



Open Monday – Friday  
10 a.m – 4 p.m.  
431 Congress Street, Portland  
207 – 515 –2377



## Wraps



with *roasted chicken...*

- Cranberry Island** • \$7.49 • our famous chicken salad with almonds and orange-infused cranberries, lettuce, tomato, & marinated red onion
- Prouts Neck** • \$7.99 • roasted chicken, cheddar, black bean & corn salsa, lettuce, tomato, & chipotle Ranch dressing
- Swift River** • \$7.49 • roasted chicken, croutons, parmesan, lettuce, marinated red onion, & Caesar dressing
- Downeaster** • \$7.49 • roasted chicken, sundried tomato pesto, mozzarella, lettuce, tomato, & balsamic dressing

with *crispy chicken...*

- Mount Blue** • \$7.49 • crispy chicken, bleu cheese crumbles, lettuce, tomato, buffalo sauce, & Ranch dressing
- Nor'easter** • \$7.99 • crispy chicken, bacon, cheddar, lettuce, & Ranch
- Red Storm** • \$7.99 • crispy chicken, bacon, cheddar, lettuce, & chipotle Ranch  
(*\$5 w/ a student I.D.*)
- Bulldog** • \$7.49 • crispy chicken, cheddar, lettuce, buffalo sauce & Ranch  
(*\$5 w/ a student I.D.*)
- Red Riot** \$7.49 *crispy chicken, parmesan and lettuce with Caesar dressing*  
(*\$5 with a student I.D.*)
- Allagash** • \$7.49 • crispy chicken, cheddar, lettuce, tomato, & honey mustard
- Kennebec** • \$7.49 • crispy chicken, cheddar, lettuce, tomato, & BBQ sauce  
(*try it w/ chipotle ranch dressing and BBQ +50¢*)

with *roasted turkey...*

- Crescent Beach** • \$7.49 • roasted turkey, American cheese, lettuce, tomato, & mayo
- New Englander** • \$7.99 • roasted turkey, bacon, avocado, lettuce, tomato, & maple aioli
- Rocky Coast** \$7.99 roasted turkey, apple, cheddar, lettuce, tomato, red onion & honey mustard

with *prime cut beef tips...*

- NEW!!Jackman** • \$8.49 • beef tips, provolone, lettuce, tomato, crispy onions and our red pepper garlic sauce
- Prouts Neck w/ Beef** • \$8.49 • beef tips, cheddar, black bean & corn salsa, lettuce, tomato, & chipotle Ranch dressing
- Old Saddleback** • \$8.49 • beef tips, croutons, parmesan, lettuce, marinated red onion, & Caesar dressing

with *fresh fish...*

- Surfsider** • \$8.49 • solid white tuna lightly dressed in mayo, lettuce, tomato, & marinated red onion
- Salmon Run** • \$8.49 • fresh salmon (baked then chilled), feta, cucumber, lettuce, tomato, marinated red onion, & balsamic
- Sandpiper** • \$7.99 • beer battered cod, avocado, lettuce, tomato, marinated red onion, & chipotle Ranch dressing

*vegetarian and vegan...*

- Katahdin** • \$7.99 • garlic hummus, avocado, lettuce, tomato, cucumber, carrot, marinated red onion, & balsamic dressing
- Sandyside** • \$7.99 • house made falafel, lettuce, tomato, cucumber, carrot, marinated red onion, & Greek dressing

## Paninis



- Higgins Beach** • \$6.99 • our BLT, with maple aioli on sourdough, ciabatta, or multigrain
- Acadia** • \$6.99 • mozzarella, basil pesto, & tomato on ciabatta
- Ferry Beach** • \$7.49 • roasted turkey, brie, apple slices, spring mix, & maple aioli on ciabatta
- Frye Island** • \$7.49 • crispy chicken, cheddar, buffalo sauce, & Ranch dressing on sourdough
- Islander** • \$7.99 • roasted chicken, mozzarella, basil pesto, & tomato on ciabatta
- Club Sebago** • \$7.99 • roasted turkey, bacon, avocado, provolone, lettuce, tomato, & maple aioli on ciabatta
- Casco Bay Cuban** • \$7.99 • house roasted pork loin, bacon, Swiss cheese, sliced pickles, marinated red onion, & chipotle mustard on sourdough
- Old Porter** • \$8.49 • corned beef, sauerkraut, Swiss cheese, & Thousand Island dressing on rye
- North Woods** • \$8.49 • beef tips, caramelized onion, brie, & honey mustard on sourdough
- Grilled Cheese** • \$4.99 • your choice of cheddar, American, Swiss, provolone, or mozzarella, on sourdough, ciabatta, multigrain, or dark rye  
(*add bacon - \$1      add avocado - \$1.00      add pesto - 50¢*)

## Fries

- Small Regular\*** ... \$1.49
- Large Regular** ... \$2.99
- Small Sweet** ... \$1.99
- Large Sweet** ... \$3.99

- Chicken Tenders & Fries** ... \$7.49

\* 99¢ w/ student I.D.



## Soup

*served w/ oyster crackers or a cheddar biscuit*

- Cup** (8 oz) \$3.49
- Bowl** (16 oz) \$5.49

## Mac & Cheese

*made in house!*

- Cup** (8 oz) \$3.49
- Bowl** (16 oz) \$5.49

# Salads

All salads come w/ a house baked cheddar biscuit, and dressing on the side!



- Appalachian** • \$7.49 • feta cheese, cranberries, candied walnuts, tomatoes, & marinated red onion, on fresh spring mix, served with balsamic dressing
- NEW! Coos Canyon** \$7.49 Mediterranean chick pea salad with edamame and cranberry on spring mix with feta cheese, cucumbers, tomatoes, greek olives and crispy tortillas served with greek vinaigrette
- Gooseneck** • \$7.99 • crispy chicken, cheddar, black bean & corn salsa, sliced avocado, tomato and crispy tortillas on fresh chopped lettuce, served with chipotle Ranch dressing
- Dead River** • \$7.99 • roasted chicken, bacon, croutons, shaved parmesan, & marinated red onion, on fresh chopped lettuce, served with Caesar dressing,
- Old Orchard** • \$7.99 • roasted chicken, sliced apple, candied walnuts, bleu cheese crumbles (or ask for cheddar), tomato, & marinated red onion, on fresh spring mix, served with balsamic dressing
- Cape Neddick** • \$8.49 • roasted chicken, bacon, sliced avocado, hard-boiled egg, bleu cheese crumbles, tomato, & marinated red onion, on fresh spring mix, served with chipotle Ranch dressing
- Salty Marsh** • \$8.49 • fresh salmon or crispy falafel, feta, olives, cucumber, tomato, & marinated red onion, on fresh spring mix, served with balsamic dressing

# Mainely Wraps Bakery

## Retail Desserts:

\$1.99 each

\$14.95 per dozen

Limited numbers available daily. Orders of one dozen or more should be placed 24 hours in advance. Custom dessert orders should be placed 48 hours in advance. 207-219-3704



## Winter 2018 Dessert Menu:

- *Chocolate Chip Cookies*
- *Peanut Butter Toffee Cookies*
- *Oatmeal White Chocolate Cranberry Cookies*
- *Brown Butter Snickerdoodles*
- *Double Fudge Brownies*
- *Orange Crème Bars*
- *Salted Caramel Chocolate Chip Cookie Bars*
- *Peanut Butter Brownies*
- *Rice Krispy Treats (GF)*
- *Chocolate Peanut Butter No Baker (GF)*



# Mainely Wraps Individual Hot Entrees

Chicken Pot Pie \$8.99

17 ounces of creamy chicken stew served in a decorated double pie crust.

Lasagna for Two \$13.99

Choose from Bolognese or Vegetarian

Creamy Pasta Primavera Sm: \$6.99 Lg \$11.99

Chicken Parmesan \$8.99

