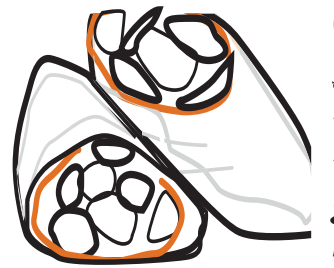




At Wolfnights, we exist to prove that indulgence and wellness can coexist to create extraordinary moments, one Ideal Bite® at a time.



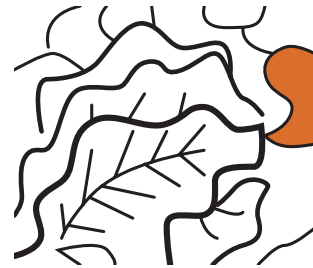
GLOSSARY

- best seller
- vegan
- vo vegan option
- gfo gluten-free option
- ko keto option



FRESHLY BAKED

IronWolf® baked wrap dough come in original, whole wheat, gluten-free & keto options



MIXED GREENS

All wraps include mixed greens, rich in antioxidants



MAKE IT A BOWL

Unwrap your favorite into a bowl on a bed of arugula, quinoa, or mixed greens



SUBSTITUTIONS

Substitute in your favorite protein or dough to fit your dietary needs

IRON-BAKED CARNIVORE WRAPS

HOWLING

grilled chicken and feta
fried pickles, melon, mint yogurt
Dough: date & pumpkin seed

THE BEAST

grilled steak and blue cheese
bbq crunch, marinated green olives, cilantro, red chili
Dough: turmeric

DIRE WOLF

fried chicken and melted cheddar
beef bacon, green papaya slaw, spicy pickled pepperoncini peppers, wolf ketchup®
Dough: ginger

BROTHERS GRIMM

grilled chicken and pickled portobello mushrooms
raisins, pickles, plantain chips, chipotle aioli
Dough: chestnut & chili

CARNIVORES DELIGHT

grilled steak and fried egg
sumac onions, pickles, mustard horseradish sauce
Dough: date & pumpkin seed

THE PACK

scrambled eggs and beef bacon
cheddar, sumac onions, tater tots, Jalapeño, chipotle aioli
Dough: chest nut & chili

SIDES

ARUGULA & TOASTED PUMPKIN SEED

SALAD
edamame, shallot, scallions, melon, zatar, w/ citrus sumac vinaigrette

ARUGULA & APPLE SALAD

cilantro, cashew, edamame, sumac w/ citrus sumac vinaigrette

BEET SALAD

arugula, scallions, toasted pumpkin seed w/ citrus sumac vinaigrette

QUINOA SALAD

feta, kohlrabi, scallions, toasted pumpkin seed w/ citrus sumac vinaigrette

TATER TOTS

w/ wolf ketchup®

FETA TOTS

zatar, w/ wolf ketchup®

UNDERWORLD

grilled steak and goat cheese
granny smith apples, pickles, toasted cashew nuts, lemon tahini
Dough: plain

WOLVERINE

grilled chicken and blue cheese
two fried eggs, shallot, kohlrabi, pickled jalapeño, pumpkin seeds, lemon tahini
Dough: turmeric

THE ALPHA

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
Dough: plain

SIMPLE WOLF

pick your protein
sumac onions, pickles, lemon tahini
Dough: your choice

WOLF ATTACK

smokin' tater totstopped with melted cheddar, onions, jalapeño, w/ wolf ketchup®

STEAK FRIES

w/ wolf ketchup®

FRIED CHICKEN TENDERS

w/ wolf ketchup®

FRIED PICKLES

w/ wolf ketchup®

6oz PROTEIN

w/ lemon tahini

IRON-BAKED VEGETARIAN & SEAFOOD WRAPS

PINK MOON

grilled shrimp and green papaya slaw
kohlrabi, pickled jalapeio, fried pickles, sage aioli
Dough: beet & chia seed

ONCE BITTEN

grilled portobello and goat cheese
green papaya slaw, fresh beets, plantain chips, red chili aioli.
Dough: beet & chia seed

IRON-BAKED VEGAN WRAPS

HIMALAYAN

grilled seitan and kohlrabi
spicy pickled pineapple, sumac onions, cilantro, pumpkin seeds, vegan red chili aioli
Dough: ginger

GHOST

quinoa and toasted pumpkin seeds
grilled portobello, shallot, edamame, scallion, za'atar, citrus-sumac vinaigrette.
Dough: whole wheat

LITTLE RED RIDING HOOD

arugula and edamame
melon, shallot, scallion, pumpkin seeds, za'atar, citrus-sumac vinaigrette.
Dough: whole wheat

DRINKS

COKE

DIET COKE

POLAND SPRING WATER

SELTZER

SPINDRIFT RASPBERRY

SPINDRIFT GRAPEFRUIT

WOLF IT UP®

testy extras with your wrap, bowl or side

EXTRA PROTEIN CHEESE

melted cheddar, feta, blue cheese, goatcheese

side of 3oz sauce

WWW.WOLFNIGHTS.COM

