Sides

Sautéed Broccoli - $4.95
Sautéed Spinach - $4.95
Brown Rice - $3.50
Teriyaki Rice - $4.95
Sweet Potato Fries - $3.95
Grilled Veggies - $4.95
Hummus Dip - $3.95
Turkey Chili - Sm. $7.95
Turkey Chili - Lg. $10.95 (served over rice)

Our Specialty Juice Cocktails

12oz. - $4.45, 16oz. - $4.95
Squeaky Green - Carrots, celery, spinach and parsley.
Stress Buster - Spinach, cucumber and tomato.
Ginger Zinger - Carrot, honey and fresh ginger root.
Tart and Tangy - Pink grapefruit, carrots, apples and orange juice.
Live Wire - Orange, apple, pear and honey.
Detox Green Machine - Spinach, celery, parsley, apples and pear.
The Cab - Carrots, apple, beets

Meal Replacement-Protein Shakes

32oz. - $5.95

Muscle Milk, All Whey, Lean Body, Isopure Zero-Carb
Add Peanut Butter $1.00
Add Fruit: $1.00 - Strawberries, Raspberries/Blueberries, Bananas
Add Whole or Skim Milk - $2.00
Soy or Almond Milk - $2.00
Add Supplements: $1.00 - Creatine, Ginseng, Glutamine, Ginkgo Biloba, Flaxseed, Echinacea, Vitamin C, Spirulina

Chips with Salsa - $3.95
Chips with Guacamole - $4.95
French Fries - $3.95
Roasted Corn - $4.95
Steamed Veggies - $4.95
Chicken Kebobs - $3.95
Teriyaki Chicken or Beef - $4.25
Macho Nacho - $10.95 (turkey chili served over chips with cheese)

Desserts

Chocolate Peanut Butter Oatmeal - $4.95
Oreo Oatmeal - $5.45
Regular Oatmeal - $4.45
Rice Pudding - $3.50
Protein Pudding - Your choice of Vanilla or Chocolate - $3.95
Fruit Granola Parfait - $3.95

Waves Sandwiches

163-12 Cross Bay Blvd., Howard Beach, NY 11414
Monday - Friday 10:30am - 9:00pm
Saturday 10:30am - 9:00pm
Sunday 11:00am - 8:00pm

Tel: 718.322.WRAP (9727)
Fax: 718.322.3838

www.mmmthatsawrap.com

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VEGETARIAN BURRITO - A fresh mix of diced zucchini, mushrooms, roasted peppers, carrots, brown rice and black beans with melted jack and cheddar cheese. - $10.45

NEW! CHICKEN PHILLY - Strips of chicken, peppers and onions and all the fixin's all wrapped up. - $8.95

NEW! CHICKEN CAESAR WRAP - Our delicious chicken Caesar salad with our famous sun-dried tomato dressing. - $10.45

CHICKEN FAJITA - Grilled chicken with salsa, caramelized onions, bell peppers, cheese and rice. - $9.45

CHICKEN MEDITERRANEAN - Lemon grilled chicken, feta cheese, sautéed spinach & olive tapenade - $9.45

TUNA MELT - Tuna salad, American cheese, lettuce & tomatoes - $10.45

BEEF MEXICAN - Thinly sliced roast beef, grilled portobello, roasted red peppers with our roasted garlic spread - $9.95

THE GARDEN - Roasted eggplant, grilled zucchini, roasted peppers, portobello mushrooms, light Italian dressing and provolone - $9.45

TURKEY MELT - Turkey, bacon, lettuce, tomatoes and American cheese with our dijon mustard - $9.45

TURKEY BURGER - Grilled turkey burger, leaf lettuce, plum tomatoes, smoked mozzarella & ketchup - $8.95

TURKISH BISTRO - Fresh hot flank steak, sautéed onions, American cheese with our zesty bistro sauce - $9.95

PORTOBELLO BURGER - Roasted portobello mushroom, tomato, lettuce, tomatoes, red onion, avocado, jack cheese and lettuce - $9.45

BISON BURGER - oz. Beef with lettuce and tomato - $10.45

SALMON STEAK BURGER - Grilled salmon, caramelized onions & Romaine lettuce - $10.45

VEGGIE BURGER - oz. veggie burger with Romaine lettuce & tomato - $9.45

NEW! CAPRI - Breaded eggplant with roasted peppers, fresh mozzarella, spinach leaves & a pesto basamic glaze $10.45

SALAD

9. CHICKEN CAESAR SALAD - Homemade chicken Caesar salad with all the Fixin's - $10.95

8. SPINACH & CHICKEN - Grilled chicken, spinach, tomatoes, croutons & balsamic dressing $9.95

7. TURKEY MELT - Turkey, turkey bacon, lettuce, tomatoes and American cheese with our zesty bistro sauce - $9.95

4. TUNA MELT - Tuna salad, American cheese, lettuce & tomatoes - $10.45

3. SHRIMP with Monterey Jack & Cheddar ..............$11.95

1. CHICKEN with Monterey Jack & Cheddar.............$10.95

Add Guacamole to any Panini - add $2.49

PANINI OR SALAD

Add Chicken to any Salad - add $3.45

Add Guacamole to any Salad - add $2.49

FREE SIDE WITH ANY PURCHASE OF $20 OR MORE (UP TO $6.00 VALUE)

FREE SIDE WITH ANY WRAP, PANINI, SALAD OR QUESADILLA

1/2 OFF WRAP BUY 2 WRAPS GET 3RD 1/2 OFF (MUST BE OF EQUAL OR LESSER VALUE)

1/2 OFF SMOOTHIES OR SOUPS BUY ANY WRAP, PANINI OR SALAD AND GET ANY SMOOTHIE OR CUPPING FOR 1/2 OFF

$1.00 OFF ANY WRAP, PANINI, SALAD OR QUESADILLA - THAT'S $1.00 VALUE

1/2 OFF WRAP OR SALADS

prices subject to change without notice

1/2 OFF WRAP OR SOUPS

1/2 OFF QUESADILLAS

MONDAY SPECIAL

CATCH OF THE DAY WRAP - Shrimp Teriyaki with grilled portobello, roasted red peppers, carrots, brown rice and black beans with jack and cheddar cheese. - $11.95

3. STREET CORN - Grilled corn on the cob with Monterey Jack & Cheddar $8.95

8. SPINACH & CHICKEN - Grilled chicken, spinach, tomatoes, croutons & balsamic dressing $9.95

9. CHICKEN FIESTA - Sautéed peppers & onions, served with Monterey Jack & Cheddar $11.95

Create Your Own Salad

Choose your Base Salad: Mixed greens, romaine, or spinach

small $4.95, large $5.95

Extras:

.50¢ each

Chinese Noodles, Celery, Cucumbers, Broccoli, Shredded Carrots, Sliced Mushrooms, Sliced Red Onions, Sliced Peppers, Chic Peas, Cherry Tomatoes, Croutons .75¢ each

Corn, Roasted Cheese, Black/Green Olives, Toasted Walnuts, Bacon Bits, Hard Boiled Eggs, Romano Cheese, Shredded Jack, Cheddar Cheese, Roasted Peppers, Beets, Mandarin Orange Slices $2.00 each

Sun-Dried Tomatoes, Artichoke Hearts, Avocado, Portobello Mushrooms $3.45 each

Fresh Mozzarella, Grilled Chicken, Fresh Turkey $5.00 each

Grilled Shrimp, Steak, Albacore Tuna Salad $6.00 each

Grilled Salmon


(All Additional Dressings .50¢)

Sizzling Quesadillas

Deluxe Quesadillas with French Fries - add $2.79

Add Guacamole to any Quesadilla - add $2.49

A Crispy Half Moon Tortilla Filled With:

4. CHICKEN, BROCCOLI

3. SHRIMP with Monterey Jack & Cheddar ..............$11.95

1. CHICKEN with Monterey Jack & Cheddar.............$10.95

Add Guacamole to any Quesadilla - add $2.49

DELUXE PANINI WITH FRENCH FRIES - add $2.79

Add Guacamole to any Panini - add $2.49

1. MOZZARELLA & TOMATO - Fresh mozzarella, tomato, basil & sun-dried tomato spread - $9.45

2. CHICKEN FAJITA - Grilled chicken with salsa, caramelized onions, bell peppers, cheese and rice - $9.45

3. NEW! VEGETARIAN BURRITO - A fresh mix of diced zucchini, mushrooms, roasted peppers, carrots, brown rice and black beans with melted jack and cheddar cheese. - $9.45

Our Specialty Wraps

These wraps were especially designed for you so that you would fall in love with each and every one of them, as did we while in the process of creating them.

*Choose one of the following tortilla wraps to complete your masterpiece: Garlic & Herb, Sun-Dried Tomato, Spinach, Whole Wheat or Plain Flour.