

# WRAPS

649

INCLUDES CHIPS & SALSA

- CHEEKY CHICKEN - flour tortilla filled w/ marinated, grilled chicken, romaine, parm & CHEEKY MONKEY tomato oil. 649
- MARINATED CHICKEN - grilled chicken, romaine, cukes, tomatoes & ranch 649
- CHICKEN HUMMOUS - grilled chicken, our hummous, tomatoes, romaine, cukes 649
- VEGAN CHICKEN - we batter & golden-fry meatless "chicken", add lettuce, tomato, & no-dairy ranch. flour wrap. 649
- APPLE-CRANBERRY TUNA - thanks, mama! our #1 tuna's not "mayonnaisey". w/ romaine. 649
- 70's VEGGIE - romaine, avocado, cukes, tomatoes, onions, shrooms & vegan ranch dressing in a whole wheat tortilla. 649
- REAL TURKEY - 1/4 lb turkey breast, 1000 island, american cheese, romaine, bacon, & tomatoes in a flour wrap. 649
- BLT - still a winner. w/ 1000 island. 649

# OUR MEX-CELLENT OPTIONS

!YES! INCLUDE CHIPS & pico.

- CHICKEN BURRITO - flour tortilla filled w/ yellow rice, cheddar, beans, mexican chicken, sour cream & our fresh pico salsa 649
- BEAN BURRITO - same as above, -chicken +beans 649
- VEGAN CHICKEN BURRITO - yellow rice, tofu "chicken", beans, vegan ranch & pico salsa. 649
- CHICKEN TACO - flour tortilla full of romaine, mexican chicken, cheddar & pico salsa 599
- BEAN TACO - same as above, -chicken +beans 599
- RICE & BEAN PLATE - romaine, yellow rice, cheddar, beans, salsa, chips. 150 to add chicken. 679
- RICE + BEANS PLATE VEGAN - same as above... -cheddar +vegan ranch. 150 to add vegan chicken. 679
- RICE & BEANS CUP - yellow rice, cheddar, beans, our fresh pico salsa & chips. 499
- NACHO TYPICAL NACHOS - we make our OWN cheese sauce & chips ( who DOES that?! ) add beans, lettuce, sour cream & pico. + chicken 150 649
- JUST NACHOS - chips, our cheese sauce & pico. 499
- CHIPS & PICO SALSA BAG 349

## BREAKFAST

7-10 m - f

FRENCH TOAST W/ CINNAMON SUGAR, SYRUP & LEMON WEDGE

SHORT stack ( 3 slices )

449

TALL stack ( 5 slices )

579

### BREAKFAST BURRITO

CHOOSE 3 for 479

4 for 549

5 for 599

- ▶eggs
- ▶cheese
- ▶hash browns
- ▶bacon
- ▶pico salsa
- ▶tofu scramble

side hash browns.....299

side bacon ( 3 ).....149

side eggs.....249

# SYRA-JUICE

## JUICE BAR & EATERY

720 university ave.  
marshall square mall  
Syracuse, ny 13210

# 315.47.JUICE

fax

475-0641

we cater!  
a lot!

comfort food!

vegan options

doris.



willis.

REAL FOOD. PERIOD.

# fresh juices

	16 oz	20 oz
ORANGE	299	379
GRAPEFRUIT	299	379
ORANGE-KIWI-MANGO	389	469
GRAPEFRUIT-APPLE-KIWI	389	469

# smoothies !

## 319 / 409

S.O.B.	strawberry, orange, banana
CRANBERRY MINT	refreshing & Leah's fave
BERRY COOLIO	antioxidant heaven!
CARROT-MANGO	w/ lemon wedge. SO good.
VEGAN PROTEIN	chocolate, peanut butter, 'nana
LAST MANGO	mango, banana & pineapple.
IN PARIS	( marlon would approve! )
ONE LOVE	peaches, banana & pineapple
COPA BANANA	pineapple, coconut, mango
B.S.	berries (straw), spinach, ginger
CHAI CHILLER	spiced chai tea - delicious!
JAVA CITY	coffee, banana, soy milk

# SALADS

GRILLED CHICKEN	romaine, tomatoes, onions, marinated chicken, croutons, cucumbers, cheddar, & our fabulous red wine vinaigrette	649
TEXAS TACO	romaine topped w/ yellow rice, cheddar, beans, mexican chicken, sour cream, pico salsa, ranch & bag of fresh chips	649
BOB'S COBB	romaine plus: bacon, cukes, shrooms, croutons, chicken, onions, tomato, crumbly bleu, avocado & our #1 balsamic	679
FIELD GREENS	baby mesculun greens under candied nuts, crumbly bleu, cucumbers, croutons, onions, cranberries & our balsamic	679
VEGAN CHICKEN	romaine, shrooms, cucumbers, croutons, tofu "chicken", onions, tomatoes & vegan ranch	

# SAMMICHES

	+ 2 sides	699
5-STAR CHICKEN	marinated grilled breast w/ bacon, american chz, un-honey mustard, lettuce & tomatoes. on a kaiser bun.	
CORNED BEEF / TURKEY	4 oz of shaved corned beef or turkey. add 1000-island, onions, lettuce and dark rye - YUM.	
VEGAN CHICKEN	our crispy-fried tofu patty with vegan ranch, tomato and lettuce served on a kaiser bun.	

# Comfort food

<b>BAKED POTATO</b>		
MONSTER RUSSET w/ butter, sr cream & scallions. on lettuce bed.		555
+ 1 toppings		666
+ 2 toppings		777
BACON AVOCADO	PICO SALSA SHREDDED CHEDDAR	CHEESE SAUCE
<b>HALF-LB OF FRIED CHICKEN</b>		
w/ 2 SIDES & BLEU CHEESE		
6.99		

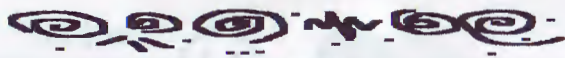
# dressings

red wine & herb vinaigrette
balsamic
bleu cheese
ranch
vegan ranch

big side o' FRIES.....	249
rice & beans, chz, pico, chips.....	499
16 oz mac & cheese w/ scallions....	299
16 oz pasta w/ tomato oil.....	299
romaine side salad w/ dressing.....	279

# sides

no artificial ANYTHING.



\*\*\* WE SELL LARGE SIZE SALSA & DRESSING \*\*\* DAILY SPECIALS \*\*\* BREAD FROM PATISSERIE-SKANEATELES \*\*\*