

## Signature Wraps

Make any wrap an **Unwrap** (without the tortilla)

Make any Wrap **Zone** size for **\$2.00** more

### JIMMY THE GREEK

Choice of protein, white rice, cucumber, feta cheese, tomato, red onion, Greek olives, tzatziki, plain tortilla (olives may contain pits)

**\$7.75**

### VERY TERI

Choice of protein, white rice, carrot, caramelized onion, slaw, teriyaki sauce, whole wheat tortilla

**\$7.75**

### LEANING TOWER OF PESTO

Choice of protein, red rice, corn, red pepper, basil pesto, tomato tortilla

**\$7.75**

## Salad Wraps

### CHINATOWN NOODLE

Choice of protein, romaine lettuce, noodles, red onion, peanuts, Asian sesame dressing, spinach tortilla

**\$7.50**

### CLASSIC CAESAR

Choice of protein, romaine lettuce, parmesan cheese, croutons, Caesar dressing, tomato tortilla

**\$7.75**

## Snack-Size Wraps\*

### MINI MEX

Chicken or tofu, savoury tomato rice, corn, salsa, jack cheese, sour cream, plain or whole wheat tortilla

**\$3.75**

### LITTLE CAESAR

Chicken or tofu, romaine lettuce, parmesan, Caesar dressing, plain or whole wheat tortilla

**\$3.95**

### CHICK'N LITTLE

Chicken or tofu, white or brown rice, jack cheese, ranch dressing, plain or whole wheat tortilla

**\$3.95**

### MEXICALI

Choice of protein, savoury red rice, black beans, jack cheese, salsa, sour cream, plain tortilla

**\$7.75** **S**

### THAI TANI

Choice of protein, white rice, cucumber, slaw, peanut sauce, spinach tortilla

**\$7.75**

### BOMBAY CURRY

Choice of protein, white rice, curried vegetables, yogurt sauce, plain tortilla

**\$7.75** **S**

### ACE OF CLUBS

Choice of protein, romaine lettuce, bacon bits, tomato, jack cheese, mayo, tomato tortilla

**\$7.50**

### SANTA FE

Choice of protein, romaine lettuce, tomato, corn, salsa, jack cheese, chipotle mayo, whole wheat tortilla

**\$7.75** **S**

No substitutions

### TERI-MAKI

Chicken or tofu, white or brown rice, carrots, slaw, teriyaki sauce, plain or whole wheat tortilla

**\$3.95**

### MINI THE GREEK

Chicken or tofu, white or brown rice, cucumber, feta cheese, tzatziki, plain or whole wheat tortilla

**\$3.95**

\*Available at participating locations

## Specialty Wraps

### VEGGIE LOVERS

Red rice, cucumber, red pepper, tomato, corn, red onion, jack cheese, vinaigrette, whole wheat tortilla

**\$5.50** **V**

### CHICKEN 'N CHEESE

Chicken, white rice, jack cheese, ranch dressing, plain tortilla

**\$6.25**

## Protein Choices



## Rice Bowls

### GINO'S PESTO BOWL

Choice of protein, white or brown rice, tomato, cucumber, carrot, red onion, and creamy basil pesto sauce

**\$9.50**

### BANGKOK BOWL

Choice of protein, white or brown rice, Thai red curry, tomato, cucumber, carrot, and yogurt sauce

**\$9.50** **S**

### JAMBALAYA JAZZ

Shrimp, chicken, chorizo sausage, savoury tomato rice, red pepper, corn, red onion, chipotle mayo, plain tortilla

**\$7.75** **S**

### CAROLINA PULLED PORK

Pulled pork in Carolina-style BBQ sauce, white rice, black beans, slaw, corn, chipotle mayo, tomato tortilla

**\$7.75**

### RAJA CURRY BOWL

Choice of protein, white or brown rice, curried vegetables, tomato, cucumber, mango chutney, and yogurt sauce

**\$9.50** **S**

### TOMO TERIYAKI BOWL

Choice of protein, white or brown rice, red pepper, carrot, snow peas, sesame seeds, and teriyaki sauce

**\$9.25**

## Salads

### "KALE"owna SALAD

Kale, baby spinach, red onion, feta cheese, dried cranberries, carrot, pumpkin seeds tossed with Asian sesame dressing

**\$6.95** **V**

### GREEK CAESAR SALAD

Romaine lettuce, tomato, red pepper, cucumber, red onion, Greek olives and feta cheese with Caesar dressing on the side (olives may contain pits)

**\$5.95** **V**

### SIDE SALAD

Romaine lettuce, carrot, cucumber, tomato, croutons, and your choice of dressing on the side

**\$2.95** **V**

## Extras

Gluten Free Tortilla **\$0.50** (Regular or Large only)

Protein **\$1.75**

Sauce, cheese, bacon bits **\$0.50**

Two extra veggies **\$0.50**

**S** Spicy

**V** Vegetarian



ask about Gluten Free options

## Pure Fruit Smoothies

### RED BANDANA

Orange juice, strawberries, mango, banana

**\$5.65**

### TROPICAL DREAM

Pineapple juice, pineapple, mango, banana

**\$5.65**

### TROPICAL GARDEN

Kale, Spinach, mango, pineapple, banana, almond milk

**\$5.65**

### BLUE HAWAIIAN

Pineapple juice, pineapple, mango, blueberries, banana

**\$5.65**

### BERRY EXTREME

Wildberry juice, mango, banana, strawberries, blueberries

**\$5.65**

### ORANGE MANGO

Orange juice, mango, banana

**\$5.65**

## S(moooo)thies With Dairy

### PEANUT BUTTER BANANA,

Almond milk, frozen yogurt, banana, peanut butter, chocolate swirl

**\$5.65**

### FROSTY BERRY

Orange juice, frozen yogurt, choice of strawberries or blueberries, banana

**\$5.65**

### PINA COLADA

Pineapple juice, frozen yogurt, pineapple, coconut syrup

**\$5.65**

### LAMBDA COLADA

Pineapple juice, frozen yogurt, strawberries, mango, coconut syrup

**\$5.75**

### PURPLE HAZE

Wildberry juice, frozen yogurt, blueberries, strawberries

**\$5.65**

## Smoothie Boosts

add **\$0.50**



## Make it a Meal

Compliment your wrap or rice bowl with any of these combinations.

Smoothie Combo (with regular/large wrap or rice bowl only) **\$5.25**

Cookie Combo Add a cookie and a bottled drink for\* **\$3.75**

Chip Combo Add a bag of chips and a bottled drink for\* **\$3.75**

Salad Combo Add a side salad and a bottled drink for\* **\$3.75**

Add Avocado Add Avocado to your wrap or rice bowl **\$0.75**

Kidz Meal kids 12 and under only see store for details

\*Select beverages. Surcharge applies to premium beverages.