

FRESH WRAPS \$ 5.95

ROCKING ROLLINS guacamole, pumpkin seeds, turkey, steamed veggies, lettuce, ranch dressing wrapped in a wheat tortilla.

BIG BALI mashed potatoes, grilled chicken, steamed veggies, curry sauce in a spinach wrap.

MAYAN DELIGHT tofu, brown rice, chunky tomato sauce, black beans in tomato wrap.

SET ME FREE hummus, Horiatiki veggies, lettuce, feta, low-fat Greek dressing, onions (your choice) in a tomato wrap.

HAWAIIAN grilled chicken, white rice, pineapple, sweet and sour sauce, lettuce in flour wrap.

PESTO-licious white rice, grilled chicken, black beans, pesto sauce in a flour wrap.

HK\$ (Hong Kong style) white rice, steamed veggies, Chinese bbq pork in a whole wheat wrap.

MR. GOURDINI mashed potatoes, white rice, pinto beans, Pico de gallo, Greek dressing in a whole wheat wrap.

THE SANTA FE grilled chicken, jack cheese, crisp bacon, lettuce, Pico de gallo and Greek dressing in chili wrap

CHOW MOMMY tofu, white rice, black beans, steamed veggies and, teriyaki sauce with a crispy noodles in a flour wrap.

SESAME CHICKEN white rice, steamed veggies, grilled chicken sesame seed dressing and crispy noodles in flour wrap.

THE SPANIARD steak, Spanish rice, steamed veggies, black beans, Pico de gallo and lettuce in flour wrap **EXTRA GUACAMOLE ADD .75**

NEPTUNE'S white rice, fresh lettuce, tuna salad mix, Pico de gallo in tomato wrap

POWER WRAPS \$5.95

KISS FROM MINSK

pineapple, banana, crunchy granola with Nutella spread and roasted mix nuts wrap in a flour wrap.

SWEET MUSCLE

banana, strawberries and granola with honey and peanut butter spread wrap in wheat wrap.

BARA BOOM

Acai blended with apple juice and banana topped with strawberries, banana and crunchy granola served in a bowl.

LA DOLCE VITA

fresh apples, cottage cheese and raisins with Dulce De Leche spread in a wheat wrap

HOMEMADE FLAN \$2.25

KODS WRAPS \$3.95

PRINCE CHARMING white rice, chicken, lettuce and cheese.

STRONG BOY mashed potatoes, Pico de gallo and beef

SAMURAI white rice, chicken, sweet and sour sauce.

BREAKFAST WRAPS \$ 4.25

A different way to start your day. Breakfast's wraps with eggs and bacon topped with cheese.
Turkey, chicken or tofu may be substituted for the bacon.

WRAP IDO Eggs and bacon, sour cream, Jack cheese, chopped scallions, pesto sauce, salsa, mix veggies in a spinach wrap

BIRDIE Scrambled eggs, mashed potato, pinto beans, bacon, salsa and cheese in flour wrap

THE SWEETHEART strawberries and banana over homemade French toast topped with vanilla sauce in flour wrap

TRY OUR DAILY PREPARED FILLINGS SERVED IN A BOWL WITHOUT THE TORTILLA.

Healthy Snacks

Corn chips \$ 1.00 **ADD** corn salsa or Pico de gallo \$ 1.50
ADD hummus or guacamole \$ 2.25

GOURMET TACOS

Served with your choice of warm soft flour or corn tortilla filled with choice of:

PROTEIN (chicken, tofu, steak or pork);

VEGETARIAN (sautéed veggies or mashed potato)

DAIRY (cheese and\ or sour cream);

PICO DE GALLO or CORN SALSA or (mild or medium or hot)

ONE \$ 2.25 **TWO** \$ 4.50 **THREE** \$ 6.25

EXTRA GUACAMOLE ADD .75

DAILY FRESH VEGAN SOUPS

Small \$ 2.50 **Large** (served with your choice of chips or tortilla) \$ 4.25

SALADS

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

PLAIN \$ 5.25 **ADD CHICKEN OR TURKEY OR TOFU** \$ 6.25

TUNA salad crispy lettuce, tuna salad top off with fresh cucumber and tomatoes served with ranch dressing.

ORIGINAL CAESAR Romaine lettuce, parmesan cheese, low-fat Caesar dressing (with or without anchovies) topped with tortilla chips croutons.

HORIATIKI (Greek) fresh lettuce, feta cheese, tomatoes, green peppers, cucumbers, black olives and onions (your choice) tossed with Greek dressing.

ASIAN salad lettuce, snow peas, mandarin oranges, baby corn, red bell peppers, roasted peanuts with sweet Thai dressing and crispy noodles.

SOUTHERN black beans, corn salsa, lettuce, chopped onions (your choice) with crispy oven roasted corn stripes and avocado ranch dressing.

HOUSE SALAD lettuce, tomato, cucumber and corn chips croutons with ranch dressing.

DRINKS

VITAMIN WATER * FOUNTAIN DRINKS * COKE BOTTLES * BOTTLED
WATER * COFFEE * ICE TEA

SMOOTHIES \$ 4.25

**SMOOTHIES INCLUDE ONE BOOSTER, PROTEIN, GINSENG, ECHINACEA OR SPIRULINA
ADD ACAI \$ 1.00**

RISING SUN

pineapple juice with vanilla yogurt and mangoes.

BLIND DATE

orange, pineapple and apple juice with strawberry, banana and yogurt.

FRUTILICIOUS

apple and peach juices with blueberries, peaches and banana.

BLUE MOON

peach juice, raspberries, blueberries and nonfat vanilla yogurt.

PEACH ON THE BEACH

raspberries, peaches ,banana with papaya and peach juices.

ALOHA

pineapple and papaya juice with strawberries and banana.

PINK MONKEY

mango and orange juice with banana and blueberries.

HONEYMOON

strawberries and banana with honey, mango juice, granola and low yogurt.

Open Mon.-Fr. 10 AM to 6 PM & Sat. 10 AM to 5 PM
We Deliver, Mon. - Fr. 11 AM to 3 PM
407.790.4859

The logo for WRAP Planet features the word "WRAP" in a large, bold, black, sans-serif font. Below it, the word "Planet" is written in a black, cursive script font. The text is centered within a large blue circle that has a white drop shadow, giving it a 3D effect.

WRAP
Planet

127 Unit 2 W. Fairbanks Avenue
Winter Park, FL 32789

(We are located right across from ROLLINS COLLEGE, behind UPS Store)