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Crazy Bowls & Wraps

Menu Prices — October 24, 2026

Crazy Bowls & Wraps menu with prices in United States, updated April 2025:
168 items across 15 categories, prices from $1.05 to $42.05.

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Crazy Bowls & Wraps Menu with Prices (United States)

Crazy Bowls & Wraps menu with prices in United States, updated April 2025: 168 items across 15 categories, prices from $1.05 to $42.05. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/crazy-bowls-wraps

Menu categories: Beverages · Starters · Wraps · Regular Bowls · Salads · NEW!!- Family Sized Kits! · Kid's Meals · Sides & Desserts · Gluten Free Entrees · Plant Based Entrees · Vegetarian Entrees · Vegan Entrees · Paleo Entrees · Whole 30 Entrees · Keto Entrees

Beverages

ITEM	PRICE
Regular Craft Drink	**$2.75**
Large Craft Drink	**$3.35**
Regular Fountain Drink	**$2.75**
Large Fountain Drink	**$3.35**
Bottled Soda	**$3.25**
Starbucks Vanilla	**$5.05**
Starbucks Mocha	**$5.05**
Hoppiness Kombucha	**$4.85**
Bottled Aquafina Water	**$2.45**

Starters

ITEM	PRICE
Crispy Chicken Bites Crispy Chicken Bites served with choice of 2 dipping sauces.	**$7.15**
Vegetable Wonton (5ct) Served with Hiyashi	**$6.05**
Black Bean Egg Roll (3ct) This item is served with our house made creamy buffalo sauce.	**$10.25**
Lobster Rangoon (5ct) Serving of 5 with sweet and sour sauce.	**$7.25**
Chicken Tex Mex Egg Roll (3ct) Chicken Tex Mex Egg Roll served with house made creamy buffalo sauce.	**$8.45**
Queso And Chips	**$6.25**
Vegetable Wonton (3ct) Served with Hiyashi	**$3.95**
Black Bean Egg Roll (1ct) This item is served with our house made creamy buffalo sauce.	**$3.95**
Roasted Cauliflower Roasted cauliflower, topped with sun dried tomatoes, feta and gomo shio. Served with gluten free tahini vinaigrette.	**$6.65**
GF Quinoa Falafel Served with a side of Hummus and Tzatziki for dipping.	**$5.45**
Chicken Tex Mex Egg Roll (1ct) Chicken Tex Mex Egg Roll served with house made creamy buffalo sauce.	**$3.05**

ITEM	PRICE
Lobster Rangoon (3ct) Serving of 3 with sweet and sour sauce.	**$4.25**
Tostada Starter (2) Tostadas with bean puree, spicy slaw, feta, pico de gallo, and avocado, topped with your choice of salsas on the sid...	**$9.05**
Garlic Ginger Edamame Steamed edamame topped with gluten free garlic ginger sauce, gomo shio and a lime wedge.	**$5.45**
Salt and Lime Edamame Steamed edamame topped with fresh squeezed lime juice, herb salt and gomo shio and a lime wedge.	**$5.45**
Spicy Edamame Steamed edamame topped with jalapeno cilantro sauce, gomo shio and a lime wedge.	**$5.45**
Teriyaki Edamame Steamed edamame topped with teriyaki sauce, gomo shio and a lime wedge.	**$5.45**
BBQ Quesadilla Grilled Chicken, cheddar, and BBQ Sauce	**$7.55**
Large Crispy Treat Combo	**$4.25**
Reg Crispy Treat Combo	**$3.65**

Wraps

ITEM	PRICE
Tacos Choose up to 3 wrap flavors to mix and match your mini tacos.	**$12.35**
Buffalo Wrap Romaine, cheddar, creamy buffalo sauce, and your choice of side.	**$11.95**
Caesar Wrap Romaine, asiago, caesar dressing, and your choice of side.	**$11.95**
BBQ Wrap Romaine, spicy slaw, cheddar, BBQ sauce, and your choice of side.	**$11.95**
Jerk Wrap Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. Served with beans, and hous...	**$12.65**
Mediterranean Wrap Choice of grain & protein wrapped with romaine, feta, olives, sun dried tomatoes, hummus, tzatziki, olive oil, pepperonc...	**$12.65**
Pesto Wrap Spinach, asiago, red pepper, zucchini, creamy nut-free basil pesto sauce, and your choice of side.	**$12.35**
Power Wrap Beans, romaine, cheddar, corn salsa, avocado, pico de gallo, and your choice of side.	**$12.35**
Teriyaki Wrap Steamed mixed veggies with teriyaki sauce, and your choice of side.	**$11.95**
Thai Wrap Spicy slaw, spinach, gluten-free thai peanut sauce, and your choice of side.	**$11.95**
Lettuce Wraps Served with chips or substitute side for $.99.	**$11.95**

Regular Bowls

ITEM	PRICE

Fajita Bowl **$13.15**
Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, cheddar, avocado, beans, and pepperoncini, and your c...

High Protein Bowl **$11.45**
Steamed mixed veggies, double protein, no grain/base, with your choice of sauce, and your choice of side.

Teriyaki Bowl **$11.95**
Steamed mixed veggies with your choice of regular or spicy teriyaki, and your choice of side.

Stir Fry Bowl **$12.35**
Steamed mixed veggies stir-fried in your choice of sauce, and your choice of side.

Poke Bowl **$15.35**
Fresh tuna mixed with gluten free garlic ginger sauce, onion, tomato, cucumber,topped with avocado and gomo shio on a be...

Sweet and Sour Bowl **$12.35**
Red peppers and onions stir-fried in a sweet and sour sauce, and your choice of side.

Jerk Bowl **$12.65**
Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. Served with beans, and hous...

Mediterranean Bowl **$12.65**
Choice of grain & protein topped with romaine, feta, olives, sun dried tomatoes, hummus, tzatziki, olive oil, pepperonci...

Power Bowl **$12.35**
Romaine, beans, cheddar, avocado, pico de gallo, corn salsa, and your choice of side.

Pesto Bowl **$12.35**
Spinach, red pepper, zucchini, asiago, stir-fried in a creamy nut-free basil pesto, and your choice of side.

Thai Bowl **$11.95**
Steamed mixed veggies, gluten-free thai peanut sauce, and your choice of side.

Buffalo Bowl **$11.95**
Choice of grain & protein topped with romaine, cheddar, creamy buffalo sauce, and your choice of side.

Caesar Bowl **$11.95**
Choice of grain & protein topped with romaine, asiago, caesar, and your choice of side.

BBQ Bowl **$11.95**
Choice of grain & protein topped with romaine, spicy slaw, cheddar, BBQ sauce, and your choice of side.

Bean and Veggie Bowl **$11.95**
Beans, steamed mixed veggies, and your choice of side.

Salads

ITEM	PRICE
Multigrain Quinoa Salad Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, gomo shio, with gluten-free tahini v...	**$11.45**
Santa Fe Salad Mixed greens, corn salsa, pico de gallo, tortilla strips*, cheddar, avocado, with tomato ranch dressing. *item is vegan...	**$11.45**
Tossed Kale and Quinoa Salad Chopped kale, quinoa, feta, sundried tomato, garbanzo beans, pepperoncini, red onion, Kalamata olives with gluten-free t...	**$11.95**

NEW!!- Family Sized Kits!

ITEM	PRICE
Taco Kit Build your own taco kit with choice of protein and salsa. Includes 12 tortilla shells, beans, shredded lettuce, cheddar...	**$42.05**

Kid's Meals

ITEM	PRICE

Kid's Cheese Quesadilla	**$8.35**
Kid's Chicken Bowl	**$9.55**
Kid's Crunchy Chicken Meal	**$9.55**
Kid's Chicken Wrap	**$9.55**

Sides & Desserts

ITEM	PRICE
Side Of Queso	**$1.85**
Side Chips	**$1.05**
Fruit Cup Assorted variety of fresh fruit.	**$1.85**
Side Of Beans and Cauliflower Rice	**$1.85**
Side Of Beans and Brown Rice	**$1.85**
Side Of Beans and Jasmine Rice	**$1.85**
Side Of Slaw	**$1.85**
Side Of Steamed Broccoli and Herbs	**$1.85**
Side Of Steamed Mixed Veggie and Herbs	**$1.85**
Side Of Carrots and Ranch	**$1.85**
Side Of Brown Rice	**$2.25**
Side Of Jasmine Rice	**$2.25**
Side Of Cauliflower Rice	**$3.05**
Side Of Quinoa	**$3.05**
Side Flour Tort	**$1.25**
Side Wheat Tort	**$1.25**
Side Tomato Tort	**$1.25**
Side Of Beans	**$1.85**
Side Of Steamed Carrots and Herbs	**$1.85**
Chocolate Crazy Crispy Treat	**$1.25**
Regular Crazy Crispy Treat	**$1.25**

Gluten Free Entrees

ITEM	PRICE
Gluten-Free BBQ Wrap No tortilla Romaine, spicy slaw, BBQ sauce, and your choice of side. (*chips.) *item is gluten-free but are fried with i...	**$11.95**
Gluten-Free Bean and Veggie Bowl Beans, steamed mixed veggies, and your choice of side. (*chips.) *item is gluten-free but are fried with items that are...	**$11.95**
Gluten-Free Caesar Wrap No tortilla Romaine, spicy slaw, BBQ sauce, and your choice of side. (*chips.) *item is gluten-free but are fried with i...	**$11.95**

ITEM	PRICE
Gluten-Free Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, cheddar, avocado, beans, and pepperoncini; served wit...	**$13.15**
Gluten-Free High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of gluten free sauce: thai peanut sauce, garlic g...	**$11.45**
Gluten-Free Kale and Quinoa Salad Chopped kale, quinoa, feta, sundried tomato, garbanzo beans, pepperoncini, red onion, Kalamata olives with gluten-free t...	**$11.95**
Gluten-Free Multigrain Quinoa Salad Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, gomo shio, with gluten free tahini v...	**$11.45**
Gluten-Free Pesto Bowl Spinach, red pepper, zucchini, asiago, stir-fried in a creamy nut-free basil pesto, and your choice of side. (*chips.) *...	**$12.35**
Gluten-Free Poke Bowl Fresh tuna mixed with gluten free garlic ginger sauce, onion, tomato, cucumber,topped with avocado and gomo shio on a be...	**$15.35**
Gluten-Free Power Bowl Romaine, beans, cheddar, avocado, pico de gallo, corn salsa., and your choice of side. (*chips.) *item is gluten-free bu...	**$12.35**
Gluten-Free Santa Fe Salad Mixed greens, corn salsa, pico de gallo, *tortilla strips, cheddar, avocado, with tomato ranch dressing. Served with a s...	**$11.45**
Gluten-Free Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of sauce: thai peanut sauce, garlic ginger, sweet and sour, pesto, jalap...	**$12.35**
Gluten-Free Sweet and Sour Bowl Red peppers and onions stir fried in a sweet and sour sauce, and your choice of side. (*chips.) *item is gluten-free but...	**$12.35**
Gluten-Free Thai Wrap No tortilla Spicy slaw, spinach, gluten free thai peanut sauce, and your choice of side. (*chips.) *item is gluten-free...	**$11.95**
Gluten-Free Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. Served with beans, and hous...	**$12.65**
Gluten-Free Mediterranean Bowl Choice of grain & protein topped with romaine, feta, olives, sun dried tomatoes, hummus, tzatziki, olive oil, pepperonci...	**$12.65**
Gluten-Free Thai Bowl Steamed mixed veggies, gluten free thai peanut sauce, and your choice of side. (*chips.) *item is gluten-free but are fr...	**$11.95**

Plant Based Entrees

ITEM	PRICE
Plant Based Bean and Veggie Bowl Beans, steamed mixed veggies, and your choice of side.	**$11.95**
Plant Based Quesadilla With Dairy Free Cheese	**$7.55**
Plant Based Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, avocado, beans, and pepperoncini, and your choice of...	**$13.15**
Plant Based High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of *sauces: olive oil and herb, hiyashi, teriyak...	**$11.45**
Plant Based Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. Served with beans, and hous...	**$12.65**
Plant Based Mediterranean Bowl Choice of grain and protein topped with romaine, olives, sun dried tomatoes, hummus, olive oil, pepperoncini, cucumbers...	**$12.65**
Plant Based Multigrain Quinoa Salad Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, gomo shio, with jalapeno cilantro vinaigre...	**$11.45**
Plant Based Power Bowl Romaine, beans, avocado, pico de gallo, corn salsa, and your choice of side.	**$12.35**

ITEM	PRICE
Plant Based Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of vegan *sauces: olive oil and herb, hiyashi, teriyaki, spicy teriyaki,...	**$12.35**

Vegetarian Entrees

ITEM	PRICE
Vegetarian BBQ Wrap Romaine, spicy slaw, cheddar, BBQ sauce, and your choice of side.	**$11.95**
Vegetarian Bean and Veggie Bowl Beans, steamed mixed veggies, and your choice of side.	**$11.95**
Vegetarian Caesar Wrap Romaine, asiago, caesar dressing, and your choice of side.	**$11.95**
Vegetarian Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño-cilantro sauce, cheddar, avocado, beans, and pepperoncini, and your c...	**$13.15**
Vegetarian High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of sauce, and your choice of side.	**$11.45**
Vegetarian Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. served with beans, and hous...	**$12.65**
Vegetarian Jerk Wrap Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. served with beans, and hous...	**$12.65**
Vegetarian Kale and Quinoa Salad Feta, Olives, Garbanzo Beans, Sundried Tomatoes, Pepperoncini, Kale, Gluten-Free Tahini Vinaigrette, Quinoa	**$11.95**
Vegetarian Mediterranean Bowl Choice of grain & protein topped with romaine, feta, olives, sun dried tomatoes, hummus, tzatziki, olive oil, pepperonci...	**$12.65**
Vegetarian Mediterranean Wrap Choice of grain & protein wrapped with romaine, feta, olives, sun dried tomatoes, hummus, tzatziki, olive oil, pepperonc...	**$12.65**
Vegetarian Multigrain Quinoa Salad Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, gomo shio, with gluten free tahini v...	**$11.45**
Vegetarian Pesto Bowl Spinach, red pepper, zucchini, asiago, stir-fried in a creamy nut-free basil pesto, and your choice of side.	**$12.35**
Vegetarian Power Bowl Romaine, beans, cheddar, avocado, pico de gallo, corn salsa, and your choice of side.	**$12.35**
Vegetarian Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of sauce, and your choice of side.	**$12.35**
Vegetarian Sweet and Sour Bowl Red peppers and onions stir-fried in a sweet and sour sauce, and your choice of side.	**$12.35**
Vegetarian Thai Bowl Steamed mixed veggies, gluten free thai peanut sauce, and your choice of side.	**$11.95**
Vegetarian Thai Wrap Spicy slaw, spinach, gluten free thai peanut sauce, and your choice of side.	**$11.95**
Vegetarian Santa Fe Salad Mixed greens, corn salsa, pico de gallo, tortilla strips, cheddar, avocado, with tomato ranch dressing.	**$11.45**

Vegan Entrees

ITEM	PRICE
Vegan BBQ Wrap Romaine, spicy slaw*, BBQ sauce, and your choice of side. (*chips.) *item is vegan but are fried with items that are not...	**$11.95**

ITEM	PRICE
Vegan Cheese Quesadilla	**$7.55**
Vegan Bean and Veggie Bowl Beans, steamed mixed veggies, and your choice of side. (*chips.) *item is vegan but are fried with items that are not.	**$11.95**
Vegan Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, avocado, beans, and pepperoncini, and your choice of...	**$13.15**
Vegan High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of vegan sauces: olive oil and herb, teriyaki, sp...	**$11.45**
Vegan Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. served with beans, and hous...	**$12.65**
Vegan Jerk Wrap Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. Served with beans, and hous...	**$12.65**
Vegan Kale and Quinoa Salad Chopped kale, quinoa, sundried tomato, garbanzo beans, pepperoncini, red onion, Kalamata olives with jalapeno cilantro v...	**$11.95**
Vegan Mediterranean Bowl Choice of grain and protein topped with romaine, olives, sun dried tomatoes, hummus, olive oil, pepperoncini, cucumbers...	**$12.65**
Vegan Mediterranean Wrap Choice of grain and protein topped with romaine, olives, sun dried tomatoes, hummus, olive oil, pepperoncini, cucumbers...	**$12.65**
Vegan Multigrain Quinoa Salad Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, gomo shio, with jalapeno cilantro vinaigre...	**$11.45**
Vegan Power Bowl Romaine, beans, avocado, pico de gallo, corn salsa, and your choice of side. (*chips.) *item is vegan but are fried with...	**$12.35**
Vegan Santa Fe Salad Mixed greens, corn salsa, pico de gallo, tortilla strips*, avocado, with jalapeno cilantro vinaigrette (made with honey)...	**$11.45**
Vegan Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of vegan sauces: olive oil and herb, teriyaki, spicy teriyaki, gluten fr...	**$12.35**
Vegan Sweet and Sour Bowl Red peppers and onions stir-fried in a sweet and sour sauce, and your choice of side. (*chips.) *item is vegan but are f...	**$12.35**

Paleo Entrees

ITEM	PRICE
Paleo Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, avocado,and pepperoncini, and your choice of side.	**$13.15**
Paleo High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of sauce: jalapeno cilantro or olive oil and herb...	**$11.45**
Paleo Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base topped with spicy slaw, and...	**$12.65**
Paleo Mediterranean Bowl Choice of grain & protein topped with romaine, olives, sun dried tomatoes, olive oil, pepperoncini, cucumbers and herb s...	**$12.65**
Paleo Poke Bowl Fresh tuna mixed with onion, tomato, cucumber,topped with avocado and gomo shio on a bed of shredded romaine. Served wit...	**$15.35**
Paleo Power Bowl Romaine, avocado, pico de gallo, and your choice of side.	**$12.35**
Paleo Santa Fe Salad Mixed greens, corn salsa, pico de gallo, avocado, with jalapeno cilantro vinaigrette.	**$11.45**
Paleo Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of sauce: jalapeno cilantro or olive oil and herb, and your choice of si...	**$12.35**

Whole 30 Entrees

ITEM	PRICE
Whole 30 Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, avocado,and pepperoncini, and your choice of side.	**$13.15**
Whole 30 High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of sauce: jalapeno cilantro or olive oil and herb...	**$11.45**
Whole 30 Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base topped with spicy slaw, and...	**$12.65**
Whole 30 Mediterranean Bowl Choice of grain & protein topped with romaine, olives, sun dried tomatoes, olive oil, pepperoncini, cucumbers and herb s...	**$12.65**
Whole 30 Poke Bowl Fresh tuna mixed with onion, tomato, cucumber,topped with avocado and gomo shio on a bed of shredded romaine. Served wit...	**$15.35**
Whole 30 Power Bowl Romaine, avocado, pico de gallo, and your choice of side.	**$12.35**
Whole 30 Santa Fe Salad Mixed greens, corn salsa, pico de gallo, avocado, with jalapeno cilantro vinaigrette.	**$11.45**
Whole 30 Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of sauce: jalapeno cilantro or olive oil and herb, and your choice of si...	**$12.35**

Keto Entrees

ITEM	PRICE
Keto Fajita Bowl Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, cheddar, avocado, and pepperoncini, and your choice o...	**$13.15**
Keto High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of sauce: jalapeno cilantro or olive oil and herb...	**$11.45**
Keto Jerk Bowl Choice of protein mixed with cucumber, pico, lime and jerk rub on your choice of grain/base. Served with a house made sp...	**$12.65**
Keto Mediterranean Bowl Choice of grain and protein topped with romaine, feta, olives, sun dried tomatoes, tzatziki, olive oil, pepperoncini, cu...	**$12.65**
Keto Pesto Bowl Spinach, red pepper, zucchini, asiago, stir-fried in a creamy nut-free basil pesto, and your choice of side.	**$12.35**
Keto Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of sauce: jalapeno cilantro or olive oil and herb, and your choice of si...	**$12.35**
Keto Poke Bowl Fresh tuna mixed with, onion, tomato, cucumber,topped with avocado and gomo shio on a bed of shredded romaine. Served wi...	**$15.35**
Keto Power Bowl Romaine, cheddar, avocado, pico de gallo, corn salsa, and your choice of side.	**$12.35**
Keto Santa Fe Salad Mixed greens, corn salsa, pico de gallo, tortilla strips, cheddar, avocado, with tomato ranch dressing.	**$11.45**