



**HEALTHY FOOD.  
HEALTHY BODY.  
HEALTHY PLANET.**

We aim to provide fresh, whole food to encourage a healthy diet while doing our part to protect our planet. We use, when possible, local fresh produce and take out items that are recyclable and compostable.

## WRAPS

Veggie Wrap \$11.00  
Chickpea Wrap \$12.50  
Falafel Wrap \$12.50  
Chicken Wrap \$14.00,  
Tuna Wrap \$14.00  
Beef Wrap \$14.50  
Bacon Wrap \$14.00  
Egg Wrap \$12.50

## CHOOSE YOUR WRAP

Spinach,  
Sundried Tomato,  
Whole Wheat,  
Gluten free wrap  
in a box.

## Choose your Fresh Greens

Romaine , Baby Spinach, Baby Kale, Field Mix /  
Spring Mix or some of everything

## Choose Your Cheese

Cheddar, Mozzarella, Parmesan, Vegan Cheese,  
Goat Cheese, Feta

\* Extra Cheese \$1.25. \* Make it a SALAD, deduct \$1.00

**905-476-WRAP (9727)**

443 The Queensway South  
Unit 23 Keswick, Ontario L4P 3J4

[www.thatsawrapgeorgina.ca](http://www.thatsawrapgeorgina.ca)

[facebook.com/thatsawrapgeorgina](https://facebook.com/thatsawrapgeorgina)  
[instagram.com/thatsawrapgeorgina](https://instagram.com/thatsawrapgeorgina)

### WE ALSO OFFER:

**CATERING &  
SCHOOL LUNCH PROGRAMS**

### Order Online:

Our Website / Online Ordering  
Door Dash Delivery  
Uber Eats  
Skip the Dishes

## Toppings - Choose 5 \*Extra's \$1.25

Red Cabbage, Green Olives, Mushrooms, Green Spring  
Onion, Jalapenos, Red Onion, Shredded carrots, R/G Pepper,  
Avocado, Pickles, Tomato, Celery, Cucumber, Egg, Sun Dried  
Tomato, Raisins, Croutons, Bacon Bits, Black Beans, Kidney  
beans, Pumpkin seeds, Banana pepper,

## Choose Your Dressing

*All dressings are freshly made in store*

Buttermilk Ranch, Avocado Ranch, Apple Cider  
Vinaigrette (V), Cream Avocado, Balsamic  
Vinaigrette (V), Vegan Mayo, Vegan Caesar,  
Caesar Dressing, Plain Hummus (V), Spicy  
Hummus (V), Chipotle Ranch, Greek Dressing (V),  
Smokey Tomato (V)

**\*V indicates Vegan**

**OLIGO GROUP**



## SMOOTHIES

9oz kids \$5.10 / 12oz / \$8.00, 20oz \$9.00

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### Tropical Delight

(Coconut water, Orange, Banana, Mango, Pineapple)

### Tropikale

(Coconut water, Baby kale, Orange, Pineapple, Mango, Chia seeds)

### Banana Chocolate Explosion

(Almond milk, Baby spinach, Banana, Almond butter, Cocoa powder, Vanilla bean)

### Mystic Mango

(Almond milk, Mango, Banana, Vanilla yogurt)

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### Peaches & Cream

(Almond milk, Peaches, Cinnamon, Honey, Vanilla yogurt)

### Strawberry Banana Classic

(Almond milk, Strawberry, Banana, Honey, Chia seeds, Vanilla yogurt)

### Pina Colada

(Coconut milk, Banana, Pineapple)

### Orange Creamsicle

(Orange juice, Orange, Banana, Vanilla, Vanilla Greek yogurt)

### BananaKale

(Coconut water, Baby kale, Banana, Pineapple, Strawberry)

### Strawberry Avocado Low Carb

(Almond milk, Strawberry, Avocado, Monk fruit)

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### Verry Berry Delight

(Almond milk, Coconut milk, Banana, Mixed berries, Honey)

### Beautifully Green

(Orange juice, Baby spinach, Banana, Pineapple, Green Grapes)

*\*Our almond milk is made in store daily*

*\*Can substitute honey and maple syrup with monk fruit sweetener for low carb diets. We can also use coconut water instead of almond milk.*

## PROTEIN SMOOTHIES

9oz kids \$5.50 / 12oz / \$8.50, 20 oz \$9.50

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### Blueberry Breeze

(Almond milk, Blueberries, Vanilla protein powder)

### AB & J

(Almond milk, Strawberry, Banana, Almond butter, Vanilla protein powder)

### Mocha Magic

(Almond milk, Banana, Coffee, Cocoa powder, Chocolate protein powder)

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### Tropical Storm

(Almond milk, Mango, Pineapple, Vanilla protein powder)

### Chocolate Strawberry Passion

(Almond milk, Strawberry, Maple syrup, Chocolate protein powder)

### Sunshine In A Glass

(Almond milk, Mango, Orange, Banana, Vanilla, Hemp seeds, Turmeric, Vanilla protein powder)

## TAW Signature Hot Meal

**Roast Lamb \$13.99**  
**Chicken Schnitzel 12.99**  
**(comes with Basmati Rice & Salad)**

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**\*FROZEN YOGURT**  
**Available inside**