

# OG Menu

Bigger Grilled Wraps and Bowls for Bigger Appetites

|              |             |             |
|--------------|-------------|-------------|
|              | <i>Wrap</i> | <i>Bowl</i> |
| Super A-Bomb | 11.99       | 11.89       |

Turkey, chicken, bacon, hard-boiled egg, mozzarella, pico de gallo, lettuce and ranch

|     |       |       |
|-----|-------|-------|
| 619 | 12.99 | 12.89 |
|-----|-------|-------|

Steak, shrimp, bacon, guacamole, pepperjack, pico de gallo, olives, hard-boiled egg, rice and chipotle ranch

|            |       |       |
|------------|-------|-------|
| Sushi Wrap | 11.99 | 11.89 |
|------------|-------|-------|

Imitation Crab, shrimp, cucumber, guacamole, nori, rice and wasabi mayo

|             |       |       |
|-------------|-------|-------|
| Country Boy | 12.29 | 12.19 |
|-------------|-------|-------|

Pork, turkey, bacon, garlic potato salad, hard-boiled egg, mozzarella and honey mustard

|        |       |       |
|--------|-------|-------|
| Samoan | 11.59 | 11.49 |
|--------|-------|-------|

Pork, imitation crab, shrimp, mozzarella, vegetables, pineapples, hard-boiled egg, rice and teriyaki sauce

|          |       |       |
|----------|-------|-------|
| Bootcamp | 10.59 | 10.49 |
|----------|-------|-------|

Chicken, turkey, egg whites, pico de gallo, olives, lettuce, brown rice and your choice of sauce

|    |       |       |
|----|-------|-------|
| 24 | 12.29 | 12.19 |
|----|-------|-------|

Steak, turkey, chicken, egg whites, mozzarella, brown rice and your choice of sauce

|                 |       |
|-----------------|-------|
| Thai Boxer Bowl | 10.49 |
|-----------------|-------|

Brown rice or white rice, egg whites, vegetables, chicken, shrimp and sweet and spicy sauce Comes with a spring roll

|                |       |
|----------------|-------|
| Mr. Jason Bowl | 11.49 |
|----------------|-------|

Brown rice or white rice, hard-boiled egg, vegetables, chicken, steak, turkey and teriyaki sauce

Save \$1! - Make it a Combo- \$2.98  
add side and small drink  
(add large drink +.44)

## Ask About Our Weekly Specials

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## Sides 2.19

Garlic Potato Salad

Fresh Pasta Salad

Side Salad

Brown or White Rice

Hummus with Pita

Maui Onion Chips

Spring Roll - 2.34

## Sauces and Dressings

(Spicy)

Thai Peanut

Thai Chili Vinaigrette

Sriracha (2-Alarm)

Sambol (3-Alarm)

Napalm (5-Alarm)

Spicy Chinese

Sweet and Spicy

Wasabi Mayo

## Drinks

Small Fountain – 1.79

Large Fountain – 2.25

Bottled Water – .99

Specialty & Bottled-2.99 &up

## Desserts

Hello Panda Cookies- 2.19

Smores Wrap - 4.59

Cookie - 1

## Extras

Guacamole - .75

Vegetables - .75

Pico De Gallo - .50

Pita Bread - .75

Cheese - .75

Tofu - 1.50

Meat - 1.50

Steak- 2.50

Shrimp - 2.50

Egg - .75

Rice -.50

Lettuce -.50

Make it an OG for + \$4.70

Larger Size Wrap w/extra meat  
and hard-boiled egg

We CANNOT GUARANTEE our menu items are free of allergens (such as PEANUTS, SHELLFISH, EGGS, WHEAT (GLUTEN), SOYBEANS, FISH, MILK, TREE NUTS). If your allergy is life-threatening, we recommend you not eat food prepared here. For more info, please speak with a Manager.



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Hours Of Operation  
Mon-Fri: 11:00am to 8:30pm  
Saturday: 11:00am to 8:00 pm  
Sunday: 11:00am to 3:00pm

Hang Loose,  
Eat Longboards !

YES, we CATER!

www.LongboardsWrapsandBowls.com

Ask how to get a free \$5 gift card

## Cool Style Wraps

*Deli-style Wraps with lettuce served cold*

|   | <i>Wrap</i> | <i>Bowl</i> |
|---|-------------|-------------|
| <b>Baja Club</b>  | 8.49        | 8.39        |
| Turkey, bacon, guacamole, mozzarella, olives, pico de gallo, lettuce and chipotle ranch           |             |             |
| <b>Cali Curry Club</b>  | 8.39        | 8.29        |
| Chicken, bacon, pepperjack, pico de gallo, lettuce, egg, jalapeno and curry ranch                 |             |             |
| <b>Thai Roll</b>  | 6.99        | 6.89        |
| Chicken, pepperjack, vegetables, thin rice noodles, lettuce and peanut sauce. Sub Steak \$1       |             |             |
| <b>Smoked Woody</b>   | 6.59        | 6.49        |
| Pork, pepperjack, cucumber, pico de gallo, carrots, pineapples, lettuce and sweet and spicy sauce |             |             |
| <b>A-Bomb</b>   | 7.39        | 7.29        |
| Turkey, bacon, mozzarella, pico de gallo, hard-boiled egg, lettuce and ranch                      |             |             |
| <b>Caesar</b>   | 6.69        | 6.59        |
| Chicken, mozzarella, pico de gallo, olives, lettuce and parmesan sauce                            |             |             |
| <b>Tokyo Teriyaki</b>   | 6.69        | 6.59        |
| Chicken, mozzarella, vegetables, lettuce and teriyaki sauce. Sub Steak \$1.                       |             |             |
| <b>LB Lettuce Wrap – 5.59</b>   |             |             |
| Chicken, turkey, bacon, mozzarella, chipotle ranch, on lettuce                                    |             |             |

## Salad Bowls

*Big Salads w/hard-boiled egg, tomatoes, olives, cucumber, carrot, mozzarella, and choice of dressing*

|   |
|---|
| <b>Hawaiian Chef – 8.59</b>                     |
| Chicken, imitation crab, turkey, and pineapples |
| <b>All Pro – 8.59</b>                           |
| Turkey, chicken, and bacon                      |

Sub Gluten Friendly Wrap \$1.75

## Grilled Style Wraps

*Grilled Burrito-Style Wraps with rice*

|   | <i>Wrap</i> | <i>Bowl</i> |
|---|-------------|-------------|
| <b>Cabo Chicken</b>   | 7.59        | 7.49        |
| Chicken, guacamole, pepperjack, pico de gallo, rice and chipotle ranch  |             |             |
| <b>Cabo Beef</b>  | 8.79        | 8.69        |
| Steak, guacamole, pepperjack, pico de gallo, rice and chipotle ranch  |             |             |
| <b>Thai Chicken</b>   | 7.19        | 7.09        |
| Chicken, pepperjack, vegetables, rice and peanut sauce  |             |             |
| <b>Pork Luau</b>  | 7.19        | 7.09        |
| Pork, pepperjack, pineapples, vegetables, rice and teriyaki sauce   |             |             |
| <b>Wow! Kung Pao</b>  | 7.59        | 7.49        |
| Chicken, peanuts, pepperjack, vegetables, rice, sriracha and spicy chinese sauce  |             |             |
| <b>Teriyaki Grill</b>   | 7.19        | 7.09        |
| Chicken, mozzarella, vegetables, rice and teriyaki sauce. Sub Steak \$1   |             |             |
| <b>5-Alarm Beef</b>   | 7.09        | 6.99        |
| Steak, pepperjack, pico de gallo, rice, spicy chinese and napalm sauce  |             |             |
| <b>Hot Turkey</b>   | 6.99        | 6.89        |
| Turkey, pepperjack, olives, pico de gallo, rice and chipotle ranch  |             |             |
| <b>Spicy Krab</b>   | 7.59        | 7.49        |
| Krab, peanuts, pepperjack, rice, sriracha and spicy chinese sauce   |             |             |
| <b>Viet Wrap</b>  | 8.59        | 8.49        |
| Gluten Friendly tortilla, chicken, rice noodles, lettuce, carrots, green onion, cilantro, mozzarella cheese, sriracha and sweet & spicy sauce |             |             |
| <b>Shackquitos – 7.59</b>   |             |             |
| Mini sampler wraps with chicken: Cabo, Thai, Teriyaki   |             |             |

## Hawaiian Sliders

*Six Grilled King Hawaiian Rolls, Comes with choice of side*

|  |
|--|
| <b>Hawaiian Slider – 11.99</b>                                       |
| Pork, chicken, krab, mozzarella, pepperjack and your choice of sauce |

## Quesadilla Wraps

*Quesadilla Style Flat Wraps*

|  |
|--|
| <b>Chicken Salsa Caesar – 6.59</b>   |
| Chicken, bacon, mozzarella, olives, pico de gallo, and parmesan sauce                    |
| <b>The Argentine – 7.99</b>  |
| Steak, shrimp, guacamole, pico de gallo, mozzarella, and chimichurri ranch               |
| <b>Grilled Cheese Quesadilla – 7.39</b>  |
| Pepperjack, mozzarella, spread cheese, and your choice of meat, vegetables, and/or sauce |
| <b>Hummus and Veggies – 6.49</b>   |
| Hummus, vegetables, olives, pico de gallo, cheese and parmesan sauce                     |

## Little Ones

*Kids Wraps with Cookie*

|  | <i>Wrap</i> | <i>Bowl</i> |
|--|-------------|-------------|
| <b>Little Dagger</b>                               | 5.99        | 5.89        |
| Chicken, mozzarella, vegetables, olives, and ranch |             |             |
| <b>Mini Quesadilla</b>                             | 5.99        | 5.89        |
| Mozzarella and chicken                             |             |             |
| <b>Little Surfer</b>                               | 5.99        | 5.89        |
| Krab, mozzarella, and rice                         |             |             |
| <b>Smiley Wrap</b>                                 | 6.39        | 6.29        |
| Turkey, bacon, mozzarella, rice and peanut sauce   |             |             |

## Hot Noodle Bowl

*Rice noodles, vegetables, hard-boiled egg, lettuce, fried onion, cilantro & chives*

|   |
|---|
| <b>Hot Thai Noodles– 9.29</b>   |
| Served with chicken, thai peanut sauce & crushed peanuts. Sub Steak \$1 |
| <b>Carne Asada Bowl –9.29</b>   |
| Steak, bacon, guacamole, pico de gallo, & lemon garlic aioli            |
| <b>Vietnamese Bowl – 9.29</b>   |
| Served with chicken, sweet and spicy sauce, and sriracha. Sub Steak \$1 |
| <b>Tofu and Veggies – 8.79</b>  |
| Served with your choice of sauce  |