



Did you know?
In all of our squeezes we start with fresh fruits and vegetables and use cold pressure to maintain 100% of their nutrients, vitamins and natural enzymes.

fresh squeezes med 5.29 lg 6.29

- Cold Terminator** orange, carrot, ginger
- Super Detox** celery, spinach, carrot
- Create Your Own** Any mixture of orange, carrot, apple, celery, cucumber, beet, spinach, kale, ginger

100% pure juices med 2.49 lg 2.99

- Passion-orange-guava, Cranberry, Pineapple, Peach, Pomegranate-blueberry, Kiwi, Acai** 2.99/3.49

iced tea med 2.49 lg 2.99

- Iced Tea** Organic tea with agave or fresh lemon slices
- Infused Iced Tea** Organic tea infused with any 100% pure fruit juice

lemonade med 2.49 lg 2.99

Freshly squeezed lemons sweetened with agave

wheatgrass med 2.99 lg 4.29

Natures detoxifying green SUPERFOOD

catering menu

FRESH catering is the perfect way to treat your guests to an unforgettable health experience. We've selected a menu of delicious, healthy food that will please everyone at your event. Whether you need a complete meal or just a selection of refreshing beverages FRESH - catering has you covered.

individually packaged

Save 5% on orders of six or more and 10% on orders of twelve or more. Discount does not apply to combos.

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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kids meals *12yrs & under

Perfect for your child's school, sporting, or birthday event!

half size wrap or panini 3.50
minimum order of ten

small pure smoothie 3.59
minimum order of ten

small fresh squeeze 4.59
minimum order of ten

small 100% pure juice or iced tea 1.79
minimum order of ten

kids combo 5.39
minimum order of ten

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're committed to strengthening the local communities in which we live, as well as the planet that gives us life, by serving all of our food and beverages in 100% biodegradable packaging.

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

FRESH - Healthy Café

South Park Mall
500 Southpark Center
Strongsville, OH 44136
P: 440-238-2084



Find us on Facebook and Twitter at **FRESHrestaurants!**

www.freshrestaurants.com



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pure smoothies med 4.29 lg 5.29

- Caribbean Splash** passion-orange-guava juice, mango sorbet, mango, strawberries
- Pomegranate Punch** pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, strawberries
- Mango Mania** passion-orange-guava juice, mango sorbet, non-fat frozen yogurt, mango, banana
- Kiwi Quencher** kiwi juice, mango sorbet, strawberries

- Pineapple Paradise** pineapple juice, non-fat frozen yogurt, pineapple, strawberries, coconut cream
- Tropical Peach** peach juice, mango sorbet, peach, pineapple
- True Blue** pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, banana

- Raspberry Blast** cranberry juice, raspberry sorbet, raspberries
- Strawberry Banana Supreme** passion-orange-guava juice, raspberry sorbet, strawberries, banana

- Protein Power*** vanilla soy milk, non-fat frozen yogurt, strawberries, banana, double shot of protein fortifier
- Chunky Monkey*** chocolate soy milk, non-fat frozen yogurt, banana, peanut butter

- Iced Cappuccino*** vanilla soy milk, non-fat frozen yogurt, cappuccino

Request a pure smoothie as a lite blend with 1/3 less calories. *Not available as lite blend

super smoothies med 5.29 lg 6.29

- Kale Pineapple** pineapple juice, kale, pineapple, mango, banana
- Avocados & Cream** vanilla soy milk, non-fat frozen yogurt, avocado, banana, coconut cream, agave nectar
- Jolly Green Kiwi** kiwi juice, raspberry sorbet, pineapple, spinach, wheatgrass +
- Acai Mega Berry** pomegranate-blueberry juice, organic acai, strawberries, blueberries, raspberries

fortifiers One free in every smoothie!
Energy, Whey/Soy Protein, Flaxseed, Immune Support, Slim & Trim, Multi-Vitamin, Wheatgrass +
*0.50 each additional

wraps & paninis half 4.59 full 6.99

- Turkey Cranberry** turkey breast, mozzarella cheese, romaine lettuce, mandarin orange slices, dried cranberries, walnuts, raspberry vinaigrette
- Southwestern Fiesta** spicy chicken breast, cheddar cheese, *romaine lettuce, red onion, green pepper, black beans, salsa, jalapenos
- Mediterranean** chicken breast, feta cheese *romaine lettuce, green pepper, olives, tzatziki sauce
- Asian Chicken** chicken breast, romaine lettuce, mandarin orange slices, sliced almonds, crispy noodles, sesame vinaigrette
- Turkey Bacon Avocado** turkey breast, turkey bacon, cheddar cheese, avocado, *romaine lettuce, tomato, red onion, low-fat ranch dressing
- Chicken Caesar** chicken breast, parmesan cheese, romaine lettuce, tomato, croutons, olives, caesar dressing
- Turkey Pesto** turkey breast, mozzarella cheese, *romaine lettuce, tomato, pesto sauce
- Portobello** portobello mushrooms, mozzarella cheese, *romaine lettuce, red pepper, red onion, balsamic vinaigrette
- Kale Vegetarian** beet slices, feta cheese, kale, tomato, red onion, red pepper, almonds, dried cranberries, balsamic vinaigrette
- Hummus** hummus, feta cheese, *romaine lettuce, tomato, cucumber, red onion, red pepper, chickpeas
- Tuna Melt** tuna, cheddar cheese romaine lettuce, tomato, low-fat mayonnaise

*Lettuce not on panini

hearty soups

Our delicious soups have less than 5 grams of fat per serving.

med 3.29 lg 4.29

kids combo *12yrs & under

Any half size wrap, panini, grilled cheese or pb&j with any 12oz drink.

5.99



Try it Veggie! Substitute UnChicken on any wrap, panini or salad!



Vegetarian, vegan or just striving to live a healthier lifestyle?
Substitute UnChicken for meat on any wrap, panini or crepe. If you are sensitive to dairy ask about our dairy-free menu options.

- sweet crepes 5.50**
- The Classic** banana, nutella
- Strawberry Delight** strawberries, dark chocolate
- Apple Caramel** apple sliced, caramel, walnuts
- Very Fruity** banana, strawberries, blueberries
- Peanut Butter Cup** banana, peanut butter, dark chocolate

- vegetarian crepes 6.29**
- Sunny Capri** tomato, mozzarella cheese, basil
- Florence** egg, mozzarella cheese, spinach, mushrooms
- Mister Popeye** spinach, feta cheese, tomato
- Veggie Fest** romaine lettuce, bell pepper, cucumber, red onion, tomato, mozzarella cheese, balsamic vinaigrette

- savory crepes 6.99**
- Chicken/Turkey Pesto** chicken or turkey breast, mozzarella cheese, tomato, garlic, pesto, basil
- Complete** ham, egg, mozzarella cheese, mushrooms
- Honey Mustard Chicken/Turkey** chicken or turkey breast, cheddar cheese, tomato, romaine lettuce, honey mustard dressing
- Caesar Chicken/Turkey** chicken or turkey breast, mozzarella cheese, mushrooms, tomato, romaine lettuce, basil, caesar dressing

Prices do not include tax. Selection and ingredients may vary by location. Menu subject to change without notice. Various food and beverage products can be made vegan and dairy free with elimination of cheese (or substitution of dairy free cheese at select locations), non-fat frozen yogurt, and substitution of "UnChicken" for meat.