

wraps

half/full

Turkey Bacon Avocado

turkey breast, turkey bacon, romaine lettuce, cheddar, avocado, tomato, red onion, life ranch dressing

Chicken Caesar

chicken breast, romaine lettuce, parmesan, tomato, croutons, olives, creamy caesar dressing



Turkey Bacon Avocado Wrap



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, life 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

Tuna Melt

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



Spicy Chicken Panini



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

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

2. Add one PROTEIN

chicken breast hummus
turkey breast un'chicken

4. Top with one NUT/SEED

hemp hearts
sesame seeds
almonds

Create the Protein Bowl of your dreams with extra toppings!

3. Add four VEGGIES

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

5. Dress it up

citrus vinaigrette
balsamic vinaigrette
asian sesame

lite ranch
creamy caesar

FRESH squeezes

sm/reg

Cold Terminator

oranges, carrots, ginger

Beet Punch

beets, ginger, lemon, apples, carrots

Green Lemonade

apples, spinach, cucumbers, lemon

Wheatgrass 1oz/2oz

Fountain of Youth

apples & blueberries or strawberries

Create Your Own*

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

Ginger Shot 2oz

reFRESH drinks

sm/reg

☼ All reFRESH drinks are iced upon request!

Pure Fruit Juices

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

Lemonade sm/reg

FRESHly squeezed lemon juice sweetened with all natural agave nectar

All menu items are subject to availability.

Iced Tea

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

Infused Iced Tea

FRESHly brewed organic tea infused with any 100% 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

almond milk, 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

Pitaya Passion

almond milk, mango sorbet, pitaya, pineapple

Protein Power

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

fortifiers

take your smoothie to the next level!

Whey Protein

Plant Protein

Hemp Hearts

Flaxseed

Chia Seeds

Rolled Oats

Greek Yogurt

Wheatgrass +

power bowls

sm/reg

Pitaya Bowl

pitaya blended with almond milk, pineapple, banana & mango, topped with granola, blueberries & coconut flakes

Pitaya Bowl



Acai Bowl

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

PB2 Bowl

PB2 blended with coconut milk, banana & strawberries, topped with granola, honey, blueberries, coconut flakes

Greek Yogurt Bowl

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