



fresh sandwiches

wrap or panini - the choice is yours

Turkey Club turkey breast, smoked ham, turkey bacon, lettuce, tomatoes, mozzarella, low-fat ranch dressing (190-640 cal)

Asian Chicken Wrap chicken breast, lettuce, mandarin oranges, sliced almonds, crispy noodles, sesame vinaigrette (440-750 cal)

Spicy Chicken spicy chicken breast, cheddar, olives, lettuce, red onions, jalapenos, salsa (190-660 cal)

Chicken Caesar chicken, lettuce, tomatoes, olives, croutons, parmesan, caesar dressing (380-780 cal)

Veggie Extreme lettuce, tomatoes, green peppers, olives, cucumbers, feta, raspberry vinaigrette (260-620 cal)

Mediterranean roasted chicken breast, lettuce, feta, green peppers, olives, tzatziki (190-590 cal)

Tuna Melt tuna, lettuce, tomatoes, cheddar, fat-free mayo (200-730 cal)

Turkey Bacon Avocado turkey breast, turkey bacon, cheddar, avocado, lettuce, tomatoes, red onions, low-fat ranch dressing (370-900 cal)

Turkey Pesto turkey, mozzarella, tomatoes, pesto (170-615 cal)

The Portobello portobello mushrooms, mozzarella, red peppers, red onions, balsamic vinaigrette (90-490 cal)

nutritious salads

Choose any of the above as a salad for a fresh and lite meal.



hearty soups

Ask our staff about the Soup of the Day. Our fresh & healthy soups have less than 5 grams of fat.

kids meals

Choose any ½ wrap or panini, pb & jelly (260 cal) or grilled cheese (250 cal), and add any 12 oz drink.



Healthy Choices to Fit Your Unique Lifestyle
Vegetarian, vegan or just striving to live a healthier lifestyle? Substitute vegetarian faux chick'n for meat on any sandwich or salad. Gluten-free wraps are also available upon request. Ask us about our dairy-free menu options.



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For more information, comments and franchise inquiries, please visit us at www.freshrestaurants.com or call us at 604-526-1178



fresh & healthy menu

smoothies

awaken your mind & body

Pomegranate Punch pomegranate-blueberry juice, non-fat frozen yogurt and strawberries (270/410 cal)

Go Goji goji juice, raspberry sorbet, strawberries (400/600 cal)

Acai Extreme pure organic acai, blended with ice (280/420 cal)

Mango Mania passion-orange-guava juice, mango sorbet, non-fat yogurt, mangos and bananas (340/510 cal)

Caribbean Splash passion-orange-guava juice, mango sorbet, mangos and strawberries (310/470 cal)

Kiwi Quencher kiwi juice, mango sorbet and strawberries (310/460 cal)

Pineapple Paradise pineapple juice, non-fat frozen yogurt, pineapples, strawberries and coconut cream (250/380 cal)

Tropical Peach peach juice, mango sorbet, peaches and pineapple (240/360 cal)

True Blue pomegranate-blueberry juice, non-fat frozen yogurt, blueberries and bananas (290/440 cal)

Raspberry Blast cranberry juice, raspberry sorbet and raspberries (320/470 cal)

Strawberry Banana Supreme strawberry juice, raspberry sorbet, strawberries and bananas (270/400 cal)

Protein Power soy milk, non-fat frozen yogurt, strawberries, bananas and protein blend fortifier (280/410 cal)

Chunky Monkey chocolate soy milk, non-fat frozen yogurt, bananas and peanut butter (470/710 cal)

Iced Cappuccino cappuccino, vanilla soy milk and frozen yogurt (390/580 cal)

Chai Tea chai, vanilla soy milk, non-fat frozen yogurt (250/375 cal)

Matcha Green Tea soy milk and non-fat frozen yogurt blended with matcha green tea (300/450 cal)

super smoothies

Avocados & Cream soy milk, non-fat frozen yogurt, avocado, bananas, coconut cream, agave nectar (500/750 cal)

Jolly Green Kiwi kiwi juice, raspberry sorbet, pineapple, spinach, wheatgrass (250/380 cal)

Acai Mega Berry pomegranate-blueberry juice, organic acai, strawberries, blueberries, raspberries (330/490 cal)

lite blendz

100% pure fruit juice blended with fruit

passion-orange-guava juice and mangos (250/370 cal)

strawberry juice, strawberries and bananas (180/260 cal)

peach juice and strawberries (140/210 cal)

pomegranate-blueberry juice and blueberries (250/370 cal)

fortifiers

fortify your body, improve your health:

one free with every smoothie (0.50 ea. add.)

sniffles blend • brain blend • fiber blend

bone blend • whey protein • soy protein

energy blend • slim & trim • multi-vitamin

fresh squeezes & juices

supreme squeezes

Cold Terminator ginger, carrots and oranges (260/390 cal)

Super Detox parsley, celery, spinach and carrots (130/200 cal)

Cholesterol Buster ginger, garlic, carrots, apples (270/410 cal)

Mega Energy carrots and parsley (190/280 cal)

Body Purifier carrots, cucumbers and beets (120/180 cal)

Digestive Cleanser spinach and carrots (170/250 cal)

freshly squeezed

chilled to perfection upon request

orange (210/320 cal)

apple (240/350 cal)

carrot (190/280 cal)

orange-carrot (200/300 cal)

apple-carrot (210/320 cal)

100% fruit juices

cranberry (240/360 cal)

pineapple (260/390 cal)

acai (240/360 cal)

pom-blueberry (280/420 cal)

goji (150/220 cal)

peach (200/300 cal)

pog (220/330 cal)

wheatgrass

freshly squeezed wheatgrass juice (5/10 cal)

coffees & teas

fresh iced teas

organic iced tea infused with 100% pure fruit juice (optional botanical energy boost: 1.00)

cranberry (120/180 cal)

pineapple (130/200 cal)

acai (120/180 cal)

pom-blueberry (140/210 cal)

goji (80/110 cal)

peach (100/150 cal)

pog (110/165 cal)

lemon (10/20 cal)

organic coffee

freshly brewed coffee (0-5 cal)

breakfasts

breakfast sandwiches

wrap or panini; available alone or as a combo with a smoothie or fresh squeeze

Healthy Start Breakfast eggs, ham or turkey bacon, cheddar cheese, salsa, tomatoes, red onions and green peppers (120/520 cal)

Early Bird Breakfast eggs, ham or turkey bacon, mozzarella cheese, tomatoes and fat-free mayo (110/610 cal)

bowls and parfaits

Acai Bowl pure organic acai, strawberries, banana and granola (440 cal)

Yogurt Parfaits strawberry-peach or blueberry-raspberry (270/280 cal)

