

PURE *smoothies* sm 5 1/2 | reg 6 1/2

Raspberry Blast
pomegranate-blueberry
juice, blueberries, raspberries,
agave 205 | 330 cal

Mango Mania coconut
water, mango, bananas,
agave 200 | 301 cal

Pineapple Paradise coconut
milk, pineapple juice,
pineapple, strawberries
198 | 263 cal

Coffee Lover organic
brewed coffee, almond milk,
bananas, cocoa powder,
sugar free vanilla, agave
204 | 281 cal

Chunky Monkey almond
milk, Greek yogurt, cocoa
powder, bananas, sugar free
vanilla, PB2, agave
272 | 395 cal

Strawberry Banana Supreme
apple juice, agave,
strawberries, bananas
240 | 343 cal

Tropical Peach coconut
water, mango, peaches,
pineapple, agave
175 | 251 cal

Caribbean Splash
pineapple juice, mango,
strawberries, agave
255 | 350 cal

SUPER *smoothies* sm 6 1/2 | reg 7 1/2

Kale Pineapple pineapple
juice, kale, pineapple,
mangos, bananas 229 | 310 cal

Pitaya Passion almond milk,
pitaya, pineapple, agave
190 | 278 cal

Green Machine coconut
water, spinach, mango,
peaches, agave 117 | 155 cal

Acai Mega Berry
pomegranate-blueberry
juice, acai, blueberries,
strawberries, raspberries
318 | 479 cal

Avocado Dream almond
milk, coconut milk, mango,
bananas, avocados, agave
345 | 550 cal

Protein Power almond milk,
Greek yogurt, strawberries,
bananas, sugar free vanilla,
whey protein 230 | 368 cal

fortifiers +1 ea

take your smoothie to the next level!

Whey Protein **Plant Protein**
Hemp Hearts **Rolled Oats**
Chia Seeds **Flaxseed**
Greek Yogurt **Fresh Kale**
Fresh Spinach



We've got options! If you are sensitive to dairy,
ask about our **dairy-free** menu options.

ALL DAY
breakfast
only 5 1/2

Breakfast Panini or Wrap turkey bacon, egg, cheddar
cheese, spinach & tomato panini 265 cal wrap 354 cal

Avocado Artisan Toast spring mix, avocado, tomato 117 cal

Tex Bowl scrambled egg, turkey bacon,
black beans, spinach, red onion & salsa
203 cal

Cali Bowl scrambled egg, quinoa, spinach,
tomato, avocado & Greek yogurt
223 cal



Boost Coffee Smoothie
sm | 5 1/2 reg | 6 1/2
organic brewed coffee, rolled
oats, cacao, bananas, almond
milk, vanilla, agave 279 | 389 cal

Organic coffee | 2 1/2 **tea** | 2
Ask about our selection of hot
organic teas & coffee

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 biodegradable 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.

Beat the line with mobile ordering!

Order online at freshsaintfrancis.com or download our app!
Search Fresh Healthy Cafe



DELIVERY
AVAILABLE:



live healthy.
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SIGNATURE *wraps* half 6 | full 9

Mediterranean chicken breast, spinach, feta, cucumber, tomato, onion, olives, citrus vinaigrette 338 | 675 cal

Chicken Caesar BLT chicken breast, turkey bacon, romaine lettuce, parmesan, tomato, Caesar dressing 397 | 794 cal

Super Veg beet, kale, hummus, cucumbers, tomato, red pepper, balsamic vinaigrette 394 | 787 cal



Mission Burrito 🌱 Beyond Beef® or chicken, cheddar, romaine lettuce, black beans, quinoa, corn, avocado, Greek yogurt, jalapeno and salsa 367 | 733 cal

Turkey Bacon Avocado turkey breast, turkey bacon, romaine lettuce, cheddar, avocado, tomato, red onions, lite ranch 316 | 631 cal

GRILLED *paninis* half 6 | full 9



Spicy chicken spicy chicken breast, cheddar, red onion, green pepper, salsa, jalapenos 176 | 352 cal

BBQ Chicken bbq chicken, mozzarella, red onion, spinach, tomato 277 | 554 cal

Turkey Bacon Avo turkey breast, turkey bacon, cheddar, avocado, tomato, red onion, lite ranch dressing 247 | 494 cal

Veg Portobello portobello mushrooms, spinach, mozzarella, red pepper, balsamic glaze 238 | 475 cal

BEYOND *burger* | 9



🌱 Beyond Beef®, romaine lettuce, tomato, red onion, dill pickle dressed with FRESH homemade sauce 327 cal
cheddar cheese +1 gluten free bun +1

BUILD YOUR OWN *protein salad bowl* OR regular 9



1. Choose your base:

grains: quinoa
or fresh greens: spring mix • spinach • kale • romaine

2. Pick 5 toppings (+0.75 ea additional):

veggies: spinach • kale • spring mix • romaine • tomato olives • beets • red onion • green pepper • chickpeas cucumber • edamame • black beans • roasted red pepper corn • jalapenos

cheese: cheddar • mozzarella • feta • parmesan

nuts & seeds:

hemp hearts • pumpkin • almonds • coconut flakes

3. Premium add-ons:

turkey bacon +2	hummus +2
Gardein Chick'n +3	chicken breast +3
Beyond Beef® +3	portobello +2
	avocado +1

4. Dress it up: citrus or balsamic vinaigrette • greek yogurt
salsa • lite ranch • caesar

SIGNATURE *bowls* | full 12



Veg Buddha quinoa, hummus, spinach, avocado, tomato, cucumber, feta, balsamic glaze 288 | 575 cal

Fiesta quinoa, chicken breast, or 🌱 Beyond Beef®, romaine, black beans, corn, cheddar, avocado, salsa, greek yogurt chicken 491 cal | Beyond Beef 442 cal

Beach Salad chicken breast, romaine lettuce, spring mix, feta, hemp hearts, blueberries, avocado, homemade citrus vinaigrette 252 | 504 cal

FRESH *squeezes* snack 5 1/2 small 6 1/2 | regular 7 1/2

Cold Terminator oranges, carrots, ginger 159 | 216 | 328 cal

Beet Punch beets, ginger, lemon, apples, carrots 168 | 217 | 333 cal

Fountain of Youth apples & blueberries or strawberries 135 | 180 | 270 cal

Green Lemonade apples, spinach, cucumbers, lemon 120 | 163 | 249 cal



Create Your Own Squeeze

starting at 97 cal

oranges • carrots • apples
kale • celery • cucumbers
beets • lemon • spinach

Wheatgrass Shot

10 | 20 cal 1oz 3 | 2oz 6

Ginger Shot

ginger, lemon, cayenne pepper 49 cal | 2oz 6

ORGANIC *iced teas*

Fresh Brewed | sm 2 1/2 reg 3
organic green tea sweetened
with agave nectar 50 | 75 cal

Infused | sm 3 reg 3 1/2
fresh lemon 54 | 83 cal
passion fruit 170 | 255 cal
natural mint 80 | 135 cal

POWER *bowls* | regular 8

Pitaya Bowl organic pitaya blended with almond milk, pineapple, banana, mango & agave. Topped with granola, fresh blueberries, banana & coconut flakes 380 cal



Acai Bowl organic acai blended with pomegranate juice, strawberries & banana. Topped with granola, fresh blueberries, bananas & coconut flakes 543 cal

PB2 Bowl PB2 peanut butter blended with coconut milk, banana & strawberries, topped with granola, fresh blueberries, bananas, honey & coconut flakes 490 cal

🌱 substitute any protein for PLANT BASED protein



🌱 make any panini GLUTEN-FREE

♻️ we use BIODEGRADABLE packaging

MAKE IT A
meal

only
\$2



add a side and drink to any food item:
salad, soup or chips & organic iced-tea