

## SALADS

### ***Caesar Salad.....***

mounds of romaine lettuce, tomato  
red onion, cucumber grated parm  
croutons, creamy caesar dressing.

### ***Greek Salad.....***

chunky cucumber, tomato, red onion  
kalamata olives and feta cheese perfumed  
with olive oil and balsamic vinegar.

*Homemade soups made fresh daily, served with a warm tortilla.*

## **SOUP AND WRAP COMBO**

*cup of soup plus any large wrap.*

## **KIDS WRAPS**

*teenie - weenie - beenie.....*

chicken, steak or tofu with beans, rice, cheese, bundled up in a small flour tortilla.

*jelly belly.....*

peanut butter and jelly with bananas swaddled up in a flour tortilla.

## **SIDES or EXTRA**

rice, beans, couscous, cheese.....add \$1.00

balsamic tomato salsa or salsa cruda, broccoli and caramelized onions,  
caesar dressing, peanut sauce, hummus,

garlic yoghurt sauce.....add \$1.25

avocado or pineapple..... add \$1.50

## **EXTRA MEAT**

chicken or steak.....add \$1.75

fish.....add \$1.50

tofu..... add \$1.00beverages

*assortment of juices, sodas, teas, & smoothies available.*

## **BREAKFAST WRAP available from early opening - 10 am**

eggs, black beans, shredded cheese, fresh salsa cruda, cajun home fries.

Includes a small coffee.

**(Best deal in Town!)**

### ***Garden Salad.....***

greens, tomato, red onions, cukes,  
topped with house vinaigrette.



# **BAY WRAP**

20 Beaver Street

Belfast Maine 04915

207.338.9757

[www.baywrap.com](http://www.baywrap.com)

In the last 10,000 years flatbread has been a staple in many cultures.  
Survival lead to healthy, quick and above all portable meals.

At Bay Wrap we understand that you don't always have time for a sit  
down meal, but we know you don't have to sacrifice body and budget  
either.

WRAPS are multicultural high quality meals. We hope you love this  
healthy approach to fast food as much as we love providing it.

Fall / Winter

Hours

Monday - Saturday      Open 7:30 am

**CLOSED SUNDAY**

*January - Spring.. "we open later - close early & closed on weekends"*

## **GOURMET WRAPS** choice of grilled chicken, steak, salmon or tofu

### ***Teriyaki with no saki.....***

choice of meat or fish, jasmine rice, broccoli & caramelized onions, fresh pineapple, teriyaki sauce wrapped in a flour tortilla.

### ***A'yuh..it's bah BQ.....***

choice of meat, smothered in our house BBQ sauce, jasmine rice, cucumber, carrots, spiced up in a flour tortilla.

### ***Mr. Potato Head.....***

choice of meat, cajun home fries, roasted red peppers, scallions topped with sour cream wrapped in a flour tortilla.

### ***Jimi the Greek.....***

choice of meat, jasmine rice, broccoli and caramelized onions, chili sauce, garlic yoghurt sauce wrapped in a flour tortilla.

### ***Carnitas Way.....***

pulled pork smothered in a Spicy green chili sauce, rice, black beans, tomato and scallions wrapped in a flour tortilla.

### ***Stir Crazy.....***

Veggie Stir-fry, add a choice of any meat or fish, jasmine rice, wrapped in a wheat tortilla.

### ***To Thai For.....***

grilled chicken, in a thai red curry peanut sauce, jasmine rice, carrots, sprouts, cucumber, scallions, fresh cilantro, thaid up in a flour tortilla.

### ***Da Big Juan.....***

choice of meat, black beans, jasmine rice, sour cream, cheese, greens, fresh salsa cruda, bulging in a flour tortilla.

### ***Yeh Mon!.....***

choice of meat, jerk seasoning, jasmine rice, scallions, garlic yoghurt sauce, roasted red peppers, fresh mango, cilantro, wrapped in a tomato tortilla.

### ***The Mexican.....***

choice of meat, chipotle spiced tomato sauce, jasmine rice, topped with fresh avocado, wrapped in a flour tortilla from this side of the border.

### ***The Philly.....***

angus shaved steak, with a saute of onions, peppers, & mushrooms, jasmine rice, topped with cheese, wrapped in a flour tortilla.

### ***The Grinder.....***

seasoned ground beef, jasmine rice, sour cream, cheese, fresh salsa cruda, wrapped in a flour tortilla.

## ***Me a my a Wrapalaya***

chicken & sausage jambalaya, seasoned with cajun spice, rice and fresh scallions wrapped in a tomato tortilla.

## **VEGETARIAN WRAPS** choice of tofu or chicken

### ***Gonzo for Garbanzo***

home made baked falafel, bed of greens, garlic yoghurt sauce, tahini with cucumber, tomato and sprouts wrapped in a whole wheat tortilla.

### ***Texans Nightmare.....***

vegetarian chili with eggplant, tomato, onions, garlic, textured vegetable protein, red kidney beans, shredded cheese, jasmine rice, roaming in a flour tortilla.

### ***HerBig Caesar.....***

choice of protein, romaine lettuce, red onions, tomato, cucumber, creamy caesar dressing, shredded parmesan cheese and croutons, wrapped in a tomato tortilla.

### ***Eggplant Pamiwrap***

egg batter fried eggplant, herb tomato sauce with orzo pasta, topped off with fresh tomato, drizzled with olive oil and balsamic vinegar, wrapped in a tomato tortilla.

## **FISH WRAPS**

### ***Samurai Salmon.....***

smoked salmon, nori, sprouts, cucumber, sesame seeds, avocado, scallions, and jasmine rice, with a soy - wasabi vinaigrette living harmoniously in a spinach tortilla.

### ***Oh my COD!!.....***

seasoned Cod, chipotle mayo, jasmine rice, salsa cruda, cabbage, cilantro scallions, avocado wrapped in flour tortilla.

### ***Duck- trapped***

smoked salmon, mustard dill sauce, fresh greens, cucumber, topped with a caper dill egg salad wrapped in a spinach tortilla.

## **HUB COFFEE HOUSE**

***Full espresso bar, baked goods, smoothies, fresh lemonade.***

Please call for current prices.

All Bay Wrap Selections subject to Maine State Tax.