

A Classic Lunch Time Favorite: *The Tasty Chicken Caesar Wrap*

Chicken Caesar wraps are the perfect food option for lunch and dinner. From the crunchy lettuce all the way down to the grilled or crispy chicken. The tomato in between also adds flavor and texture to the meal. My goal is to find the best restaurant that sells the wrap. This was based off of the 3 T's and a P. Texture, Taste, Tummy, and Presentation. This brings me to the two restaurants I have decided to review their wraps from: Be Fit Cafe and Tropical Smoothie Cafe. Both areas are located in Powell, Ohio. Tropical Smoothie is located in the plaza in which the other popular restaurants McDonalds and Chipotle are located.

To start off we are going to talk about the Be Fit Cafe Wrap. Be Fit is located in the plaza by the popular restaurant Vittoria. It is clear to anyone that the presentation of this food item is definitely there. With the wrap, customers are served with chips and salsa and a drink if you choose the total of this lunch comes out to be \$9. Along with the presentation the wrap



Photo By: Megan Benton
Be Fit Cafe Caesar Wrap



Photo By: Megan Benton
Tropical Smoothie Cafe Wrap

is also delicious. The tortilla is perfectly tight around the chicken, lettuce and tomato. The chicken is cooked to perfection and the lettuce is nicely placed to surround the chicken. As far as the dressing, it was the perfect combination of salty but savory. I had no stomach problems with this wrap other than it made me feel like I had made a healthy choice and it was yummy.

Tropical Smoothie is located in the plaza in which the other popular restaurants McDonalds and Chipotle are located. The Tropical Smoothie Cafe wrap just lacks

in presentation. The dressing tends to spill out of the wrap once you try and eat it but otherwise it is delicious. The tortilla is wonderfully toasted and it is crunchy when you bite it. There is more dressing on this one than the Be Fit Wrap which can overpower the other flavors at times but it is still delicious. The wrap also comes with chips. Unfortunately if you're like me you would want to pair this meal with a smoothie. The total comes out to be \$15 which can be too expensive for some people. Overall I think that the Be Fit Cafe wrap is better than the Tropical Smoothie wrap.