

<b>Spinach and Artichoke Dip</b>	Panko topped, baked, and served with pita chips	<b>\$9.00</b>
<b>Buffalo Chicken Dip</b>	Served with tortilla chips	<b>\$10.00</b>
<b>Chori-Queso</b>	White queso topped with chorizo and served with tortilla chips	<b>\$10.00</b>
<b>Triple Dip</b>	All 3 dips served with pita chips and tortilla chips	<b>\$14.00</b>

## Sandwiches

Served on wrap, croissant, white, wheatberry, or rye

<b>All sandwiches served with plain or BBQ kettle chips, fries, pasta salad, broccoli salad, or potato salad</b>		
<b>Gyro</b>	Lamb, mixed greens, tomato, red onion, and tzatziki sauce served on a pita	<b>\$13.00</b>
<b>BLT</b>	Bacon, Lettuce, and tomato with choice of mayo or pesto mayo	<b>\$10.00</b>
<b>Tuna Salad</b>	Tuna salad, romaine, and tomato	<b>\$9.00</b>
<b>Egg Salad</b>	Egg salad, romaine, and tomato	<b>\$8.00</b>
<b>Chicken Salad</b>	Chicken salad, romaine, and tomato	<b>\$11.00</b>
<b>Reuben</b>	Corned beef, sauerkraut, Swiss cheese, and 1000 island dressing served on rye	<b>\$13.00</b>

## Flatbreads

<b>Buffalo Chicken Flatbread</b>	Grilled or fried chicken breast, jalapenos, onion, mozzarella, buffalo sauce and ranch	<b>\$10.00</b>
<b>Pesto Flatbread</b>	Mozzarella, spinach, tomato, seasoning, and pesto	<b>\$8.00</b>
	<b>With Chicken</b>	<b>\$10.00</b>
<b>Southwest Flatbread</b>	Black beans, corn, tomato, cheddar, and southwest ranch	
	<b>With Chicken</b>	<b>\$10.00</b>
	<b>With Chorizo</b>	<b>\$11.00</b>

## Wraps

Served on choice of plain, spinach, tomato basil, jalapeno cheddar, garlic & herb, or whole wheat tortilla

<b>All wraps served with choice of plain or BBQ kettle chips, fries, pasta salad, broccoli salad, or potato salad</b>		
<b>Chicken Caesar Wrap</b>	Grilled chicken breast, romaine, parmesan cheese, and Caesar dressing	<b>\$11.50</b>
<b>Buffalo Chicken Wrap</b>	Grilled or fried chicken breast, romaine, tomato, red onion, cheddar cheese, buffalo sauce, and ranch dressing	<b>\$11.50</b>
<b>Chicken BLTA Wrap</b>	Grilled or fried chicken breast, romaine, tomato, avocado, crumbled bacon, and mayo	<b>\$13.00</b>
<b>Greek Chicken Wrap</b>	Grilled chicken breast, spinach, tomato, red onion, feta, and Greek vinaigrette	<b>\$11.50</b>
<b>Apple Turkey Wrap</b>	Turkey breast, romaine, green apple, provolone, and honey mustard	<b>\$11.50</b>
<b>Cranberry Turkey Wrap</b>	Turkey breast, romaine, tomato, red onion, provolone, and cranberry mayo	<b>\$11.50</b>
<b>HTBP Wrap</b>	Turkey breast, ham, crumbled bacon, romaine, tomato, red onion, provolone, mayo, and mustard	<b>\$11.50</b>
<b>Italian Wrap</b>	Pepperoni, salami, capicola, romaine, tomato, red onion, mozzarella, and Italian dressing	<b>\$11.50</b>

## Burgers

Served on Brioche bun Gluten free bun +\$2.00

<b>All burgers include choice of Plain or BBQ kettle chips, fries, pasta salad, broccoli salad, or potato salad</b>		
<b>Add Bacon to any burger +(\$2.00)</b>		
<b>Cheeseburger*</b>	Fresh burger patty, lettuce, tomato, red onion, and cheddar, swiss, mozzarella, provolone, or pepperjack	<b>\$11.25</b>
<b>Cowboy Burger*</b>	Fresh burger patty, jalapenos, pepperjack cheese, BBQ, and onion straws	<b>\$11.25</b>
<b>Avocado Burger*</b>	Fresh burger patty, smashed avocado, tomato, lettuce, and mango habanero sauce	<b>\$12.25</b>
<b>Patty Melt*</b>	Fresh burger patty, swiss, cheddar, and grilled onion served on rye	<b>\$11.25</b>

## Quesadillas

All quesadillas served with plain or BBQ kettle chips, fries, pasta salad, broccoli salad, or potato salad

<b>Gluten free tortilla +\$2.00</b>		
<b>Cheddar Avocado Quesadilla</b>	Cheddar, avocado, mango habanero sauce, and sour cream	
	<b>With Chicken</b>	<b>\$12.00</b>
	<b>With Shaved Steak</b>	<b>\$14.00</b>
<b>Philly Quesadilla</b>	Cheddar, grilled red onions and roasted red peppers, salsa, and sour cream	
	<b>With Chicken</b>	<b>\$12.00</b>
	<b>With Shaved Steak</b>	<b>\$14.00</b>
<b>Vegetarian Quesadilla</b>	Avocado, corn, black beans, banana peppers, black olives, tomato, roasted red pepper, cheddar, mango habanero, and sour cream	<b>\$12.00</b>

## Melts

Served on ciabatta and pressed on the panini maker Gluten free ciabatta +\$2.00  
All melts served with plain or BBQ kettle chips, fries, pasta salad, broccoli salad, or potato salad

<b>Turkey Provolone Melt</b>	Turkey breast, tomato, banana peppers, red onion, provolone, and honey mustard	<b>\$11.50</b>
<b>Pesto Chicken Melt</b>	Grilled chicken breast, spinach, roasted red peppers, provolone, and pesto	<b>\$11.50</b>
<b>Mozzarella Pesto Melt</b>	Spinach, tomato, pesto, seasoning, and mozzarella	<b>\$10.00</b>
<b>Three Cheese Melt</b>	Cheddar, provolone, and mozzarella	<b>\$10.00</b>
<b>Steak and Cheese Melt</b>	Shaved steak, provolone, roasted red peppers, hot cherry peppers, and red onion	<b>\$13.50</b>
<b>The Godfather Melt</b>	Pepperoni, salami, capicola, provolone, red onion, hot Cherry peppers, and Italian dressing	<b>\$12.00</b>
<b>Ham and Cheddar Melt</b>	Ham, tomato, and cheddar cheese	<b>\$11.00</b>

## Salads

Dressing: Ranch, Bleu Cheese, Honey Mustard, Southwest Ranch, Caesar, Italian,

Balsamic, Greek Vinaigrette, Raspberry Walnut, and 1000 Island

<b>BLTA Salad</b>	Mixed greens, cucumber, tomato, corn, crumbled bacon, and feta	<b>\$12.00</b>
<b>Almond Apple Salad</b>	Mixed greens, green apple, crumbled bacon, almonds, and feta	<b>\$10.50</b>
<b>Cranberry Sunflower Salad</b>	Mixed greens, cucumber, carrot, sunflower seeds, cranberries, crumbled bacon, and parmesan	<b>\$10.50</b>
<b>Cobb Salad</b>	Romaine, cucumber, tomato, carrot, red onion, corn, egg, crumbled bacon, and cheddar cheese	<b>\$10.50</b>
<b>Italian Salad</b>	Romaine, tomato, cucumber, red onion, black olives, salami, pepperoni, and capicola	<b>\$12.00</b>
<b>Chef Salad</b>	Romaine, tomato, cucumber, carrot, red onion, egg, crumbled bacon, ham, turkey, cheddar, and mozzarella cheese	<b>\$12.00</b>
<b>Chicken Caesar Salad</b>	Romaine, Parmesan cheese, and chicken breast	<b>\$12.00</b>

## Acai Bowls

Acai is blended with strawberries, blueberries, banana, and apple juice

<b>Morning Bowl</b>	Acai blend topped with strawberries, blueberries, banana, homemade granola, and honey	<b>\$12.00</b>
<b>Oh Nuts Bowl</b>	Acai blend topped with strawberries, banana, coconut, homemade nut butter, Nutella, and homemade granola	<b>\$13.00</b>
<b>Protein Bowl</b>	Acai blend with vanilla protein topped with strawberries, banana, coconut, homemade nut butter, shaved chocolate, and homemade granola	<b>\$14.00</b>

## Sides

<b>Fries</b>	<b>\$3.50</b>
<b>Chips (Plain or BBQ Kettle)</b>	<b>\$2.00</b>
<b>Broccoli, Pasta, or Potato Salad</b>	<b>\$2.50</b>
<b>Fruit Bowl</b>	<b>\$3.00</b>
<b>Sauces / Dressings</b>	<b>\$.60</b>

## Beverages

<b>Soda or Iced Tea</b>	<b>\$2.50</b>
<b>Pepsi, Diet Pepsi, Mountain Dew, Starry, Dr. Pepper, Lemonade</b>	
<b>Coffee</b>	<b>\$2.50</b>
<b>Milk</b>	<b>Small \$2.00</b>
	<b>Large \$3.00</b>
<b>Juice (Apple or Orange)</b>	<b>Small \$2.00</b>
	<b>Large \$3.00</b>

## Salad Bar

**All You Can Eat (Dine in only) \$13.00**

**One Trip (Dine in) \$6.50**

**Add a one trip to any sandwich (Dine in) \$5.50**

**Take Out \$8.00 per lb**

## Hours

**Mon: Closed**

**Tue-Sat: 7am-4pm**

**Sun: 8am-2pm**

# Lunch Menu

## Served 11am - Close

**86 Cloverleaf Dr Longs, SC 29568**

**843-399-2238**

**Thatsawrapmb.com**

**thatsawrapmb@gmail.com**

Menu items and prices subject to change

5/23



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