

wraps

half 5.49 full 8.39

Turkey Bacon Avocado

turkey breast, turkey bacon, romaine lettuce, cheddar, avocado, tomato, red onion, lite 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.

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

paninis

half 6.19 full 9.39

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

Albacore Melt

Albacore tuna, romaine lettuce, cheddar, tomato, red onions



Spicy Chicken Panini

hearty soups

8oz 3.99 12oz 4.99

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

10% off
ANY drink with the purchase of any food item!

kids* combo 5.49

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

*12yrs & under

kids* smoothie

select from any of our pure smoothies! 12oz 3.99

salads

half 4.89 full 7.39

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 dressing

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

Add a protein to make your salad an entrée!

chicken breast	+3.00
turkey breast	+3.00
un'chicken	+2.50
smoked tofu	+1.50
hummus	+1.50

protein bowls

8.39

1. Start with a bed of fresh quinoa

2. Add a protein

chicken breast un'chicken
turkey breast smoked tofu
hummus

4. Add a topping
0.50 each additional

hemp hearts
sesame seeds
almonds

3. Add veggie & fruit (+4)

0.50 each additional

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

5. Dress it up

citrus vinaigrette	asian sesame	caesar
balsamic vinaigrette	lite ranch	

FRESH squeezes

sm 6.49 reg 7.49

Cold Terminator

oranges, carrots, ginger

Beet Punch

beets, ginger, lemon, apples, carrots

Green Lemonade

apples, spinach, cucumbers, lemon

Wheatgrass 1oz 3.39 2oz 4.89

Fountain of Youth

apples & blueberries or strawberries

Create Your Own*

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

Ginger Shot 2oz 4.89

reFRESH drinks

sm 4.50 reg 5.00

Kombucha

Sweetened with pomegranate juice for a delicious, fresh taste

California Grape nature's perfect combo of soft, tart and sweet

Cold Brew

Cold Brew Bold yet clean, with rich almond notes

Iced Tea sm 2.89 reg 3.39

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

Lemonade sm 3.39 reg 3.89

FRESHly squeezed lemon juice sweetened with all natural agave nectar

pure smoothies

sm 5.49 reg 6.49

Caribbean Splash

coconut water, mango sorbet, mango, strawberries, agave

Raspberry Blast

pomegranate-blueberry juice, raspberry sorbet, raspberries

Tropical Peach

coconut water, mango sorbet, peaches, pineapple, agave

Mango Mania

coconut water, mango sorbet, non-fat frozen yogurt, mango, banana, agave

Pineapple Paradise

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

Strawberry Banana Supreme

apple juice, raspberry sorbet, strawberries, banana, agave

Pomegranate Punch

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

Chunky Monkey

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

super smoothies

sm 6.49 reg 7.49

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! \$1 ea

Whey Protein
Plant Protein
Hemp Hearts

Flaxseed
Chia Seeds
Rolled Oats

Greek Yogurt
Wheatgrass +
Fresh Greens*

*Ask about our selection today! Subject to availability.

power bowls

7.49

Pitaya Bowl

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

Acai Bowl

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



Pitaya Bowl

PB2 Bowl

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

Greek Yogurt Bowl 6.49

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

we cater to health!

big salad
bowl

big wrap
platter

Appetizer Platter

Perfect for a gathering with an appetite for variety!

Big Wrap Platter

A crowd favorite – choose from a selection of our signature wraps paired with our guilt-free sides! Serves 15-20.

Fresh Wrap Platter

This package is perfect for your next meeting, luncheon, or small gathering! Serves 8-10.

Big Salad Bowls

Salads DO win friends! Try it on it's own or pair it up with one of our other catering offerings! Serves 6-8.

Boxed Lunch

Choose from an assortment of wholesome, delicious wraps from our main menu!

wrap + bottled water + side

*minimum order of six (6)

Custom Meals

Construct the perfect meal for the most diverse guests! Choose your main, drink, side and let us do the rest.

wraps/salads

smoothies/squeezes/juices/iced teas

snacks/sides may vary per location

Fresh Bowl Bar* **NEW**

Serve up a fun and interactive experience at your next event - our Fresh Bowl Bar is a treat for all! Start with an acai or pitaya smoothie base, design your own by adding your favorite superfood toppings! Serves 4-6.

Call or see in-store for available toppings
*Each full order includes 8oz serving bowls and utensils



Oh we've got options!



We are always happy to customize your order. **Vegetarian, vegan, dairy and gluten free** options are available upon request.

Call or visit us for full details!

Subject to availability. Restrictions may apply. Orders must be placed 24 hrs in advance. Delivery charge may apply.

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.



FRESH - Healthy Café

250 North City Drive,
San Marcos, CA

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