

## COLD Salads • Wraps • Rolls

### Chicken Caesar

100% Chicken Breast, Parmesan Cheese, Egg, Crispy Lean Bacon, Croutons, Iceberg Lettuce

*Optional: Anchovies Dressing: Caesar*

### Chicken & Avocado

100% Chicken Breast, Pine Nuts, Parmesan Cheese, Avocado, Tomato, Pumpkin, Iceberg Lettuce

*Dressing: French*

### Chicken Pesto

100% Chicken Breast, Tasty Cheese, Egg, Tomato, Capsicum, Cucumber, Corn, Iceberg Lettuce

*Dressing: Pestonnaise*

### Aussie

Virginia Ham, Tasty Cheese, Egg, Tomato, Pineapple, Corn, Carrot, Beetroot, Iceberg Lettuce

*Dressing: Whole Egg Mayonnaise*

### Smoked Salmon

Smoked Salmon, Avocado, Tomato, Spanish Onion, Sprouts, Cucumber, Capers, Iceberg Lettuce

*Dressing: Dill Yoghurt*

### La Nicoise

Tuna, Egg, Olives, Tomato, Spanish Onion, Potato, Cucumber, Capers, Iceberg Lettuce

*Dressing: French*

### Chicken & Avocado Pasta Salad

100% Chicken Breast, Tasty Cheese, Avocado, Pine Nuts, Sundried Tomato, Pasta

*Dressing: Pestonnaise*

## VEGETARIAN Salads • Wraps • Rolls

### Summer Delight

Avocado, Tomato, Mushroom, Carrot, Cucumber, Capsicum, Beetroot, Iceberg Lettuce

*Dressing: Pepper Berry*

### Pumpkin, Fetta & Pine Nut

Fetta, Pine Nuts, Pumpkin, Tomato, Spanish Onion, Carrot, Chickpeas, Spinach Leaves

*Dressing: Pestonnaise*

### Falafels

Falafels, Tabouli, Parmesan Cheese, Tomato, Carrot, Corn, Mixed Leaf Lettuce

*Dressing: Low Fat Mint Yoghurt*

### Traditional Greek

Fetta, Olives, Cucumber, Capsicum, Tomato, Spanish Onion, Mixed Leaf Lettuce

*Dressing: Balsamic Vinegar & Olive Oil*

### Sweet Chilli Pasta Salad

Tasty Cheese, Egg, Tomato Salsa, Corn, Carrot, Capsicum, Pasta.

*Dressing: Sweet Chilli & Mayo*

### Veggie Fix

Carrot, Pumpkin, Tomato Salsa, Sprouts, Potato, Mushroom, Corn, Capsicum, Chickpeas, Spinach Leaves

*Dressing: Lemon Myrtle*

## HOT Salads • Wraps • Rolls

### Mexican Burrito

Chilli Beef with Beans, Tasty Cheese, Avocado, Capsicum, Tomato Salsa, Iceberg Lettuce

*Optional: Jalapenos Dressing: Lite Sour Cream*

### Tandoori Chicken

Tandoori Chicken, Parmesan Cheese, Cashew Nuts, Tomato, Capsicum, Cucumber, Mixed Leaf Lettuce

*Dressing: Low Fat Mint Yoghurt*

### Moroccan Lamb

Moroccan Lamb, Tasty Cheese, Tomato Salsa, Tabouli, Iceberg Lettuce

*Dressing: Low Fat Mint Yoghurt*

### Traditional Greek with Lamb

Moroccan Lamb, Fetta, Olives, Tomato, Cucumber, Spanish Onion, Capsicum, Mixed Leaf Lettuce

*Dressing: Low Fat Mint Yoghurt*

## YOGHURT BAR

### 96% Fat Free Yoghurt (varieties include)

Mixed Berry	Passionfruit	Wildberry Swirl
Apple Crumble	Mango	Burnt Caramel
Hazlenut	Fruit Crunch	Plain

### Try our famous BIRCHER MUESLI as a sustainable breakfast or snack

Mixed Berry & Pecan Nut

### Fresh Fruit Salad (made daily)

## SOUP BAR

### Check out our Winter Warmers

### Our range of soups include

Gluten Free, Vegetarian, Vegan & Dairy Free.

All our soups are made in the Wrap It Fresh Kitchen all from Fresh & Natural Ingredients. No artificial colours, flavours or preservatives



**FRESHLY MADE WITH**  
100% Chicken Breast, Lean Meats,  
Real Avocado Slices, Low Fat Dressings,  
Gluten Free & Natural Products

## OMELETTES

### OMELETTE WRAPS or OMELETTES ON THE RUN

*Try our Natural lite two egg omelette wrapped with our fresh ingredients & toasted or have it wrapped in a soft tortilla & toasted*

#### Ham

Ham, Tasty Cheese, Tomato

#### Bacon

Spinach Leaves, Crispy Lean Bacon, Tasty Cheese, Grilled Onion & Mushroom

*Dressing: Tomato Chutney*

#### Veggie Delight

Spinach Leaves, Capsicum, Corn, Grilled Onion & Mushroom

*Dressing: Whole Egg Mayonnaise*

#### Chicken & Corn

Chicken Breast, Tasty Cheese, Capsicum, Corn, Grilled Onion & Mushroom

*Dressing: Whole Egg Mayonnaise*

#### Tomato & Fetta

Fetta, Tomato, Grilled Onion & Mushroom

*Dressing: Sweet Chilli*

## QUICK GRAB

*Need to grab something on the run then grab something from our quick grab menu.*

*We have a selection of*

**Baguettes,**  
**Ciabatta Panini's,**  
**Sour Dough Rolls,**  
**9 Grain Wraps,**  
**Snack Wraps**  
**Snack Salads.**

## WHY WRAP IT FRESH?

Here at Wrap It Fresh, we get all our vegetables delivered straight from the markets. We prepare our products fresh throughout the day so we serve them to you as fresh as possible, as if you had made them yourself at home. We don't add any artificial colours, flavours or preservatives to our fresh products. So you can taste the freshness and quality with every bite.

### WHY FRESH?

Fresh fruit and vegetables not only taste great, but the nutritional value is also higher.

### WHY WRAPS?

Who said healthier food can't taste good and will fill you up! Tortillas are a great alternative to bread. You can really taste the fantastic fresh ingredients wrapped inside.

### WHY SALADS?

Everyone loves a great freshly made salad. Salads can provide us with valuable nutrients and if you choose the right mix of ingredients you can have a flavoursome meal without feeling guilty.

### WHY SOUPS?

Soup is not only a winter warmer or a comfort food for when you are unwell. Its great to kickstart a diet, its low in fat, low in calories, high in vitamins, antioxidants & minerals. We aim to make all our soups low in fat, salt and free from artificial colours, flavours or preservatives.

### WHY YOGHURT?

Yogurt has the ability to stimulate the immune system to reduce bad bugs and bacteria in the human stomach. Yogurt helps maximise nutrients you adsorb into your body, assisting to maintain a healthier digestive system.

## CATERING

Pick and choose from our healthy delicious predesigned menu to create your own personalised platters.

**No function is to big or too small.**  
**24hrs Notice Required**

**EMAIL:** catering@wrapitfresh.com



### SOUTH MELBOURNE CENTRAL

Ground Floor K02/G20  
111 Cecil Street  
South Melbourne Vic 3205  
P. 9699 7434

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

we're fresh,  
**ARE YOU?**

