

wraps

Turkey Bacon Avocado

turkey breast, turkey bacon,
*romaine lettuce, cheddar,
avocado, tomato, red onion,
lite ranch dressing 268-535 cal

Chicken Caesar

chicken breast, romaine
lettuce, parmesan, tomato,
croutons, olives, caesar
dressing 274-548 cal

Southwestern Fiesta

spicy chicken breast, *romaine
lettuce, cheddar, red onion,
green pepper, black beans,
jalapenos, salsa 297-594 cal

For full nutritional information, please ask one of our
staff! 2,000 calories a day is an estimate of what
adults need, but individual needs vary. Caloric
needs for most children and less active adults range
from 1,200 to 1,600 calories.

Asian Chicken

chicken breast, *romaine
lettuce, mandarin orange,
almonds, crispy noodles, sesame
vinaigrette 275-549 cal

Kale Vegetarian

beet, kale, hummus,
cucumbers, tomato, red
onion, red pepper, balsamic
vinaigrette 327-654 cal



Turkey Bacon
Avocado
Wrap

paninis

Turkey Bacon Avocado

279-558 cal
turkey breast, turkey
bacon, cheddar,
avocado, tomato, red
onion, lite ranch dressing

Turkey Pesto

266-531 cal
turkey breast, mozzarella,
tomato, balsamic
vinaigrette, pesto sauce

Veggie Portobello

portobello, mozzarella,
red pepper, red, onion,
balsamic vinaigrette

209-418 cal

Tuna Melt

FRESH tuna salad,
cheddar, tomato, red
onions 222-443 cal

Spicy Chicken

spicy chicken breast, cheddar,
red onion, green pepper, salsa,
jalapenos 231-462 cal

*lettuce not on panini

Spicy Chicken
Panini



freshest pair

Choose between:

Full wrap with an
Infused Iced Tea

OR ½ wrap with a
small pure smoothie



hearty soups

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



Substitute **UnChicken** for meat on any wrap, panini or salad.
Gluten-free bread is available upon request. If you are sensitive
to dairy ask about our **dairy-free** menu options.

pure smoothie

Caribbean Splash

passion-orange-guava juice,
mango sorbet, mango,
strawberries 308-398 cal

Raspberry Blast

cranberry juice, raspberry
sorbet, raspberries 302-453 cal

Tropical Peach

peach juice, mango sorbet,
peaches, pineapple 276-414 cal

Mango Mania

passion-orange-guava juice,
mango sorbet, non-fat frozen
yogurt, mango, banana 318-476 cal

Pineapple Paradise

pineapple juice, non-fat frozen
yogurt, pineapple, strawberries,
coconut milk 316-473 cal

Strawberry Banana Supreme

passion-orange-guava juice, raspberry
sorbet, strawberries, banana 328-492 cal

Pomegranate Punch

pomegranate-blueberry juice, non-fat
frozen yogurt, strawberries, blueberries
360-541 cal

Chunky Monkey

almond milk, non-fat frozen
yogurt, cocoa powder, banana, PB2
304-455 cal
Not available as a lite blend.



super smoothies

Kale Pineapple

pineapple juice, kale, pineapple, mangos, bananas 241-361 cal

Avocado Dream

almond milk, coconut milk, non-fat frozen yogurt, bananas,
avocados, agave 240-372 cal

Acai Mega Berry

pomegranate-blueberry juice, acai, blueberries, strawberries,
raspberries 428-641 cal

Jolly Green

pineapple juice, raspberry sorbet, pineapple, wheatgrass +, spinach
246-369 cal

Pitaya Passion

almond milk, mango sorbet, pitaya, pineapple 166-264 cal

Protein Power

almond milk, greek yogurt, non-fat frozen yogurt, strawberries,
bananas, double shot of protein fortifier 262-393 cal

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fortifiers take your smoothie to the next level!

Whey Protein
Plant Protein
Hemp Hearts

Flaxseed
Chia Seeds
Rolled Oats

Greek Yogurt
Wheatgrass +

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

FRESH squeezes



Cold Terminator

oranges, carrots, ginger 95-190 cal

Beet Punch

beets, ginger, lemon, apples,
carrots 221-332 cal

Green Lemonade

apples, spinach, cucumbers,
lemon 118-177 cal

Wheatgrass 1oz 2oz

Ginger Shot 2oz

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Fountain of Youth

apples & blueberries or
strawberries

251-377/224-336 cal

Create Your Own

oranges	beets	lemon
carrots	spinach	ginger
apples	cucumber	kale
celery	*Up to four (4) items	

95-190 cal



reFRESH drinks



All reFRESH drinks are *iced* upon request!

Pure Fruit Juices

passion-orange-guava, pineapple, pomegranate-blueberry,
cranberry, peach 90-210 cal

Lemonade

FRESHly squeezed lemon juice sweetened with all natural
agave nectar 52-104 cal

Iced Tea

FRESHly brewed organic tea sweetened with agave nectar
or FRESH lemon slices 0-88 cal

Infused Iced Tea

FRESHly brewed organic tea infused with any 100% pure
fruit juice 90-210 cal

Breakfast Menu



Healthy Start Breakfast

egg, turkey bacon, cheddar cheese, tomato, red onion, green pepper, salsa

your choice of:
wrap or panini

Early Bird Breakfast

egg, turkey bacon, mozzarella cheese, tomato, spinach

Organic Coffee

Ask about our selection of hot organic teas and coffee

Breakfast Combo

FRESH Egg n' Muffin 245 cal +
egg, avocado, tomato



**organic
coffee** sm
10 cal



**pure
smoothie** med



**fresh
squeeze** med

