

## wraps

half/full

### 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

### Turkey Cranberry

turkey breast, mozzarella, romaine lettuce, raisins, walnuts, mandarin oranges, raspberry vinaigrette

### Southwestern Fiesta

spicy chicken breast, romaine lettuce, cheddar, 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



**Vegetarian, vegan or just striving to live a healthier lifestyle?**

Substitute UnChicken for meat on any wrap, panini or salad.

**Gluten-free** wrap is available upon request.

## paninis

half/full

### Turkey Bacon Avocado

turkey breast, turkey bacon, cheddar, avocado, tomato, red onion, lite ranch dressing

### Turkey Pesto

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

### Veggie Portobello

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

### Spicy Chicken

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

### Turkey Club

turkey breast, turkey bacon, ham, mozzarella, tomato, lite ranch dressing

### Tuna Melt

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

## salads

half/full

### Add chicken/turkey/hummus/un'chicken

#### FRESH Greens

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

#### Kale Caesar

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

#### Beach Salad

romaine lettuce, spring mix, feta, blueberries, hemp hearts, avocado, 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

FRESH Greens Salad



## protein bowls

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

Create the Protein Bowl of your dreams with extra toppings!

### 2. Add one PROTEIN

chicken breast  
turkey breast  
hummus  
un'chicken

### 3. Add four VEGGIES

spinach	red onion	jalapenos
spring mix	green pepper	chickpeas
kale	red pepper	blackbeans
tomato	beets	avocado +0.50
cucumber	olives	

### 4. Top with one NUT/SEED

hemp hearts  
sesame seeds  
almonds

### 5. Dress it up

citrus vinaigrette	creamy ranch
balsamic vinaigrette	creamy caesar
asian sesame	

## FRESH squeezes

sm/reg

### Cold Terminator

oranges, carrots, ginger

### Beet Punch

beets, ginger, lemon, apples, carrots

### Green Lemonade

apples, spinach, cucumber, lemon

### Wheatgrass 1oz/2oz

### Fountain of Youth

apples & blueberries or strawberries

### Create Your Own

oranges	celery	cucumber
carrots	beets	ginger
apples	spinach	kale

### Ginger Shot 2oz

## reFRESH drinks

sm/reg

### Pure Fruit Juices

passion-orange-guava, pineapple, pomegranate-blueberry, cranberry, peach

### Lemonade 16oz/24oz

FRESHly squeezed lemon juice sweetened with all natural agave nectar

### Iced Tea

FRESHly brewed organic tea sweetened with agave nectar or FRESH lemon slices

### Infused Iced Tea

FRESHly brewed organic tea infused with any pure fruit juice

## pure smoothies

sm/reg

### Caribbean Splash

passion-orange-guava juice, mango sorbet, mango, strawberries

### Raspberry Blast

cranberry juice, raspberry sorbet, raspberries

### Tropical Peach

peach juice, mango sorbet, peaches, pineapple

### Mango Mania

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

### Pineapple Paradise

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

### Strawberry Banana Supreme

passion-orange-guava juice, raspberry sorbet, strawberries, banana

### Pomegranate Punch

pomegranate-blueberry juice, non-fat frozen yogurt, strawberries, blueberries

### Chunky Monkey

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

Ask for your pure smoothie as a

lite blend

with up to 1/3 less calories.

## super smoothies

sm/reg

### Kale Pineapple

pineapple juice, kale, pineapple, mangos, bananas

### Avocado Dream

coconut milk, non-fat frozen yogurt, bananas, avocados, agave

### Acai Mega Berry

pomegranate-blueberry juice, acai, blueberries, strawberries, raspberries

### Jolly Green

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

### Protein Power

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



If you are sensitive to dairy ask about our **dairy-free** menu options.

## fortifiers

take your smoothie to the next level! \$1 ea

Whey Protein  
Plant Protein  
Hemp Hearts

Flaxseed  
Chia Seeds  
Rolled Oats

Greek Yogurt  
Wheatgrass +

## power bowls

### Acai Bowl

organic acai blended with strawberries & banana, topped with granola & fresh blueberries

### PB2 Bowl

all natural PB2 peanut butter blended with coconut milk, banana & strawberries, topped with granola, fresh blueberries, honey & coconut flakes

Acai Bowl

### Greek Yogurt Bowl

greek yogurt topped with granola, fresh blueberries, banana, honey & coconut flakes



## hearty soups

8oz/12oz

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

## kids\* combo

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

## kids\* smoothie

select from our pure smoothies! 12oz



\*12yrs & under



We believe that healthy living includes caring for the planet. That's why we strive to use **biodegradable packaging materials** in all of our stores.