



It's a Wrap!

\$14.98 per wrap

Too many to choose from...give us a try...you won't regret it!

Simply drop us an email at:

time2eat@foodforthought.ca, include your choice of wrap, how many, contact name & number, delivery date, address & time. Or fill out information below, save to your computer and email.

Please note: Minimum 6 order required

| IT'S A WRAP | QUANTITY |
|---|-----------------|
| TERIYAKI CHICKEN — Grilled breast of chicken, sesame broccoli, baby carrots, onions, seasoned basmati rice and a touch of teriyaki sauce. | |
| BOMBAY CHICKEN — Curried breast of chicken with basmati rice, carrots, peas and diced tomatoes, mixed in our tasty tandoori sauce. | |
| THE CHICKEN SOMBRERO — Tender chunks of zesty chicken, Spanish rice, black beans, grated Monterey jack cheese and salsa with southwestern dressing. | |
| THE ITALIAN JOB — Sliced breaded chicken with shredded mozzarella, crisp iceberg lettuce and juicy tomatoes with a spread of our Italian aioli. | |
| ORIENTAL CHICKEN — Tender marinated chicken in our teriyaki sauce, with julienned carrots, fresh ginger, bean sprouts and mixed peppers in our citrus aioli. | |
| BLT — Crispy strips of Canadian bacon, leaf lettuce, sliced tomatoes and grated cheese with a spread of our honey Dijon mayo. | |
| CLUBHOUSE — Oven-roasted turkey, crispy slices of bacon, leaf lettuce, sliced tomatoes and our creamy ranch dressing. | |
| SPICY THAI BEEF — Tender slices of marinated beef in our sesame-teriyaki sauce, julienned carrots, fresh ginger and mixed sweet peppers in our teriyaki-aioli. | |
| FAMOUS CHICKEN — Our sliced Cajun spiced chicken breast, peach mayo spread, assorted peppers, lettuce, Havarti cheese and mandarin oranges. | |
| ASIAN CHICKEN SALAD — Sliced grilled chicken breast, sesame seeds, bean sprouts, grated carrot and water chestnuts tossed in our spicy ginger-teriyaki vinaigrette. | |
| CHICKEN SOUVLAKI — Tender breast of marinated chicken with diced tomatoes, cucumbers, black olives, chopped lettuce, peppers and feta cheese, tossed in our traditional Greek vinaigrette. | |
| IT'S A WRAP VEGETARIAN | QUANTITY |
| THE AUTHENTIC GREEK — Crisp iceberg lettuce, English cucumber, tomatoes, red onion, Kalamata olives and chunks of feta cheese tossed in our traditional Greek vinaigrette. | |
| THE GIANT PORTOBELLO — Grilled hearty Portobello mushrooms, Havarti cheese, roasted red peppers, and crispy leaf lettuce with our signature roasted red pepper spread. | |
| SUNSET GARDEN — Wild mushrooms, eggplant, zucchini, roasted red peppers, Havarti cheese and spinach, marinated and grilled with a touch of sweet garlic aioli. | |
| "BEAN" THERE DONE THAT — Fragrant rice sauteed with a medley of garden vegetables and beans, with a spread of our signature hummus. | |
| POPEYE'S FAVOURITE — Fresh leaves of baby spinach, crispy bean sprouts, soft bocconcini cheese and ripe cherry tomatoes in our signature poppyseed dressing. | |
| SANTORINI — Kalamata olives, red onions, tomatoes, crisp cucumber and flaked tuna, with a drizzle of our lemon vinaigrette. | |

September Special

SURPRISE DESSERT INCLUDED WITH EACH WRAP ORDERED

YOUR NAME:

CONTACT #:

DELIVERY ADDRESS:

DELIVERY DATE:

DELIVERY TIME:

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Pre-Payments accepted: Visa * Mastercard * American Express * E-transfer

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| CHARGES: (\$14.98 x quantity) | \$ |
| DELIVERY: (FREE WITHIN MARKHAM) <small>(STANDARD DELIVERY CHARGE \$10.00)</small> | |
| SUBTOTAL: | \$ |
| 13% HST: | |
| TOTAL CHARGES: | \$ |

Please note: Once we receive your email order, we will contact you to process payment. Please be sure to provide a daytime and evening contact number if applicable.



Thank you for your support. We greatly appreciate your business!