

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

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

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.



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.

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.



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

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

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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

