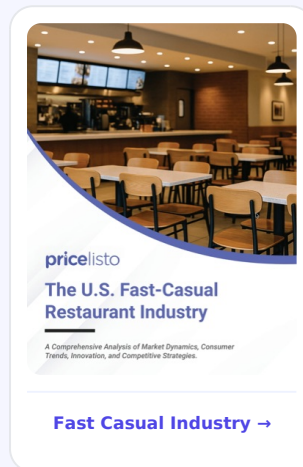




Crazy Bowls & Wraps

Menu Prices — September 9, 2026

Restaurant & Food Industry Reports



[Competitor Price Intelligence →](#)

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
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

ITEM	PRICE
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 Red pepper, zucchini, diced tomato, lime, jalapeño cilantro sauce, cheddar, avocado, beans, and pepperoncini, and your c...	\$13.15
High Protein Bowl Steamed mixed veggies, double protein, no grain/base, with your choice of sauce, and your choice of side.	\$11.45
Teriyaki Bowl Steamed mixed veggies with your choice of regular or spicy teriyaki, and your choice of side.	\$11.95
Stir Fry Bowl Steamed mixed veggies stir-fried in your choice of sauce, and your choice of side.	\$12.35

ITEM	PRICE
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
Sweet and Sour Bowl Red peppers and onions stir-fried in a sweet and sour sauce, and your choice of side.	\$12.35
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
Mediterranean Bowl Choice of grain & protein topped with romaine, feta, olives, sun dried tomatoes, hummus, tzatziki, olive oil, pepperonci...	\$12.65
Power Bowl Romaine, beans, cheddar, avocado, pico de gallo, corn salsa, and your choice of side.	\$12.35
Pesto Bowl Spinach, red pepper, zucchini, asiago, stir-fried in a creamy nut-free basil pesto, and your choice of side.	\$12.35
Thai Bowl Steamed mixed veggies, gluten-free thai peanut sauce, and your choice of side.	\$11.95
Buffalo Bowl Choice of grain & protein topped with romaine, cheddar, creamy buffalo sauce, and your choice of side.	\$11.95
Caesar Bowl Choice of grain & protein topped with romaine, asiago, caesar, and your choice of side.	\$11.95
BBQ Bowl Choice of grain & protein topped with romaine, spicy slaw, cheddar, BBQ sauce, and your choice of side.	\$11.95
Bean and Veggie Bowl Beans, steamed mixed veggies, and your choice of side.	\$11.95

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
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

ITEM	PRICE
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
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
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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
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

ITEM	PRICE
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

ITEM	PRICE
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