



Handcrafted for The Ideal Bite®. Every Day.

Welcome to a bold new standard in fast-casual—where craveable flavor, wellness, and quality collide. Every wrap is made to order with all-natural ingredients, freshly baked dough, and vibrant, globally-inspired combinations designed to satisfy your every day.



Freshly pressed dough baked on our IronWolf®



All wraps include antioxidant-rich mixed greens



Halal-certified, grass-fed beef & all-natural proteins



No hormones, no antibiotics, no added sugar



Vegan, Keto, and Gluten-Free* options available

Prefer a bowl? Unwrap your favorite onto a bed of quinoa, arugula, or greens. Customize your protein or dough to match your lifestyle.

Icons:  Bestseller V – Vegan VO – Vegan Option GFO – Gluten Free Option KO – Keto Option

*We take food safety seriously, but please note we cannot guarantee against cross-contamination.

IRON-BAKED CARNIVORE WRAPS



HOWLING (KO, GFO)

Grilled Chicken and Feta

fried pickles, melon, mint yogurt sauce

Dough: Date & Pumpkin Seed

THE BEAST (KO, GFO)

Grilled Steak and Blue cheese

bbq crunch, marinated green olives, cilantro, red chili

mayo **Dough:** Turmeric

DIRE WOLF

Fried chicken and Melted cheddar

beef bacon, green papaya slaw, shipka peppers, Wolf Ketchup®

Dough: Ginger

BROTHERS GRIMM (KO, GFO)

Grilled Chicken and Pickled Portobello Mushrooms

raisins, pickles, plantain chips, chipotle aioli

Dough: Chestnut & Chili

CARNIVORES DELIGHT (KO, GFO)

Grilled Steak and Fried Egg sumac

onions, pickles, mustard horseradish

sauce **Dough:** Date & Pumpkin Seed

THE PACK (KO, GFO)

Scrambled Eggs and Beef Bacon

cheddar, sumac onions, tater tots, pickled jalapeño, chipotle aioli **Dough:** Chestnut & Chili

UNDERWORLD (KO, GFO)

Grilled Steak and Goat Cheese granny Smith apples, pickles, toasted cashew nuts, lemon tahini **Dough:** White Flour

WOLVERINE (KO, GFO)

Grilled chicken and Blue Cheese two fried eggs, shallot, kohlrabi, pickled jalapeño, pumpkin seeds, lemon tahini **Dough:** Turmeric

THE ALPHA (KO, GFO)

Grilled Steak and Shrimp cheddar, fried pickles, apples, plantain chips, chipotle aioli **Dough:** Date & Pumpkin Seed

ONCE IN A BLUE MOON

Fried Chicken and Feta cashew, spicy pickled pineapple, sumac onions, cilantro, kohlrabi, mint yogurt sauce **Dough:** Plain

SIMPLE WOLF

Pick Your Protein sumac onions, pickles, lemon tahini **Dough:** Your Choice

IRON-BAKED VEGETARIAN & SEAFOOD WRAPS

PINK MOON (KO, GFO)

Grilled Shrimp and Green Papaya Slaw kohlrabi,
pickled jalapeño, fried pickles, sage aioli

Dough: Beet & Chia Seed

ONCE BITTEN (VO, KO, GFO)

Grilled Portobello and Goat Cheese green papaya
slaw, beets, plantain chips, sage aioli **Dough:**

Beet & Chia Seed

IRON-BAKED VEGAN WRAPS

HIMALAYAN (V)

Grilled Seitan and Kohlrabi
spicy pickled pineapple, sumac onions, cilantro, pumpkin seeds, vegan red chili
aioli **Dough:** Ginger

GHOST (KO, GFO)

Quinoa and Pumpkin Seed grilled portobello, shallot, edamame,
scallion, za'atar, citrus-sumac vinaigrette **Dough:** Whole Wheat

LITTLE RED RIDING HOOD (KO, GFO)

Arugula and Edamame
melon, shallot, scallion, pumpkin seeds, za'atar, citrus-sumac vinaigrette

Dough: Whole Wheat

SIDES

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ARUGULA & APPLE SALAD (V, GFO, KO)

cilantro, cashews, edamame, citrus-sumac vinaigrette

ARUGULA & TOASTED PUMPKIN SEED SALAD (V, GFO, KO)

edamame, shallot, melon, scallion, za'atar, citrus-sumac vinaigrette

BEET SALAD (V, GFO)

arugula, beets, scallion, toasted pumpkin seeds, citrus-sumac vinaigrette

QUINOA SALAD (GFO, KO)

feta, kohlrabi, cilantro, scallion, toasted pumpkin seeds, citrus-sumac vinaigrette

TATER TOTS (V, GFO)

Served with Wolf Ketchup®

FETA TOTS (GFO)

Topped with za'atar, served with Wolf Ketchup®

WOLF ATTACK®

Smokin' tater tots topped with melted cheddar, onions, jalapeños, and Wolf Ketchup®

WOLF IT UP™

Tasty extras for your wrap or bowl:

EXTRA PROTEIN

BEEF BACON

CHEESE – melted cheddar, feta, goat cheese or blue cheese **3 OZ SAUCE** – add any house-made sauce

WOLFNIGHTS DOUGH – add a fresh dough on the side