

PURE *smoothies* sm 6 | reg 7

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

**Mango Mania** coconut  
water, mango, banana,  
agave 200 | 301 cal

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

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

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

**Strawberry Banana Supreme**  
apple juice, banana,  
strawberries, agave  
240 | 344 cal

**Tropical Peach** coconut  
water, peaches, mango,  
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, pineapple,  
peaches, mango 117 | 155 cal

**Acai Mega Berry**  
pomegranate-blueberry  
juice, acai, blueberries,  
strawberries, raspberries  
325 | 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 and tomato 1/2 panini 265 cal 1/2 wrap 354 cal

**Avocado Artisan Toast** spring mix, avocado, tomato 117 cal

**Tex Bowl** scrambled egg, turkey bacon,  
black beans, spinach, red onion tomato  
and salsa 203 cal

**Cali Bowl** scrambled egg on quinoa and  
spinach, topped with tomato, avocado and greek yogurt  
223 cal



**Boost Coffee Smoothie**

sm | 5 1/2 reg | 6 1/2  
organic brewed coffee, rolled  
oats, cacao, banana, almond  
mylk, 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.



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**Beat the line with mobile ordering**

search Fresh Healthy Cafe and download our app  
or visit us on the web at [freshcafeerie.com](https://freshcafeerie.com)



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DELIVERY  
AVAILABLE:



CATERING  
AVAILABLE:



## 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, mozza, 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, mozza, red pepper, balsamic glaze 238 | 475 cal

**Turkey Pesto** turkey breast, mozzarella, tomato, balsamic vinaigrette, pesto sauce 260 | 519 cal

🌱 make any panini **gluten-free**

## BEYOND *burger* | 9



🌱 Beyond Beef®, romaine lettuce, tomato, red onion, dill pickle dressed with Fresh house 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 | portobello +2  
🌱 Beyond Beef® +3 | turkey breast +3 | avocado +1

**4. Dress it up:** citrus or balsamic vinaigrette • greek yogurt  
salsa • light ranch • caesar • asian sesame

## SIGNATURE *bowls* | full 12



**Veg Buddha** quinoa, hummus, spinach, avocado, tomato, cucumber, feta, balsamic glaze 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, citrus vinaigrette 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** | 2oz 6  
ginger, lemon and cayenne  
pepper 49 cal

## REFRESH *drinks*

#### Fresh Brewed Iced-tea

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

#### Infused Iced-tea

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

#### Lemonade

sm 4 | reg 4 1/2  
freshly squeezed lemon juice sweetened with all natural agave  
nectar 104 | 152 cal

## POWER *bowls* | regular 8

**Pitaya Bowl** organic pitaya blended with almond mylk, pineapple, banana, mango & agave, topped with granola, fresh blueberries, banana & coconut flakes 380 cal



**Acai Bowl** organic acai blended with pomegranate-blueberry juice, strawberries and banana, topped with granola, fresh blueberries, bananas and coconut flakes 543 cal

**PB2 Bowl** PB2 peanut butter blended with coconut mylk, 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**