



Did you know?
95% of the vitamins and enzymes our bodies need are found in the juice of raw fruits and vegetables? In all of our squeezes we start with **fresh fruits and vegetables** to provide you with the highest quality nutrients, vitamins and minerals.

- fresh squeezes**
- Cold Terminator** orange, carrot, ginger
 - Fountain of Youth** apples & blueberries or strawberries
 - Green Lemonade** apple, spinach, cucumber, lemon
 - Beet Punch** beets, ginger, lemon, apples, carrots
 - Create Your Own** orange, carrot, apple, celery, cucumber, beet, spinach, kale, ginger

wheatgrass

ginger shot

- reFRESH drinks**
- 100% pure juices**
Passion-orange-guava, Peach, Pomegranate-blueberry, Pineapple, Cranberry
 - Iced Tea** Organic tea with natural agave nectar and fresh lemon slices
 - Infused Iced Tea** Organic tea infused with any 100% pure fruit juice
 - lemonade**
Freshly squeezed lemons sweetened with agave

Have a special event coming up?

Let's make your next meeting or event a delicious one! We've hand selected a menu of delicious and healthy items with you in mind. Whether it's a business meeting, school event or sporting event, choosing **FRESH-catering** will make it an unforgettable experience.

individually packaged

Pick and choose your favorites!

wraps/paninis/salads
minimum order of six per category

smoothies/squeezes/juices/iced teas
minimum order of six per category

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shared platters & bowls

Perfect for social gatherings, parties and events.

wrap platter
comes with six or more full-size wraps sliced for your convenience

big salad bowl
comes with six or more full-size salads with serving utensils

extra sides
veggie chips, parfaits, bottled beverages

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We are always happy to customize your order. Please contact your nearest location for substitutions regarding **vegetarian, vegan, dairy and gluten free** options.



Put simply, we believe in fresh.

From the start we've been serving the freshest food around and our belief is the healthier the better. We've set ourselves apart by creating inspiring flavors and sourcing the highest-quality ingredients we can.

Our mission is to provide our customers with fresh and healthy alternatives to typically unhealthy fast food. We use natural, pure ingredients, as well as superfoods packed with nutrients and vitamins to benefit your mind and body.

Our commitment to living well extends beyond the four walls of our stores. We strive to use bio-degradable packaging material in all of our stores. We're committed to strengthening the local communities in which we live, as well as the planet that gives us life.

live healthy. **eat FRESH.** enjoy life.

FRESH - Healthy Café

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www.freshrestaurants.com



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pure smoothies

Caribbean Splash pog juice, mango sorbet, mango, strawberries

Pomegranate Punch pom-blueberry juice, non-fat frozen yogurt, blueberries, strawberries

Mango Mania pog juice, mango sorbet, non-fat frozen yogurt, mango, banana

Pineapple Paradise pineapple juice, non-fat frozen yogurt, pineapple, strawberries, coconut milk

Tropical Peach peach juice, mango sorbet, peach, pineapple

Raspberry Blast cranberry juice, raspberry sorbet, raspberries

Strawberry Banana Supreme pog juice, raspberry sorbet, strawberries, banana

Chunky Monkey almond milk, non-fat frozen yogurt, cocoa powder, banana, PB2 Not available as lite blend

Ask for your **lite blend** with up to 1/3 less calories.
pure smoothie as a

fortifiers One free in every smoothie!

| | | |
|-----------------------|------------------------|----------------------|
| Energy | Soy Protein | Flaxseed |
| Immune Support | Multi-Vitamin | Wheatgrass + |
| Why Protein | Slim & Trim | 0.75 each additional |

super smoothies

Protein Power almond milk, greek yogurt, non-fat frozen yogurt, strawberries, bananas, double shot of protein fortifier

Kale Pineapple pineapple juice, kale, pineapple, mango, banana

Avocado Dream almond milk, coconut milk, non-fat frozen yogurt, avocados, bananas, agave

Jolly Green pineapple juice, raspberry sorbet, pineapple, wheatgrass +, spinach

Acai Mega Berry pom-blueberry juice, acai, strawberries, blueberries, raspberries

Pitaya Passion almond milk, mango sorbet, pitaya, pineapple

wrap

Turkey Bacon Avocado turkey breast, turkey bacon, romaine lettuce, cheddar, avocado, tomato, red onion, low-fat ranch dressing

Chicken Caesar chicken breast, romaine lettuce, parmesan, tomato, croutons, olives, creamy caesar

Southwestern Fiesta spicy chicken breast, cheddar, romaine lettuce, red onion, green pepper, black beans, jalapenos, salsa

Asian Chicken chicken breast, romaine lettuce, mandarin orange, almonds, crispy noodles, sesame vinaigrette

Kale Vegetarian beet, kale, hummus, cucumbers, tomato, red onion, red pepper, balsamic vinaigrette

salads

Add chicken/turkey/hummus/un'chicken for 1.00 half/1.50 full

FRESH Greens romaine lettuce, spring mix, cucumber, tomato, red onion, beets, croutons, citrus vinaigrette

Asian Sesame romaine lettuce, mandarin orange, almonds, crispy noodles, asian sesame dressing

Mediterranean Spinach spinach, feta, green pepper, cucumber, tomato, olives, balsamic vinaigrette

paninis

Turkey Pesto turkey breast, mozzarella, tomato, balsamic vinaigrette, pesto sauce

Veggie Portobello portobello, spinach, mozzarella, red pepper, red onion, balsamic vinaigrette

Tuna Melt FRESH tuna salad, romaine lettuce, cheddar, tomato, red onions

Turkey Bacon Avocado turkey breast, turkey bacon, cheddar, avocado, tomato, red onion, low-fat ranch dressing

Spicy Chicken spicy chicken breast, cheddar, red onion, green pepper, salsa, jalapenos

Beach Salad romaine lettuce, spring mix, feta, blueberries, hemp hearts, avocado, citrus vinaigrette

Kale Caesar kale, romaine lettuce, parmesan, tomato, croutons, olives, creamy caesar



hearty soups

Our hearty soups have **less than 5 grams of fat** per serving. Ask about today's selection.

kids* combo

grilled cheese or pb&j or pb&j banana rollup + FRESH veggie sticks + any 12oz pure smoothie or reFRESH drink

*12yrs & under



kids* 12oz pure smoothie

Add **toppers** 0.35 each

cocoa pebbles
animal cookies
coconut flakes
banana
blueberries
yogurt chips
granola

power bowls

Acai Bowl acai, strawberries, banana, granola, blueberries

PB2 Bowl almond milk, PB2, banana, strawberries, granola, honey, blueberries, coconut flakes

Pitaya Bowl almond milk, pitaya, pineapple, banana, mango, granola, blueberries, coconut flakes

Greek Yogurt Bowl greek yogurt, granola, honey, blueberries, banana, coconut flakes

protein bowls

1. Start with a bed of FRESH **QUINOA**

2. Add one **PROTEIN**
1.50 each additional

chicken breast hummus
turkey breast un'chicken

3. Add four **VEGGIES**
0.50 each additional

| | |
|--------------|-----------------|
| spinach | beets |
| kale | olives |
| tomato | jalapenos |
| cucumber | chickpeas |
| red onion | blackbeans |
| green pepper | avocado +\$0.50 |
| red pepper | |

4. Top with one **NUT/SEED**
0.50 each additional

hemp hearts almonds
sesame seeds

5. Dress it

citrus vinaigrette
balsamic vinaigrette
asian sesame
creamy ranch
creamy caesar

