



NEW ORLEANS | BATON ROUGE | LAFAYETTE | SHREVEPORT | ALEXANDRIA

BOX LUNCHES

CLASSIC	\$10.49	DELUXE	\$11.49	EXECUTIVE	\$13.49
Served with: • Dill Pickle • Cookie • Mint	And your choice of: • Potato Chips • Carrot Chips • Pasta Salad • Potato Salad • Froggy Salad* • Fresh Fruit	Served with: • Potato Chips • Dill Pickle • Cookie • Mint	And your choice of: • Carrot Chips • Pasta Salad • Potato Salad • Froggy Salad* • Fresh Fruit	Served with: • Potato Chips • Carrot Chips • Dill Pickle • Cheesecake • Mint	And your choice of: • Pasta Salad • Potato Salad • Froggy Salad* • Fresh Fruit

SANDWICHES Prepared on freshly baked bread as listed below, unless otherwise specified. Mustard, mayo, and sandwich sauce on the side.

STRAWBERRY GRILLED CHICKEN | Sourdough
Grilled chicken breast with sweet strawberries, Vidalia onion mayonnaise, lettuce, and Swiss cheese.

GRANNY APPLE TURKEY | Honey Wheat
Tangy sliced green apples, Havarti cheese, lettuce, and our famous apple cider vinaigrette dressing on top of our oven roasted turkey breast.

TRIO CLASSIC | 13-Grain
A trio of thinly sliced meats including cured ham, roasted turkey, lean roast beef, with lettuce, Swiss cheese, and our signature sauce.

TURKEY AVOCADO | Honey Wheat
Oven-roasted turkey breast topped with avocado, sprouts, Swiss cheese, lettuce, and our signature sauce. **Cranberry sauce +\$0.49**

CHICKEN BACON RANCH | Sourdough
Chicken salad mixed with ranch dressing, shredded cheese, and bacon, on crisp lettuce.

CAFÉ CLUB | Honey Wheat
Cured ham, oven-roasted turkey breast, crispy bacon, lettuce, and cheddar cheese with our signature sauce.

BLT AVOCADO | Honey Wheat
The ultimate BLT piled high with bacon, lettuce, tomato, Swiss cheese, avocado, sprouts, and our signature sauce.

TURKEY AND SWISS | Honey Wheat
Oven-roasted turkey breast with Swiss cheese, lettuce, and our signature sauce. **Cranberry sauce +\$0.49**

MANHATTAN ROAST BEEF | 13-Grain
Lean roast beef, lettuce, and cream cheese with barbecue sauce.

HAM AND HAVARTI | Sourdough
Cured ham and Havarti cheese with green leaf lettuce and our signature sauce.

ALBACORE TUNA | Sourdough
The best fancy white albacore tuna with Swiss cheese on crisp lettuce.

CASHEW CHICKEN | Sourdough
Tender chicken breast blended with mayonnaise, sweet celery, and onions on lettuce, topped with cashews.

EGG SALAD | Sourdough
Our famous egg salad topped with Swiss cheese and avocado on crisp lettuce.

VEGETARIAN | 13-Grain
Mushrooms, cucumbers, vine-ripened tomatoes, sprouts, roasted red peppers, and avocados on lettuce with cheddar cheese and pesto mayonnaise.

TURKEY BACON JACK | Honey Wheat
Oven-roasted turkey breast topped with bacon, pepper jack cheese, roasted red peppers, lettuce, and chipotle mayonnaise.

TURKEY CRANPEÑO | Honey Wheat
Oven-roasted turkey breast with cucumbers, Swiss cheese, greenleaf lettuce, and jalapeño cranberry jelly.



EMAIL ORDERS BY LOCATION: NOLA@EATWRAPZ.WEBSITE BR@EATWRAPZ.WEBSITE
LAF@EATWRAPZ.WEBSITE ALEX@EATWRAPZ.WEBSITE SHREVEPORT@EATWRAPZ.WEBSITE
 CALL HOME OFFICE: 504-302-4320



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WRAPS

TURKEY BACON RANCH | Wrap

Oven-roasted turkey, Swiss cheese, bacon, tomato, and lettuce with ranch dressing.

SOUTHWEST CHICKEN | Wrap

Grilled chicken breast, corn, black beans, tortilla strips, cheddar cheese, lettuce, and avocado with barbeque ranch dressing.

CHICKEN CAESAR | Wrap

Tender chicken breast, Caesar dressing, romaine lettuce, and parmesan cheese.

BUFFALO CHICKEN | Wrap

Buffalo chicken salad with bleu cheese crumbles and lettuce.



COMBO MEALS \$12.49

1. SANDWICH & SALAD COMBO

Choose any Full Sandwich & a Half Salad. Served with a cookie.

2. SANDWICH & SOUP COMBO

Choose any Full Sandwich & a Cup of Soup
Served with a pickle and a cookie.

3. SALAD & SOUP COMBO

Choose any Half Salad & a Cup of Soup
Comes with 2 slices of bread, cinnamon honey butter, and a cookie.

HOMESTYLE SOUP

Served with our freshly baked bread. Add a bread bowl +\$1.99

BROCCOLI CHEDDAR

OLD FASHIONED CHICKEN NOODLE

AMY'S SPECIAL RECIPE CHILI w/ cheese

BAJA TORTILLA SOUP w/ cheese & chips (In lieu of bread)

CREAMY POTATO

TOMATO BASIL

CUP \$3.99 | BOWL \$5.99 | QUART \$11.99

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SALADS

\$10.99

Your choice of Dressing:

- Signature Ranch
- BBQ Ranch
- Vidalia Onion
- Sesame Ginger
- Poppy Seed
- Caesar
- Bleu Cheese
- Balsamic Vinaigrette
- Apple Cider Vinaigrette
- Fat-Free Raspberry Vinaigrette

Add a: Cookie +\$0.90 • Cheesecake Dessert +\$1.90

All salads are served with freshly baked bread.

APPLE WALNUT | Poppy Seed

Fresh apples, candied walnuts, crumbled bacon, and mozzarella cheese on a crisp bed of salad greens. *Grilled chicken +\$1.99*

MANDARIN CHICKEN | Sesame Ginger

Tender chicken breast, mandarin oranges, and silvered almonds on top of fresh salad greens.

STRAWBERRY GRILLED CHICKEN | Vidalia

Grilled chicken breast, strawberries, and feta cheese make this a sweet and savory favorite.

CRANBERRY BLEU | Poppy Seed

Salad greens topped with tangy cranberries, crumbled bleu cheese, and candied walnuts. *Grilled chicken +\$1.99*

PEAR & GOAT CHEESE

Fresh salad greens topped with sweet pears, goat cheese, and candied walnuts. *Grilled chicken +\$1.99*

CHICKEN CAESAR | Caesar

Grilled chicken breast, garden fresh romaine lettuce, cucumbers, tomatoes, parmesan cheese, and croutons. *Caesar salad w/o chicken, \$8.49*

CLASSIC COBB

Grilled chicken with bacon, hardboiled egg, and bleu cheese crumbles on fresh salad greens.

CHEF SALAD

Oven-roasted turkey, cured ham, and hardboiled egg with jack & cheddar cheese on crisp salad greens.

CASHEW CHICKEN SALAD

Assorted greens topped with cashew chicken salad.

SOUTHWEST CHICKEN | BBQ Ranch

Grilled chicken, corn, black beans, tortilla strips, cheddar cheese, and avocado on top of fresh salad greens.

WALDORF SALAD | Apple Cider Vinaigrette

Tender chicken breast, apples, grapes, dried cranberries, candied walnuts, and feta cheese on top of fresh salad greens.

TUNA SALAD

Assorted greens topped with albacore tuna salad.

GARDEN VEGETABLE | \$8.49

Lettuce greens with garden vegetables.



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BAKERY & SIDES

FRESH BAKED BREADS	\$3.99
<i>Honey Wheat • 13-Grain • Sourdough</i>	
SIDE OF BREAD	\$1.59
CINNAMON HONEY BUTTER 8 oz.	\$3.99
GIANT COOKIE	\$2.99
COOKIE	\$.99
PEANUT BUTTER YUMMY BAR	\$2.99
LEMON BAR	\$2.99
APPLE CRUMB CAKE	\$2.99
SOUR CREAM CRANBERRY BAR	\$2.99
ROCKSLIDE BROWNIE	\$2.99
CHEESECAKE CUP	\$2.99
SALAD DRESSING	\$.99
CHEESE	\$.99
CHIPS	\$.99
AVOCADO	\$.99
BACON	\$.99

BEVERAGES

BOTTLED WATER	\$1.49
SOFT DRINKS	\$1.49
ICED TEA Sweet & Unsweet (Gallon)	\$8.99
LEMONADE (Gallon)	\$8.99
ICED TEA BEVERAGE SERVICE	\$1.00
(optional—includes cups, straws, lemons, sweetener, and ice)	



Minimum Order of 5 Lunches • LARGE EVENTS • ORDER SAME DAY

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