

## ORGANIC ALTERRA COFFEE

	Sm. 12oz.	Lg. 16oz.
Coffee (Hot or Iced)	\$1.35	\$1.55
<b>Espresso Drinks</b>	<b>single shot</b>	<b>double shot</b>
Espresso	\$1.50	\$2.00
Cappuccino	2.25	2.75
Latte	2.50	3.00
Mocha	2.75	3.25
Hot Chocolate	2.00	2.50
Steamer	1.50	2.00
Hot Tea	1.25	—
Add flavor		\$0.50
Organic milk		.50
Soy milk		.50
Extra shot espresso		.50
Coffee refills		.50
Coffee Float	\$2.35	\$2.55
Espresso Shake	3.25	3.75

*Available Seasonally*

## BEVERAGES

<b>Authentic Masala Chai</b>	<b>\$3.00</b>	<b>\$3.50</b>
Made with organic milk and sweetened with real maple syrup		
<b>Fresh Fruit Smoothies</b>	<b>3.00</b>	<b>3.95</b>
Orange juice, bananas, and organic strawberries <i>Other fruits available seasonally</i>		
Orange Juice		\$1.50
Milk		1.00
Bottled Water		1.00
Blue Sky Soda		1.50
Orange Divine, Root Beer, New Century Cola, Grape, Lemon Lime & Dr. Becker		
Tazo Iced Teas		2.00
Beer		3.00

## BREAKFAST BURRITOS

*Served All Day*

Choice of Tortilla: Spinach, Honey Wheat, Tomato, or White	
Made with seasoned organic potatoes, 2 eggs, sharp cheddar cheese, onions, Screamin' Mimi's salsa, and Organic Valley sour cream	\$4.50
<b>The Denver</b>	<b>6.50</b>
3 eggs, ham, onions, mushrooms, tomato, green pepper, and sharp cheddar cheese	
<b>The Fiesta</b>	<b>6.50</b>
Organic black beans, 2 eggs, sharp cheddar cheese, onions, salsa, sour cream, and avocado (cilantro & jalapenos optional)	
<b>The Greek</b>	<b>6.50</b>
3 eggs, bacon, spinach, tomato, red onion, and feta cheese	
<b>Add:</b>	
Nueske's bacon	\$1.50
Nueske's Ham	1.50
Johnsonville sausage links	1.50
Taco meat	1.50
Veggies	1.00
Onions, mushrooms, & green peppers	
Steak	2.00
Organic eggs	.60
<i>Our tortillas are made with organic wheat flour, over 90% organic ingredients and free of preservatives.</i>	

## KID'S MENU

<b>Mini BB</b>	<b>3.00</b>
1 egg, cheese, and choice of ham, sausage, or bacon	
<b>Mini Ham &amp; Cheese Quesadilla</b>	<b>3.00</b>
<b>Mini Chicken &amp; Cheese Quesadilla</b>	<b>3.00</b>
<b>Mini Peanut butter, banana and honey Quesadilla</b>	<b>3.00</b>
<b>1 Taco</b>	<b>3.00</b>
choice of chicken or beef and cheese	

## LUNCH WRAPS

*Starts at 11:00*

Choice of Tortilla: Spinach, Honey Wheat, Tomato, or White	
<b>Add a Side of Chips and Salsa</b>	<b>\$1.50</b>
<b>B.L.A.T.</b>	<b>6.50</b>
Nueske's Bacon, romaine Lettuce, Avacado, Tomato & mayo	
<b>Garden Goddess</b>	<b>5.50</b>
Romaine lettuce, tomatoes, baby bella mushrooms, cucumbers, carrots, green pepper, and Goddess dressing	
<b>Greek Salad</b>	<b>5.75</b>
Romaine lettuce, tomatoes, cucumbers, red onions, green peppers, calamata olives, & feta cheese with a greek vinaigrette	
<b>Chicken Caesar</b>	<b>5.75</b>
All natural chicken, romaine lettuce, grated parmasan cheese & caesar dressing	
add bacon:	1.50
<b>Tuna Salad</b>	<b>5.50</b>
Jazzed up tuna fish and romaine lettuce	
<b>Sauteed Veggies</b>	<b>5.50</b>
Jasmine rice & sauteed onions, baby bella mushrooms, broccoli, zucchini, & carrots	
<b>Teriyaki Chicken Stir Fry</b>	<b>6.50</b>
Jasmine rice, all natural chicken, & veggies with a teriyaki sauce	
<b>Teriyaki Steak</b>	<b>7.00</b>
<b>Huli Huli Chicken</b>	<b>6.50</b>
Jasmine rice & all natural chicken with pineapple and green onion in a sweet Hawaiiin sauce	
<b>Huli Huli Steak</b>	<b>7.00</b>
<b>Taco Salad</b>	<b>6.75</b>
Romaine lettuce, organic black beans, taco meat, sharp cheddar cheese, onions, salsa, Organic Valley sour cream and crushed organic blue corn chips	
add avocado:	1.00
<b>Loaded Burrito</b>	<b>5.75</b>
Brown rice, seasoned black beans, sharp cheddar cheese, onions, Screamin' Mimi's salsa, Organic Valley sour cream, and romaine lettuce	
<b>Loaded Chicken</b>	<b>6.75</b>
<b>Loaded Taco Meat</b>	<b>6.75</b>
<b>Loaded Steak</b>	<b>7.25</b>

## TACOS AND QUESADILLAS

2 Tacos	\$6.50
Seasoned organic ground beef, sharp cheddar cheese, onions, Screamin' Mimi's salsa, Organic Valley sour cream, & lettuce, with choice of white, chipotle or honey wheat tortilla	
Chicken Tacos	6.50
Steak Tacos	6.95
Cheese Quesadilla	4.95
With onions, salsa, and sour cream	
Black Bean and Cheese Quesadilla	5.25
Chicken Quesadilla	5.95
Taco Meat Quesadilla	5.95
Steak Quesadilla	6.50

## SOUPS AND CHILI

Seasonal - Changes Daily

	cup	bowl
Chicken Noodle Soup	\$2.50	\$3.50
All natural chicken, carrots, celery, onions, potatoes, and egg noodles in an organic chicken broth		
Organic Chili	3.50	4.50
Organic ground beef, organic kidney & pinto beans, & organic tomatoes, seasoned with organic spices		

## XTRAS

bacon	\$1.50	steak	\$1.50
taco meat	1.50	avacado	1.00
chicken	1.00	cheese	.50
salsa	.50	sour cream	.50
cilantro	.35	jalapeno	.35

Organic Blue Corn Chips & Screamin' Mimi's Salsa	basket	\$2.50
	side	\$1.50

Jar of Screamin' Mimi's Salsa	\$4.95
1 lb. bag of Organic Alterra Coffee	9.25

Wrap It Up uses organic ground beef from Grassway Farm in New Holstein, WI

## OUR MISSION

At Wrap It Up Manitowoc, our mission is to serve our customers delicious, healthy, and innovative food that can be eaten in or on the go. Our menu consists of the highest quality ingredients with organic emphasis, made with care, by our friendly staff.

## ECO PRODUCTS

Wrap It Up proudly uses biodegradable, corn-based, to-go containers, coffee cups, and utensils. Compared to plastic, which can take hundreds of years to decompose, these only take 30-45 days to break down, or they can be composted. We want to do our part in reducing the waste on our planet.

## PHONE ORDERS

All wraps are made fresh to order. Please allow 1-2 hours notice for orders of 6 or more wraps. Large orders should be picked up before 11:30 and after 1:30

Don't Forget to ask about our Specials!  
In a hurry? Ask about our pre-made wraps!

**Wrap It Up LLC**  
[www.wrapitupman.com](http://www.wrapitupman.com)  
[WrapItUpMan@yahoo.com](mailto:WrapItUpMan@yahoo.com)  
**(920) 242-6445**



Prices and menu subject to change. Last updated 6/22/08



**TASTY INGREDIENTS  
IN AN EDIBLE WRAPPER**

Using high quality, local,  
and organic ingredients

Featuring Organic Alterra Coffee

**Wrap It Up LLC**  
**830 S. 8th St.**  
**Manitowoc, WI 54220**  
**(920) 242-6445**

**Tues.-Thurs. 8-6, Fri. 8-8 Sat. 9-3**  
*Hours Subject to Change - Please call for updates*