

# Healthy & Fresco

# MENU AND ORDERING GUIDE

## STEP #1 PICK YOUR GAME

### BOWL IT UP

**"All-Star" Bowl** ..... **\$9.99**

2 Bases + 1 Protein + 2 Veggies + 3 Toppings +  
1 Dressing

**"College" Bowl** ..... **\$8.99**

1 Base + 1 Protein + 2 Veggies + 2 Toppings +  
1 Dressing

### SALAD IT UP

**"Greens in Regulation" Salad** ..... **\$9.49**

2 Bases + 1 Protein + 1 Veggie + 3 Toppings +  
1 Dressing. Served over a bed of greens

### SANDWICH IT UP

**"Grand Slam" Sandwich** ..... **\$8.49**

1 Base + 1 Protein + 1 Veggie + 3 Toppings +  
1 Dressing. Served over a bed of greens

### WRAP IT UP

**"Slam Dunk" Wrap** ..... **\$8.49**

1 Tortilla + 1 Base + 1 Protein + 1 Veggie +  
3 Toppings + 1 Dressing  
Made with your choice of:

	Calories	GF	DF	SF	VF
White tortilla	310		✓		✓
Spinach tortilla	292		✓	✓	✓
Tomato basil tortilla	300		✓	✓	✓

### DOUBLE PLAY COMBO

**Select a half salad and cup of soup** ..... **\$7.49**

### HOMEMADE SEASONAL SOUPS

**Cup** ..... **\$2.99**

**Bowl** ..... **\$4.49**


	Calories	GF	DF	SF	VF
Lentil Soup	164/246	✓	✓	✓	✓
Chicken Vegetable Soup	139/209	✓		✓	
Broccoli Soup	50/75	✓	✓	✓	✓

## STEP #2 PICK YOUR BASE

	Calories	GF	DF	SF	VF
Harvest Blend	21	✓	✓	✓	✓
Kale	48	✓	✓	✓	✓
Spinach	17	✓	✓	✓	✓
Brown Rice	172	✓	✓	✓	✓
Yakisoba Noodles	238		✓	✓	✓
Quinoa	62		✓	✓	✓
Yellow Vegetable Rice	190	✓	✓	✓	✓

\* There is a \$1.25 charge for each additional base

## STEP #3 PICK YOUR PROTEIN

	Calories	GF	DF	SF	VF
Grilled Chicken	149	✓	✓	✓	
Chicken Teriyaki 	156		✓	✓	
Pulled Pork	234	✓	✓		
Grilled Steak (\$1.75 upcharge)	220	✓	✓	✓	
Shrimp (\$1.75 upcharge)	118	✓	✓	✓	
Vegetable Protein (\$1.75 upcharge)	148	✓	✓	✓	✓

\* There is a \$1.25 charge for each additional protein

## STEP #4 PICK YOUR VEGGIES

	Calories	GF	DF	SF	VF
Beans	84	✓	✓		✓
Roasted Balsamic Carrots	70	✓	✓	✓	✓
Broccoli	24	✓	✓	✓	✓
Roasted Sweet Potatoes	110	✓	✓	✓	✓
Sautéed Mushrooms	22	✓	✓	✓	✓

\* There is a \$1.25 charge for each additional veggie

This is a guide to ordering at Healthy & Fresco.  
Menu items are indicated to meet special dietary needs as follows:

GF Gluten Friendly · DF Non-Dairy Friendly · SF No Sugar Added  
VF Vegan Friendly

 = Contains nuts

## STEP #5 PICK YOUR TOPPINGS

	Calories	GF	DF	SF	VF
Avocado (\$1.50 upcharge)	150	✓	✓	✓	✓
Croutons	120				
Bacon	120	✓	✓		
Cucumber slices	5	✓	✓	✓	✓
Kalamata Olives	45	✓	✓	✓	✓
Bell Peppers	20	✓	✓	✓	✓
Pickled Bell Peppers	51	✓	✓		✓
Red Onions	30	✓	✓	✓	✓
Pickled Red Onions	61	✓	✓		✓
Tomatoes	8	✓	✓	✓	✓
Sundried Tomatoes	56	✓	✓		✓
Boiled Eggs	78	✓		✓	
Dill Pickles	8	✓	✓	✓	✓
Jalapeño Slices	8	✓	✓	✓	✓
Feta Cheese	160	✓		✓	
Cheddar Cheese	220	✓		✓	
Parmesan Cheese	110	✓		✓	
Swiss Cheese	150	✓		✓	

\* There is a \$.75 charge for each additional topping

## STEP #6 PICK YOUR DRESSING

	Calories	GF	DF	SF	VF
Blue Cheese	150	✓			
Jalapeño Ranch	110	✓			
Sesame Ginger	100		✓		✓
Cucumber Wasabi	150	✓			
Balsamic Vinaigrette	50	✓	✓		✓
Raspberry Vinaigrette	103	✓	✓		✓
Honey Mustard	110	✓			

\* There is a \$.25 charge for each additional dressing

# Healthy & Fresco

## DRINKS AND EXTRAS

### SMOOTHIES

**Strawberry, Banana, or Mango ..... \$5.99**

Add-ins:

- Kale
- Protein powder for \$1
- Turmeric for \$1
- Honey for \$.50

### FRUIT BOWL

**Acai Bowl ..... \$8.99**

With your selection of strawberries, bananas, blueberries, granola and coconut shavings

### DRINKS

**Blind Tiger Cold Brew Coffee ..... \$3.99**

**Lavender Mojito Mother Kombucha .. \$4.99**

**Home Brewed Iced Teas ..... \$1.99**

**Water ..... \$1.49**

**Apple Juice ..... \$2.49**

**Orange Juice ..... \$2.49**

**Diet Coke, Coke or Sprite ..... \$1.49**

### BEER AND WINE

**Big Storm Brewing Co. Draft ..... \$4.50**

**Bottled/Canned Beer ..... \$3.75**

**Wine ..... \$5.50**

### KIDS MENU

**El Niño Bowl ..... \$6.99**

1 Base + 1 Protein + 1 Veggie + 1 Topping + 1 Dressing

**Peanut Butter and Jelly Sandwich ..... \$2.99**

### GRAB-N-GO

Grab from our cooler or basket and enjoy our healthy snacks and desserts on the go!

**Homemade Hummus ..... \$3.49**

**Parfait ..... \$3.49**

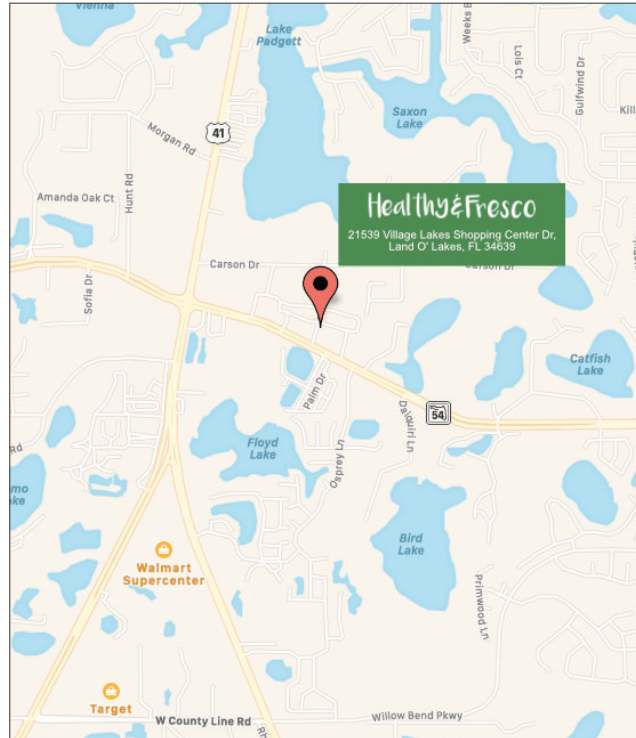
**Pita Chips ..... \$1.49**

**Energy Bites ..... \$4.49**

**Elderberry Syrup 16oz ..... \$20**

**THANK YOU!**  
Don't forget to ask about  
our catering options!

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