

Call it a Wrap

1198 Forest Ave 10310-2417 · +17188768300 · Updated: Jan 14, 2026

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SOUPS 5

Garden Vegetable	\$3.75
Lentil Soup	\$3.75
Chicken Noodle And Vegetables	\$3.75
Rice And Vegetables	\$3.75
Split Pea	\$3.75

SALADS 9

Turkey Burger Salad	\$5.95
lean turkey burger over a bed of romaine lettuce, tomatoes, cucumbers and onions.	
Bison Burger Salad	\$7.50
high protein bison burger over a bed of romaine lettuce, tomato, cucumbers, and onions.	
Tuna And Avocado	\$6.50
fresh tuna salad, romaine lettuce, tomatoes, cucumbers, onions and fresh sliced avocado.	
Blackened Chicken Caesar Salad	\$7.50
grilled blackened chicken, romaine lettuce, low fat homemade caesar dressing and croutons.	
Fresh Tuna Salad	\$5.75
romaine lettuce, cucumbers and tomato.	
Fresh Tossed Salad	\$3.50
romaine lettuce, cucumbers and tomato.	
Fresh Salad And Chicken	\$5.50
strips of chicken, romaine lettuce, cucumbers, tomato and onions.	
Strips Of Grilled Chicken	\$6.50
over mesculin lettuce, cucumbers, tomato and onions.	
Chicken Caesar Salad	\$6.95
grilled chicken, romaine lettuce, homemade low fat caesar dressing and croutons.	

GOURMET WRAPS 34

Malibu Melt	\$7.00
grilled chicken, low fat mozzarella, avocado, tomato, and lettuce.	
Grilled Chicken Parm	\$6.00
grilled chicken, low fat mozzarella and lite sauce.	
Pilgrim Special	\$6.00
fresh roast turkey, roasted peppers, lettuce, and low fat mozzarella.	
Floridian Delite	\$5.50
fresh tuna salad, lettuce and tomato.	
Floridian Heavy	\$6.00
fresh tuna salad, low fat mozzarella melt.	
Baja Special	\$6.50
black beans, brown steamed rice and blackened grilled chicken.	
Muscle Beach	\$4.50
four egg whites, tomato, onions and peppers.	
Caesar Wrap	\$6.00
grilled chicken, romaine lettuce and homemade low fat caesar dressing.	
Protein Wrap	\$6.00
grilled chicken, five egg whites and low fat caesar dressing.	
Chicken Broccoli Wrap	\$6.00
grilled chicken, broccoli, low fat mozzarella and lite sauce.	
Bison Parm Wrap	\$7.00
bison burger, low fat mozarella, and lite sauce.	
Chicken Fajita	\$7.00
grilled chicken, green peppers and onions.	
Super Lean Wrap	\$7.00
chicken, broccoli, and four egg whites.	
Eggplant Parm	\$6.50
grilled eggplant, low fat mozarella and lite sauce	
Chris' Special	\$6.50
grilled lean chicken, brown steamed rice, fresh broccoli and low fat caesar dressing.	
Juice Classic	\$5.50
grilled chicken, lettuce, tomato and low fat mayo.	
Balsamic Wrap	\$6.50
grilled balsamic chicken, red roasted peppers and low fat mozarella.	
Balsamic Mushroom Wrap	\$7.00
grilled balsamic chicken, tomatoes, mushrooms, red roasted peppers and low fat mozarella.	

Turkey Burger Wrap	\$6.00
turkey burger, lettuce, tomato, green pepper and low fat caesar dressing.	
Tuna And Avocado Wrap	\$6.00
white albacore tuna fish, lettuce, tomato, fresh avocado, and low fat mozzarella.	
Egg Whites And Spinach Wrap	\$5.50
four egg whites, fresh spinach, tomatoes, onions and green peppers.	
Turkey Avocado Wrap	\$6.00
fresh turkey, lettuce, tomato, fresh avocado and low fat mozzarella.	
Salad Wrap	\$3.75
romaine lettuce, green peppers, cucumbers, tomatoes, and onions.	
String Bean Wrap	\$7.00
grilled chicken, sauteed string beans, red roasted peppers and low fat mozzarella.	
Tblt Wrap	\$4.50
96% fat free turkey bacon, lettuce, tomato, low fat caesar dressing.	
Bison Burger Deluxe	\$8.50
turkey burger, lettuce, tomato, turkey bacon, bbq sauce, low fat mozzarella.	
Turkey Burger Deluxe	\$7.50
turkey burger, turkey bacon, lettuce, tomato, bbq sauce, low fat mozzarella.	
Wacky Lackie	\$8.50
flank steak with mushroom, low fat mozzarella and onion.	
Spa Deluxe	\$7.00
grilled chicken with fresh vegetables and low fat mozzarella.	
Ostrich Fajita	\$8.50
ostrich burger with peppers and onions.	
Ostrich Parmigiana	\$8.00
ostrich burger lite marinara sauce low fat mozzarella.	
Bison Fajita	\$8.00
bison burger with peppers and onions.	
Bbq Chicken	\$6.00
grilled chicken with lettuce, tomato, and bbq sauce.	
Chicken Pineapple	\$7.50
grilled chicken, lettuce, tomato, fresh avocado and chopped pineapple.	

GOURMET SANDWICHES 26

Turkey Burger	\$5.50
delicious and lean turkey burger, lettuce and tomato.	

Bison Burger	\$6.50
lettuce and tomato. less fat than chicken.	
Chicken Parm	\$6.00
strips of grilled chicken, low fat mozzarella and lite sauce.	
Veggie Burger	\$5.00
lettuce, tomato and low fat dressingof your choice.	
Grilled Eggplant	\$5.50
lettuce, tomato, roasted peppers and low fat mozzarella.	
Tuna Salad Pita	\$5.50
tuna packed in water, low fat mayo, tomato, and lettuce.	
Broccoli Melt	\$4.50
sauteed or steamed broccoli with low fat mozzarella.	
Peanut Butter	\$4.00
low fat peanut butter with bananas.	
Protein Special	\$5.50
grilled chicken, four egg whites, tomato and onion.	
Spa Sandwich	\$5.00
fresh vegetables with low fat mozzarella melted on top, broccoli, zucchini, mushrooms, cauliflower, pepper and onion.	
Turkey Pizza Burger	\$6.00
lean turkey burger, low fat mozzarella and lite sauce.	
Salad Stuffed Pita	\$3.75
lettuce, tomato, cucumbers, green peppers and onion with your choice of dressing.	
Grilled Chicken Pita	\$7.00
green peppers, cucumbers, lettuce, tomato, and low fat caesar dressing.	
Turkey Eggplant Burger	\$7.50
grilled eggplant, low fat mozzarella and lettuce.	
Bison And Peppers	\$7.50
high protein bison burger with low fat mozzarella and red roasted peppers in a pita.	
Chicken Burger	\$6.50
chicken burger with lettuce and tomato in a pita.	
Chicken Burger Parm	\$6.50
lean chicken burger topped with low fat mozzarella and a lite red sauce	
Caesar Salad Pita	\$6.50
grilled chicken, romaine lettuce and low fat homemade caesar dressing stuffed in a pita.	
Blackened Chicken Pita	\$7.00
grilled blackened chicken, lettuce, tomato, green peppers, and low fat caesar dressing.	

Chicken And Spinach	\$6.50
grilled chicken, low fat mozzarella, fresh spinach and a lite red sauce stuffed in a pita.	
Bison Classic	\$7.50
high protein bison burger, low fat mozzarella, lettuce, tomato and raw onion stuffed in a pita.	
Extra Protein	\$8.50
high protein bison burger, sliced tomato topped with three egg whites stuffed in a pita.	
Juice Protein Pita	\$6.50
five egg whites, red roasted peppers, low fat mozzarella and grilled chicken stuffed in a pita.	
Protein Pita	\$5.00
four egg whites, red roasted peppers, diced onions and low fat mozzarella.	
Chicken And Peppers	\$7.50
lean chicken burger, low fat mozzarella and red roasted peppers in a toasted pita.	
Chicken And Eggplant Pita	\$7.00
grilled chicken, grilled eggplant, lite red sauce and low fat mozzarella.	

PITA PIZZAS 4

Cheese	\$3.50
Grilled Chicken	\$4.50
Vegetable Cheese	\$4.50
Chicken And Broccoli	\$5.00

POWER PLATES 13

Penne Primavera	\$10.50
grilled chicken, light garlic oil, fresh broccoli, cauliflower and mushrooms.	
Baked Ziti Lite	\$7.50
baked ziti with low fat mozzarella, lite tomato sauce.	
Baked Ziti	\$10.50
baked ziti with low fat mozzarella, lite sauce and grilled chicken.	
Blackened Chicken Breast	\$9.95
over steamed brown rice and lentil soup.	
Protein Up	\$7.50
six egg whites, grilled chicken, pepper, onions and tomatoes.	
Blackened Chicken Breast	\$9.95
over steamed brown rice and sauteed vegetables.	

Whole Wheat Pasta	\$8.50
sprinkled with low fat mozzarella.	
Go Lean Plate	\$9.50
chopped bison burger over five egg whites, peppers, onions and tomato.	
Super Lean Plate	\$8.50
six egg whites, broccoli and grilled chicken, with low fat mozzarella.	
Bison Meal	\$10.50
high protein bison burger over a bed of brown steamed rice and an order of steamed vegetables.	
Whole Wheat With Broccoli	\$9.50
whole wheat pasta with fresh broccoli, lite red sauce and low fat mozzarella.	
Turkey Burger And Rice	\$7.50
lean turkey burger over a bed of steamed rice.	
The Big Guns Power Plate	\$7.50
high protein bison burger over a plate of whole penne mixed with a lite sauce and melted low fat mozzarella.	

SIDES 10

Brown Steamed Rice	\$3.00
Brown Steamed Rice With Peppers And Onions	\$4.00
Mixed Steamed Vegetables	\$4.00
Sweet Potato	\$2.75
Baked Potato	\$2.00
Mixed Sauteed Vegetables	\$4.00
Low Fat Potato Salad	\$2.50
Low Fat Macaroni Salad	\$2.00
Fruit Salad	\$4.00
The Diva	\$4.50
a plate of steamed broccoli and sprinkled low fat mozzarella.	

JUICE AND BEVERAGES 10

Fresh Squeezed Orange Juice	\$3.50
Fresh Squeezed Carrot Juice	\$4.00
Coke Or Diet Coke	\$1.50
Snapple Or Diet Snapple	\$1.50

Vitamin Water	\$2.00
Poland Spring	\$1.00
Red Bull Or Sugar-free Red Bull	\$2.50
Fiji	AVAILABLE OPTIONS
	Large: \$3.00
	Small: \$1.50
Fuze	\$2.00
Xs	\$3.00
energy drink.	

LEAN BODY, MYOPLEX, MET-RX, LOW CARB PROTEIN 5

Water	\$5.50
choice of: bananas, pineapple, blueberry, peach and strawberry.	
Milk	\$6.00
choice of: bananas, pineapple, blueberry, peach and strawberry.	
Soy Milk	\$6.50
choice of: bananas, pineapple, blueberry, peach and strawberry.	
Juice	\$6.50
choice of: bananas, pineapple, blueberry, peach and strawberry.	
Fruit	\$0.50
choice of: bananas, pineapple, blueberry, peach and strawberry.	

DESIGNER WHEY, NITROTECH, ISOPURE 5

Water	\$5.00
choice of: vanilla, chocolate and strawberry.	
Milk	\$5.50
choice of: vanilla, chocolate and strawberry.	
Soy Milk	\$6.00
choice of: vanilla, chocolate and strawberry.	
Juice	\$6.00
choice of: vanilla, chocolate and strawberry.	
Fruit	\$0.50
choice of: vanilla, chocolate and strawberry.	

JUICE SMOOTHIES 8

Carribean Lust	\$4.00
mango juice, strawberries, and peaches.	
Citrus Breeze	\$4.50
orange juice, pineapple juice, bananas and strawberries.	
Malibu Twist	\$4.50
fresh squeezed orange juice, pineapple juice and fresh pineapples.	
Berry Blast	\$4.00
fruit punch, strawberries, blueberries.	
Peanut Butter Mud	\$4.00
low fat chocolate milk, low fat peanut butter and bananas.	
Peanut/banana	\$4.00
soy milk with low fat peanut butter and bananas.	
Mango Berry	\$4.50
fresh squeezed orange juice, fresh chopped mangos and strawberries.	
Soy Berry	\$4.00
soy milk, crushed ice, bananas, strawberries and blueberries.	

SUGGESTED RECOMMENDATIONS 5

Power Punch	\$6.50
fruit punch, strawberries, blueberries and two scoops of vanilla protein and crushed ice.	
Banana Punch	\$6.50
fruit punch, strawberries, one banana, two scoops of vanilla nitro tech and crushed ice.	
Nitro Rush	\$6.50
chocolate skim milk, two scoops of chocolate nitro tech, one scoop of low fat peanut butter and crushed ice.	
Pineapple Power	\$6.50
pineapple juice, fresh chunks of pineapple, two scoops of vanilla iso pure and crushed ice.	
Soy Pleasure	\$6.00
chocolate soy milk, two scoops of chocolate designer protein and crushed ice.	

BREAKFAST 8

Muscle Beach Wrap	\$4.50
four egg whites, tomatoes, onions and peppers.	
Protein Wrap	\$6.00
grilled chicken, five egg whites and low fat caesar dressing.	
Peanut Butter	\$4.00
low fat peanut butter and sliced bananas.	

Protein Special (pita)	\$5.50
grilled chicken, four egg whites, tomato and onion.	
Protein Up	\$7.50
six egg whites, grilled chicken, peppers, onions, and tomatoes.	
Whole Wheat Wake-up Call	\$4.50
three whole wheat pancake, with low fat syrup on the side	
Go Lean Plate	\$9.50
chopped bison burger over five egg whites, peppers, onions and tomato.	
Super Lean Plate	AVAILABLE OPTIONS
six egg whites, broccoli and grilled chicken.	
	W/ Low-fat Mozzarella: \$9.00
	\$8.50

ALSO AVAILABLE 5

Fresh Orange Juice	\$3.50
Fresh Carrot Juice	\$4.00
Coffee	\$1.00
Fresh Non Fat Blueberry Muffins	\$2.50
Carrot, Apple, Orange Juice	\$4.50