips.
PLAIN $7.25 ADD CHICKEN OR TURKEY OR TOFU $9.50

GREEK mounds of crispy lettuce, tomatoes, green peppers, cucumbers, black olives and feta cheese tossed with roasted garlic vinaigrette.

CAESE R roasted red peppers, roasted pumpkin seeds, and feta cheese tossed with lettuce and a low-fat Caesar dressing.

SOUTHWESTERN Spanish rice starts this salad add lettuce, corn salsa, jicama, shredded carrots, cucumbers and green onion, with crispy tortilla wontons and balsamic lime vinaigrette.

THE SALAD black beans, lettuce, sprouts, raisins, pico de gallo and pumpkin seeds tossed with a creamy ranch dressing.

ORIENTAL lettuce, snow peas, mandarin oranges, baby corn, water chestnuts, red bell peppers, carrots and roasted peanuts tossed with a honey soy dressing and topped with crispy noodles.

LITTLE SPICY GIRLS $5.50
BIG WHEL BURRITO chicken or steak, rice, beans and cheese.
TACOS FOR 3 RYE two with chicken or steak, lettuce and cheese.
SOUTHWESTERN three with chicken or steak, lettuce and cheese.
CRISPITIR white rice, chicken and teriyaki sauce.

CHIPS AND DIPS
Crispin corn chips $1.00 / w/ salsa $2.00 / w/ hummus or guacamole $2.75
HOMEMADE VEGAN SOUPS Small $3.50 / Large (w/ chips or tortilla) $5.50

BREAKFAST BURRITO Roasted potatoes, pinto beans, eggs, cheddar, bacon, salsa and cheese $6.00

GOURMET WRAPS $9.30

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WHAT’S UP DOC! hummus and Greek veggies, sprouts, lettuce, feta, and low-fat garlic yogurt sauce in a spinach wrap.

BAZAN-EQUE start with mashed potatoes and add grilled steak or chicken or carrots or roasted veggies, confetti salad, corn salsa and chipotle BBQ sauce in a flour tortilla.

TO THAI FOR grilled chicken or sautéed tofu, peanut sauce, jasmine rice or brown rice, black beans and confetti slaw in a flour tortilla.

SIVAT KICK a fajita burrito filled with grilled chicken or steak or roasted veggies, black bean spread, guacamole, saucis peppers and onions, pico de gallo, lettuce and roasted corn tortilla salad in a flour wrap.

ROCK YOUR WORLD fresh roasted turkey breast, confetti slaw, (jicama, carrots, cucumber, green onion) lettuce, sprouts, guacamole, ranch dressing, and roasted pumpkin seeds wrapped in a whole wheat tortilla.

PESTO WRAP IT UP grilled chicken or tofu, jasmine or brown rice, salsa, black beans, polenta, cilantro and sweet peppers, sprouts, cheese and sour cream in a flour wrap.

MR. POTATO HEAD a mixture of roasted potatoes, spinach and grilled portobello mushrooms, pinto beans, jasmine or brown rice, salsa, lettuce and cheese with sour cream, with roasted garlic vinaigrette in a whole wheat wrap.

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Crispin corn chips $1.00 / w/ salsa $2.00 / w/ hummus or guacamole $2.75
HOMEMADE VEGAN SOUPS Small $3.50 / Large (w/ chips or tortilla) $5.50

BREAKFAST BURRITO Roasted potatoes, pinto beans, eggs, cheddar, bacon, salsa and cheese $6.00
SMOOTHIES $5.50
INCLUDES ONE BOOSTER
ADD AÇAÍ $2.00

WHITE OUT
pineapple juice with vanilla yogurt, mangoes and banana.

SWINGER
orange, pineapple and apple juice with strawberries, banana and yogurt.

BLUE BANANA
apple and peach juices with blueberries, peaches and banana.

BERRY TASTY
peach juice, raspberries, blueberries and nonfat vanilla yogurt.

PEACH ON THE BEACH
raspberries, peaches, banana with papaya and peach juices.

KAUA'I NOT?
pineapple and papaya juice with strawberries and banana.

RED WHITE AND BLUE
mango and raspberry juice with banana and blueberries.

BIG SMACK
raspberries and banana with mango juice and nonfat vanilla yogurt.

THIRSTY?
ARIZONA • EJEE • GATORADE • COKE CANS • KOMBUCHA
COCONUT H2O • SAN PELLEGRINO • NANTUCKET NECTAR
BOTTLED IOS • VERA• MA•E • XING TEA • PERRIER • VITAMIN H2O

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