

## wraps

full/half

### 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

### Southwestern Fiesta

spicy chicken breast, cheddar, romaine lettuce, 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

full/half

### Turkey Bacon Avocado

turkey breast, turkey bacon, cheddar, avocado, tomato, red onion, low-fat 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

## salads

full/half

**Add chicken/turkey/hummus/un'chicken for 1.00 half/1.50 full**

### 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



## hearty soups

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

## kids\* combo

grilled cheese or pb&j or pb&j banana rollup + FRESH veggie sticks + any 12oz pure smoothie or reFRESH drink  
\*12yrs & under

## protein bowls

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

### 2. Add one PROTEIN

1.50 each additional

chicken breast  
turkey breast  
hummus  
un'chicken

### 3. Add four VEGGIES

0.50 each additional

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

### 4. Top with one NUT/SEED

0.50 each additional

hemp hearts  
sesame seeds  
almonds

### 5. Dress it up

citrus vinaigrette  
balsamic vinaigrette  
asian sesame  
creamy ranch  
creamy caesar



## FRESH squeezes

12oz /16oz/24oz

### Cold Terminator

oranges, carrots, ginger

### Beet Punch

beets, ginger, lemon, apples, carrots

### Green Lemonade

apple, 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

16oz /24oz

### Pure Fruit Juices

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

### Lemonade

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 100% pure fruit juice

## FRESH café

Freshly Brewed..... 12oz /24oz

Americano ..... 12oz /24oz

Latte ..... 12oz /24oz

Mocha..... 12oz /24oz

Cappuccino ..... 12oz /24oz

Chai Latte ..... 12oz /24oz

Espresso ..... single/double

Hot Tea ..... 12oz /24oz

All items are subject to availability. Please see in-store for full menu.

## pure smoothies

16oz /24oz

### 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 life blend.

Ask for your pure smoothie as a

lite blend

with up to 1/3 less calories.

## super smoothies

16oz /24oz

### 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

one free in every smoothie

0.75 each additional

Whey Protein

Soy Protein

Energy

Multi-Vitamin

Slim & Trim

Flaxseed

Immune Support

Wheatgrass +

## power bowls

### Pitaya Bowl

almond milk, pitaya, pineapple, banana, mango, granola, blueberries, coconut flakes

### Acai Bowl

acai, strawberries, banana, granola, blueberries

### PB2 Bowl

coconut milk, PB2, banana, strawberries, granola, honey, blueberries, coconut flakes

### Greek Yogurt Bowl

greek yogurt, granola, honey, blueberries, banana, coconut flakes

