

fresh sandwiches & salads 6.19

wrap, panini or salad - the choice is yours

Turkey Club turkey breast, smoked ham, turkey bacon, lettuce, tomatoes, mozzarella cheese and low-fat ranch dressing

Asian Chicken chicken, lettuce, mandarin oranges, sliced almonds, crispy noodles, sesame vinaigrette

Spicy Chicken spicy chicken breast, cheddar cheese, lettuce, red onions, olives, jalapenos, salsa

Chicken Caesar chicken breast, lettuce, tomatoes, croutons, parmesan, olives and caesar dressing

Veggie Extreme lettuce, tomatoes, green peppers, olives, cucumbers, feta cheese, raspberry vinaigrette

Mediterranean roasted chicken breast, lettuce, green peppers, olives, feta cheese and tzatziki sauce

Tuna Melt tuna, lettuce, tomatoes, cheddar cheese and fat-free mayo

Turkey Bacon Avocado turkey breast, turkey bacon, cheddar cheese, avocado, lettuce, tomatoes, red onions and low-fat ranch dressing

Turkey Pesto turkey, mozzarella, tomatoes, pesto

The Portobello portobello mushrooms, mozzarella cheese, red peppers, red onions, balsamic vinaigrette

Turkey Cranberry turkey, swiss, cranberries, walnuts, romaine lettuce, mandarins, raspberry vinaigrette

Mexican Fiesta spicy chicken, romaine lettuce, red peppers, red onions, black beans, cheddar cheese, hot mayo, corn salsa

Apple Harvest Chicken chicken, apple slices, spinach, dried cranberries, walnuts, feta, raspberry vinaigrette

Hummus (wrap only) hummus, romaine lettuce, tomatoes, cucumbers, red onions, red peppers, chick peas and feta

hearty soups med 3.29 lg 4.29

Ask our staff about the Soup of the Day. Our fresh & healthy soups have less than 5 grams of fat.

kids meals 4.49 - 4.99

Choose any kids' wrap or panini, grilled cheese or peanut butter & jelly, and add any 12 oz drink.



Healthy Choices to Fit Your Unique Lifestyle
Vegetarian, vegan or just striving to live a healthier lifestyle? Substitute gardein™ faux chick'n for meat on any sandwich or salad. Gluten-free wraps are also available upon request. Ask us about our dairy-free menu options.



Summit Mall
3265 W Market St. Akron, OH 44333
p 330-865-8133 f 330-865-8134

Call ahead and fax ordering available!

For more information, comments and franchise inquiries, please visit us at www.freshrestaurants.com or call us at 604-526-1178



fresh & healthy menu

smoothies med 4.29 lg 5.29

awaken your mind & body

Pomegranate Punch pomegranate-blueberry juice, non-fat frozen yogurt and strawberries

Acai Energy passion-orange-guava juice, pure organic acai, strawberries and bananas

Mango Mania passion-orange-guava juice, mango sorbet, non-fat yogurt, mangos and bananas

Caribbean Splash passion-orange-guava juice, mango sorbet, mangos and strawberries

Kiwi Quencher kiwi juice, mango sorbet and strawberries

Pineapple Paradise pineapple juice, non-fat frozen yogurt, pineapples, strawberries and coconut cream

Tropical Peach peach juice, mango sorbet, peaches and pineapple

True Blue pomegranate-blueberry juice, non-fat frozen yogurt, blueberries and bananas

Raspberry Blast cranberry juice, raspberry sorbet and raspberries

Strawberry Banana Supreme passion-orange-guava juice, raspberry sorbet, strawberries and bananas

Protein Power soy milk, non-fat frozen yogurt, strawberries, bananas and protein blend fortifier

Chunky Monkey chocolate soy milk, non-fat frozen yogurt, bananas and peanut butter

Iced Cappuccino cappuccino, vanilla soy milk and frozen yogurt

Chai Tea chai, vanilla soy milk, non-fat frozen yogurt

Matcha Green Tea soy milk and non-fat frozen yogurt blended with matcha green tea

super smoothies med 5.29 lg 6.29

Avocados & Cream soy milk, non-fat frozen yogurt, avocado, bananas, coconut cream, agave nectar

Jolly Green Kiwi kiwi juice, raspberry sorbet, pineapple, spinach, wheatgrass

Acai Berry Power cranberry juice, organic acai, strawberries, blueberries, raspberries

lite blendz med 4.29 lg 5.29

100% pure fruit juice blended with fruit
passion-orange-guava juice and mangos
strawberry juice, strawberries and bananas
peach juice and strawberries
pomegranate-blueberry juice and blueberries

fortifiers

fortify your body, improve your health:
one free with every smoothie (0.50 ea. add.)
energy blend • brain blend • fiber blend
bone blend • whey protein • soy protein
sniffles blend • slim & trim • multi-vitamin

fresh squeezes & juices

supreme squeezes med 4.49 lg 5.49

Cold Terminator ginger, carrots and oranges

Super Detox parsley, celery, spinach and carrots

Cholesterol Buster ginger, garlic, carrots, apples

Mega Energy carrots and parsley

Body Purifier carrots, cucumbers and beets

Digestive Cleanser spinach and carrots

freshly squeezed sm 3.99 med 4.49 lg 5.49

chilled to perfection upon request

orange • apple • carrot • apple-carrot • orange-carrot

100% fruit juices & iced teas med 2.49 lg 2.99

passion-orange-guava • pineapple • peach • kiwi
strawberry • cranberry • pomegranate-blueberry
acai (2.69/3.49)

wheatgrass

freshly squeezed wheatgrass juice 1oz 1.99 2oz 2.99

hot coffees & teas

organic antioxidant coffee sm 1.60 med 1.85 lg 2.05

assorted organic herbal teas med 1.60 lg 1.99

breakfasts

breakfast sandwiches 6.19

Healthy Start Breakfast eggs, ham or turkey bacon, cheddar, salsa, tomatoes, red onions and green peppers

Early Bird Breakfast eggs, ham or turkey bacon, mozzarella cheese, tomatoes and fat-free mayo

bowls and parfaits

Acai Bowl pure organic acai, strawberries, banana and granola 5.29

Yogurt Parfaits 3.99

crepes

sweet crepes 5.00-5.50

The Classic banana, nutella

Very Fruity banana, strawberry, blueberry

Red and Black strawberry, chocolate

Apple Caramel apple, caramel, walnuts, cinnamon

Chunky Monkey banana, peanut butter, chocolate

vegetarian crepes 5.99

Sunny Capri mozzarella cheese, tomatoes, basil

Mister Popeye baby spinach, feta cheese, tomatoes

Le Fromage Supreme cheddar, mozzarella and parmesan, garnished with fresh parsley

Florence spinach, egg, swiss cheese, mushrooms

Veggie Fest spring mix, bell pepper, cucumber, red onion, dressing

savory crepes 6.99

Honey Mustard Chicken/Turkey chicken or turkey, cheddar, tomatoes, romaine, honey mustard dressing

Chicken/Turkey Pesto chicken breast or turkey, swiss cheese, tomatoes, garlic, pesto, basil

New Orleans chicken breast, swiss cheese, mushrooms, sundried tomatoes, salsa

Caesar Chicken/Turkey chicken breast or turkey, melted mozzarella, mushrooms, tomatoes, romaine lettuce, basil, caesar dressing

Complete ham, egg, swiss cheese, mushrooms

Aloha Delight cheddar, ham, onions, mushrooms, pineapple, brown sugar, soy sauce