

## Waterloo Brunch

Waterloo Brunch - A sandwich wrap is quite similar to a burrito, typically made with a flatbread instead and is filled with meats and cheeses. Amongst the ingredients which are usually utilized within a sandwich wrap include turkey, ham, provolone cheese along with lettuce and usually tomatoes and cucumber. In order to prepare a sandwich wrap, the flatbread is first laid out and all of the components including the sauces are placed on top. The flatbread is then folded in a special way with the ends tucked in in order to avoid the innards from falling out. There is every kind of sandwich wrap offered such as turkey, roasted beef and vegetarian. During the 1990s the sandwich wrap gained popularity and it most likely originated from the western coast of the USA, possibly within the state of California.

Flatbreads are perfect for making sandwich wraps. The bread is laid out and afterward piled with the ingredients. Certain condiments like salsa are more easily used on a wrap instead of a regular sandwich because the folded bread stops the sauces from spilling out. Ideally, the wrap should be snugly folded. This could be difficult for beginners but would come with ease after regular practice. Though the flatbreads utilized are usually thin, they must be thick enough to be able to handle all of the ingredients without becoming soggy or tearing in the middle. This could prove especially challenging when the sandwich bread is stuffed with hot sauces or ingredients, that can hasten the tearing of the sandwich.

Whatever type of traditional sandwich or salad, normally can be put into a sandwich wrap. Several popular alternatives would comprise Caesar and Greek salads in addition to a more traditional chef salads. When making a wrap with salads, normally the salad dressing is used in place of the sandwich condiments. Some popular sandwich wraps consist of bacon wraps, fish wraps and veggie wraps. Depending on preference, the meats and veggies on a flatbread wrap could either be hot or cold.

No one specifically could take the credit for the sandwich wrap, as the creator is unknown, which is common with lots of popular dishes. There have been sandwich shops within the state of California and a few in the state of Connecticut which have claimed to create the very first sandwich wrap. Some of the myths about the creation state that the restaurant may have run out of bread and thus a flatbread was used. Other stories state that the sandwich wrap was an intentional invention that was influenced by the burrito. These stories remain unproven and the chances are that they will never be verified, although each version can be the probable truth.