



Breakfast Wraps

A healthy way to start the day!

Breakfast Wraps & Bagels

HAM & SWISS

Scrambled eggs, black forest ham, emmenthal Swiss cheese, curly leaf lettuce, tomatoes, signature sauce \$ 4.80

B.L.T

Scrambled eggs, Canadian smoked bacon, curly leaf lettuce, tomatoes, signature sauce \$ 4.80

PHILZ

Scrambled eggs, fresh spinach, feta, Hollandaise sauce \$ 4.80

BURRITO

Scrambled eggs, sausage, baked beans, curly leaf lettuce, tomatoes, signature sauce \$ 4.80

THREE CHEESE

Scrambled eggs, emmenthal Swiss cheese, aged cheddar cheese, Monterey jack cheese, curly leaf lettuce, tomatoes, signature sauce \$ 4.80

FETA & TOMATO

Scrambled eggs, feta, curly leaf lettuce, tomatoes, signature sauce \$ 4.80

CLASSIC BENEDICT

Scrambled eggs, black forest ham, emmenthal Swiss cheese, hollandaise sauce \$ 4.80

SMOKED SALMON

Smoked salmon, cream cheese, capers, red onions, curly leaf lettuce, tomatoes \$ 11.75

BAGELS

Plain, sesame, poppy seed, multi-grain.

Creme cheese \$ 2.95

Aged cheddar, swiss emmenthal cheese \$ 2.95

Jam \$ 2.10

BAGEL SANDWICHES

Bacon, Cheddar & Egg

Choice of bagel, egg, smoked Canadian bacon, aged cheddar cheese, curly leaf lettuce, tomato, signature sauce.

\$ 4.99

Ham, Swiss & Egg

Choice of bagel, egg, black forest ham, swiss emmenthal cheese, tomato, curly leaf lettuce, signature sauce

\$ 5.45

Turkey, Swiss & Egg

Choice of bagel, egg, tomato, curly leaf lettuce, lettuce, Canadian maple smoked turkey, emmenthal cheese, signature sauce

\$ 4.99

Sausage, Cheddar & Egg

Choice of bagel, egg, aged cheddar cheese, curly leaf lettuce, tomato, signature sauce

\$ 4.99

B.L.T

Choice of bagel, canadian smoked bacon, curly leaf lettuce, tomato, signature sauce

\$ 4.99

Served on a croissant + \$0.50

extra \$1.50 Filter coffee

extra \$2.75 Special coffee

With the purchase of a sandwich.

Freshly squeezed Orange Juice and Lemonade available.

Prices subject to change without notice.

Breakfast served until 11:00 am

***Served with a choice of white or whole wheat**

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INFO@WRAPCITYGOURMET.COM

All of our wraps are served with our Wrapcity gourmet signature sauce.

Junoir Regular

Santorini

feta & roasted red pepper sauce, fire roasted chicken breast, red onions, sliced kalamata olives, cucumbers, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Thai-Foon

sesame & asian curry sauce, fire roasted chicken breast, leaf lettuce, zucchini, red onions, black sesame seeds, asian crisp noodles, shredded carrots, tomatoes

\$ 6.99 \$ 9.99

Austin

chipotle sauce, fire roasted chicken breast, monterey jack, black beans, red & green peppers, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Sacramento

gourmet caesar sauce, fire roasted chicken breast, smoked bacon, provolone cheese, parmesan, croutons, dried cranberries, romaine lettuce

\$ 6.99 \$ 9.99

5th ave

fresh fine herb sauce, fire roasted chicken breast, smoked bacon, aged canadian cheddar, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Cordon Bleu

french dijon sauce, fire roasted chicken breast, black forest ham, emmenthal swiss cheese, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Thanksgiving

spinach artichoke sauce, hand made maple smoked turkey breast, asiago cheese, shredded carrots, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Palermo

roasted red pepper pesto sauce, italian sausage, provolone cheese, red peppers, marinated eggplant, sliced kalamata olives, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Kansas City

south-west bbq sauce, hand pulled pork, havarti cheese, shallots, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Philly

wild thym greek honey sauce, marinated roast beef, provolone cheese, red onions, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Old Port

kalamata olive paste sauce, white tuna, emmenthal swiss cheese, red peppers, red onions, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99

Garden of Eden

modena balsamic sauce, havarti cheese, red & green peppers, zucchini, marinated eggplant, leaf lettuce, tomatoes

\$ 6.99 \$ 9.99



Drinks

Delicious cold drinks and gourmet coffees.

SOFT DRINKS:

Nestea, and Joli water: Soft drinks all Coke products, Coca-Cola Classic, Coke Zero, Sprite, Nestea original, Nestea Zero, Viteo apple, Viteo red and Joli spring water or fizzy.

FRESH & NATURAL JUICES:

Freshly squeezed orange juice, freshly squeezed lemonade, pineapple juice, grape fruit juice, cranberry juice.

GOURMET COFFEE:

Ask about our 3 blends of carefully selected Gourmet Coffee!

TEA & TISANE:

Ask about our selection of organic teas.

BEERS & ALCOHOLIC BEVERAGES:

We offer an assortment of beers and alcoholic beverages.

BANGKOK

Mixed greens, roast beef, snow pea shoots, Lebanese cucumber, carrots, black sesame, grape tomatoes and red peppers \$ 13.00

CALIFORNIAN CAESAR

Romaine lettuce, roasted chicken breast, garlic croutons, Canadian bacon, parmesan, red grapes, mandarins \$ 12.00

WCG SIGNATURE

Mixed greens, black forest ham, Canadian maple Smoked turkey, Danish blue cheese, grape tomatoes, English cucumbers, Dried cranberries \$ 12.00

GARDEN

Mixed greens, Canadian cheddar, havarti, Swiss, pine nuts, grape tomatoes, red & green peppers, red onions, shredded carrots, English cucumbers \$12.00

GREEK

Mixed greens, roasted chicken breast, grape tomatoes, English cucumbers, Kalamata olives, feta cheese, green peppers \$ 12.00

ASIAN TUNA

Mixed greens, grilled Saku Tuna, crispy noodles, cashews, mandarins, black sesame seeds, grape tomatoes \$ 14.10

SIDE SALADS

MEDITERRANEAN FRESH

Broccoli flower, chick peas, feta & pepper sauce \$ 4.80

LOUISIANA CARROT

Shredded carrots, shredded celery, sultana raisins, curry and pineapple sauce \$ 3.25

DAILY SALAD

Mixed greens, shredded carrots, zucchinis, cucumbers, grape tomatoes, assorted dressing \$ 3.45

TEXAN CAVIAR

Black beans, corn, red onions, shallots, red peppers, tomatoes, spicy Greek honey & white wine vinegar sauce \$ 4.05

SPRING COUSCOUS

Couscous, sultana raisins, red peppers, cucumbers, spices, sweet white wine vinegar sauce \$ 3.45

BEAN FESTIVAL

6 Bean Mix, red onions, red & green peppers, spices, basilic and red wine vinegar sauce \$ 4.05

FRUIT SALAD

Cantalope, honey dew, red grapes, pineapple, orange and natural syrup \$ 4.05

THE MUMBAI

Three colour fusili, red peppers, carrots, red onions, pesto basilic, Danish bleu cheese, spices \$ 3.25

THE TUSCAN

Three colour fusili, green peppers, red onions, kalamata olives, tomato pesto, feta, spices \$ 3.25



Soups

Delicious soups and chili made from only the freshest of ingredients

Sunday

Chicken noodle,
Mid-West Chili,
Vegetable beef with barley,
Cream of broccoli.

Monday

Chicken noodle,
Mid-West Chili,
Cream of Leek and Potato,
Italian wedding.

Tuesday

Chicken noodle,
Mid-West Chili,
Creole chicken gumbo,
Cream of mushroom.

Wednesday

Chicken noodle,
Mid-West Chili,
Homestyle minestrone,
Cream of broccoli.

Thursday

Chicken noodle,
Mid-West Chili,
Vegetable beef with barley,
Cream of Leek and Potato.

Friday

Chicken noodle,
Mid-West Chili,
Canadian pea soup,
Boston Clam chowder.

Saturday

Chicken noodle,
Mid-West Chili,
Italian wedding,
Lentil & roasted garlic.

SOUPS

mid-west chili served daily

8 OZ	16 OZ
2.95	5.95
4.95	8.95