

GOURMET WRAPS \$12.00

HAIL CAESAR grilled honey citrus chicken, black beans, lettuce, roasted red peppers, toasted 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.

BABS-E-QUE start with mashed potatoes add grilled steak or chicken or carnitas or roasted veggies, confetti slaw, corn salsa and chipotle bbq sauce in a flour tortilla.

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

SWIFT KICK a fajita burrito filled with grilled chicken or steak or roasted veggies, black bean spread, guacamole, sauteed peppers and onions, pico de gallo, lettuce and roasted tomatillo salsa in a flour wrap.

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

PESTO WRAPTURE grilled chicken or tofu, jasmine or brown rice, salsa, black beans, poblano cilantro pesto (made with peanuts), cheese and/or 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 cheese and/or sour cream, with roasted garlic vinaigrette in a whole wheat wrap.

CHOW BABY grilled chicken or tofu, jasmine or brown rice, black beans, Oriental veggies, peanuts, pineapple teriyaki and crispy noodles in a flour wrap.

WRAPZILLA fresh roasted turkey breast, crisp bacon, 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 flour tortilla filled with Spanish rice, lettuce and lots of decisions: MEAT (choose one) steak, chicken, tofu, roasted veggies, roasted potatoes, carnitas or guacamole BEANS (black or pinto) DAIRY (cheese and/or sour cream) SALSA mild (tomato) or medium (corn) or hot (jalapeno) EXTRA GUACAMOLE ADD 1.00

TACOS

Soft flour tortillas filled with choice of: MEAT (steak or chicken or tofu, or carnitas or veggies or potatoes) DAIRY (cheese and/or sour cream) SALSA (mild or medium or hot) AND LETTUCE

ONE \$4.00 with guac \$4.50

TWO \$8.00 with guac \$9.00

THREE \$12.00 with guac \$13.50

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

SALADS

Salads are served with choice of steamed tortilla or citrus corn chips.

PLAIN \$9.25 ADD CHICKEN OR TURKEY OR TOFU \$12.50

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

CAESAR roasted red peppers, toasted 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 WRAPSCALS \$6.40

BIG WHEEL BURRITO chicken or steak, rice, beans and cheese.

TACOS FOR TYKES two with chicken or steak, lettuce and cheese.

SPUDSTER mashed potatoes, pico de gallo and bacon.

CHOPSTIX white rice, chicken and teriyaki sauce.

CHIPS AND DIPS

Citrus corn chips \$1.00 add / salsa \$1.00 hummus \$2.00 Guacamole \$3.00

HOMEMADE VEGAN SOUPS

Small \$3.50 Large (w/chips or tortilla) \$6.00

BREAKFAST BURRITO

Roasted potatoes, pinto beans, eggs, chorizo, bacon, salsa and cheese \$8.00

SMOOTHIES \$7.00
INCLUDES ONE BOOSTER
ADD ACAI \$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.

KAUAI-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 • GATORADE • COKE CANS • KOMBUCHA
COCONUT H2O • SAN PELLEGRINO • NANTUCKET NECTAR
BOTTLED H2O • YERBA MATE • PERRIER • VITAMIN H2O