



FRESHENS FRESH FOOD STUDIO

RICE BOWLS

FRITO GRANDE \$12.50

Chicken*, Fritos corn chips, refried beans, queso, corn, lettuce, chipotle sauce, white rice 690cal

MEXICAN \$12.50

Chicken*, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch dressing, white rice 690cal

BUFFALO \$12.50

Buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice 590cal

KC BBQ \$12.50

Sweet Baby Ray's BBQ sauce, chicken*, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, white rice 620cal

THAI CHICKEN \$12.50

Peanut free Asian Thai dressing, chicken*, lettuce, carrots, cabbage, cucumber, black sesame seeds, white rice 550cal

POWER PROTEIN \$12.50

36g Chicken*, black beans, egg, bacon, cheddar-jack, lettuce, buffalo ranch dressing, and white rice 720cal

BAJA QUESO \$12.50

Chicken*, queso blanco, corn, salsa, lettuce, chipotle ranch dressing, white rice 680cal

MEATLESS MEXICAN \$12.50

Quorn meatless chicken, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch, white rice 710cal

EXTRAS

ADD QUESO \$2.35

Adds 160cal

EXTRA CHICKEN* \$2.80

Adds 60cal

SUB QUORN MEATLESS CHICKEN \$2.80

10cal

GRILLED FLATBREADS

CHIPOTLE CHICKEN CLUB \$10.25

Chicken*, tomatoes, romaine, provolone, bacon, chipotle ranch dressing 670cal

BBQ BACON CHICKEN \$10.25

Chicken*, bacon, romaine, cheddar-jack, Sweet Baby Ray's BBQ sauce 660cal

PESTO CHICKEN \$10.25

Chicken*, provolone, red peppers, fresh baby spinach, pesto 600cal

SANTA FE \$10.25

Chicken*, black beans, cheddar-jack, romaine, salsa, chipotle ranch dressing 720cal

ARTISAN MELTS CLASSICS

MOM-S GRILLED CHEESE \$9.65

Homemade signature cheese blend on sourdough served with a tomato soup dipper 1160cal

GRILLED CHEESE & BACON \$9.65

Crispy bacon, homemade signature cheese blend on sourdough served with tomato soup dipper 1220cal

CHEF CREATED

CHICKEN BACON RANCH \$9.65

Chicken*, bacon and our homemade signature cheese blend, ranch dressing on sourdough *1070cal*

CHICKEN CAPRESE \$9.65

Chicken*, spinach, homemade signature cheese blend, tomatoes and basil balsamic vinaigrette *940cal*

BUFFALO CHICKEN \$9.65

1020cal

EXTRAS

ADD A TOMATO SOUP DIPPER \$2.00

CRUNCHADILLAS

CHICKEN BACON RANCH \$11.50

Chicken*, cheddar-jack, bacon, lettuce, tostada chips, ranch wrapped in a flour tortilla *690cal*

THE COWBOY \$11.50

Chicken*, bacon, cheddar-jack, lettuce, tostada chips, BBQ sauce, wrapped in a flour tortilla *640cal*

ON THE BORDER \$11.50

Chicken*, refried beans, salsa, cheddar-jack, tostada chips, chipotle ranch wrapped in a flour tortilla *670cal*

SUPREME \$11.50

Chicken*, cheddar-jack, tomatoes, lettuce, tostada chips, chipotle ranch dressing, wrapped in a flour tortilla *710cal*

CHICKEN AVOCADO \$11.50

Chicken*, provolone, lettuce, tomatoes, bacon, tostada chips, avocado lime ranch dressing wrapped in a flour tortilla *650cal*

SALADS

STRAWBERRY & KALE \$14.50

Romaine, kale, chicken*, strawberries, apples, dried cranberries, pecans, Gorgonzola, strawberry vinaigrette *360cal*

CHICKEN AVOCADO COBB \$14.50

Romaine, chicken*, bacon, cheddar-jack, tomatoes, parmesan, egg, avocado lime ranch dressing *480cal*

CHICKEN CAESAR \$14.50

Romaine, chicken*, tomatoes, parmesan, Caesar dressing *440cal*

SW CHIPOTLE CHICKEN \$14.50

Romaine, chicken*, black beans, onions, corn, tomatoes, cheddarjack, salsa, crisps with chipotle ranch dressing *470cal*

EXTRAS

ADD CHICKEN OR QUORN \$2.80

60cal

CRÊPES

BREAKFAST CRÊPES

Served All Day

DENVER \$14.15

Eggs, cheddar-jack, roasted onions & peppers, bacon, salsa *540cal*

EGG WHITE FLORENTINE \$14.15

Egg whites, fresh spinach, bacon, tomatoes, feta cheese *310cal*

DESSERT CRÊPES

NUTELLA SOLO \$13.00

Nutella, granola and whipped cream *430cal*

SUPREME

Nutella, sliced bananas, strawberries, whipped cream *440cal*

PERFECT PAIR \$13.00

Nutella with your choice of strawberries or bananas and whipped cream *390/490cal*

SMOOTHIES

100% clean ingredients / gluten free

WILD STRAWBERRY \$9.99

Strawberries, kiwi-lime 310cal **V**

ORANGE SUNRISE \$9.99

Pineapple, strawberries, bananas, orange 350cal **D**

GOIN' GREEN \$9.99

1 Full Serving Fruits & Veggies, Kale, spinach, mango, pineapple 300cal **V**

TROPICAL THERAPY \$9.99

4Pineapple, coconut, kiwi-lime 20cal **V**

SUPER FUEL \$9.99

2.5 Servings Fruits & Veggies, Orange, pineapple, strawberries, apples, 4 organic veggies 290cal **D**

MAUI MANGO \$9.99

Mango, strawberries, bananas 380cal **V**

LIME BERRY \$9.99

Strawberries, pineapple, kiwi-lime, orange 340cal **D**

SUPER C \$9.99

620mg Vitamin C, Strawberries, pineapple, bananas, orange, immunity boost 360cal **D**

BANGIN' BERRY \$9.99

Pomegranate, raspberries, blueberries, bananas 380cal **V**

ACAI ENERGY \$9.99

Brazilian Superfruit, Organic acai, strawberries, bananas, blueberries 390cal **V**

MANGO ME CRAZY \$9.99

Mango, pineapple 340cal **V**

BERRY BURN \$9.99

Strawberries, bananas, metabolizer boost 320cal **V**

LUCKY 7 \$9.99

Blended with 7 fruits: Pomegranate, raspberries, blueberries, mango, peach, strawberries, bananas 440cal **V**

CARIBBEAN CRAZE \$9.99

Bananas, Strawberries 310cal **V**

PEACH ON THE BEACH \$9.99

Peaches, strawberries, mango, orange 360cal **D**

PB PROTEIN \$9.99

29g Protein, Peanut butter, bananas, cocoa, yogurt, plant protein 640cal **D**

BOOSTS

ENERGY \$1.99

5cal

PROTIEN \$1.99

35cal

IMMUNITY \$1.99

(500mg C) 10cal

2,000 calories a day used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

V = Vegan

D = Dairy

*No Antibiotics EVER!