



SoFresh
chef-crafted bowls | wraps | salads
menu



featured items

choose a bowl, salad, wrap, or quesadilla

protein not included



superfood bowl
red quinoa w/ lemon, brown rice w/ parsley, broccoli, tomatoes, walnuts, avocado, balsamic vinaigrette

V GF Tree Nuts

9.29



teriyaki bowl
brown rice w/ parsley, broccoli, carrots, onions, green peppers, teriyaki sauce

V Gluten Soy Sesame

8.09



poké bowl
brown rice w/ parsley, wakame salad, edamame, carrots, cucumbers, avocado, teriyaki sauce

V Gluten Soy Sesame

9.69



power bowl
red quinoa w/ lemon, brown rice w/ parsley, carrots, shredded kale, almonds, raisins, goat cheese, kale-basil pesto

Vg GF Dairy Tree Nuts

9.99



cali bowl
red quinoa w/ lemon, extra crisp romaine, black beans, tomatoes, bacon, avocado, sweet citrus mustard

GF DF

9.99



greek bowl
brown rice w/ parsley, baby spinach, onions, tomatoes, chickpeas, cucumbers, feta, tzatziki

Vg GF Dairy Coconut

8.99



signature salad
baby spinach, extra crisp romaine, onions, cucumbers, tomatoes, sunflower seeds, raisins, avocado, goat cheese, balsamic vinaigrette

Vg GF Dairy

10.79



pesto club wrap
extra crisp romaine, tomatoes, mozzarella, bacon, kale-basil pesto, multi-grain tortilla

Gluten Dairy Tree Nuts

8.49



tulum quesadilla
mozzarella, brown rice w/ parsley, black beans, corn, green peppers, tomatoes, creamy ranch, multi-grain tortilla

Vg Gluten Dairy Egg

8.99

add protein

chicken breast
grilled, blackened or buffalo

+3.99

citrus chicken thigh
citrus, market herbs, agave

+3.99

organic tofu V Soy
seared w/ house seasoning mix

+3.79

peeled shrimp
lightly seasoned & grilled

+4.29

sirloin steak +5.29
USDA choice, grass fed, market herbs, garlic, red pepper

S **blackened salmon** +6.29
responsibly ocean raised w/ blackening seasoning

wild caught ahi* +4.99
poké style w/ sesame & soy glaze
Gluten Soy Sesame

Gluten Free unless noted

*CONSUMER ADVISORY: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions. We are not a gluten-free kitchen. Cross-contamination may exist.

V Vegan GF Gluten Free S Spicy
Vg Vegetarian DF Dairy Free

warm bowls

bangkok 8.59

asian garlic noodles, shredded kale, mushrooms, onions, almonds, teriyaki

Gluten Soy Tree Nuts Sesame

bbq 8.09

brown rice w/ parsley, onions, corn, black beans, mozzarella, bbq

Dairy

S sriracha veggie 8.09

brown rice w/ parsley, zucchini noodles, onions, green peppers, mushrooms, spicy mayo

Egg

comfort 10.99

red quinoa w/ lemon, brown rice w/ parsley, sweet potatoes, cauliflower chop, broccoli, goat cheese, kale-basil pesto

Dairy Tree Nuts

skinny 9.99

zucchini noodles, broccoli, tomatoes, mushrooms, parmesan, kale-basil pesto

Dairy Tree Nuts

broth bowl 8.09

zucchini noodles, carrots, onions, corn, vegetable broth

salads

strawberry Fuji 10.59

baby spinach, strawberries, Fuji apple, almonds, feta, sweet citrus mustard

Dairy Tree Nuts

mediterranean 9.69

baby spinach, extra crisp romaine, green peppers, tomatoes, chickpeas, onions, cucumbers, feta cheese, balsamic vinaigrette

Dairy

kale caesar 8.99

extra crisp romaine, shredded kale, hardboiled egg, croutons, lemon wedge, parmesan, caesar

Gluten Dairy Egg Soy

sides

chips 1.99

roasted broccoli 2.99

roasted sweet potatoes 2.99

fruit cup 4.49

wraps

don't forget protein

classic wrap 8.09

extra crisp romaine, tomatoes, avocado, sweet citrus mustard

Gluten

S boca fiesta wrap 8.99

brown rice w/ parsley, baby spinach, onions, corn, tomatoes, jalapeños, mushrooms, goat cheese, sweet chili sauce

Gluten Dairy

asian fusion 8.09

extra crisp romaine, carrots, onions, green peppers, broccoli, teriyaki

Gluten Soy Sesame

super green caesar 8.59

extra crisp romaine, shredded kale, croutons, parmesan, egg, lemon squeeze, caesar

Gluten Dairy Egg Soy Anchovy

quesadillas

cheesy quesadilla 7.29

mozzarella, multi-grain tortilla

Gluten Dairy

hummus veggie quesadilla 8.09

black beans, onions, green peppers, feta cheese, tomatoes, hummus

Gluten Dairy Coconut Sesame

buffalo quesadilla 7.99

mozzarella, onions, buffalo sauce, ranch

Gluten Dairy Egg

kids menu

12 & under, served with apple juice

cheesy quesadilla 6.99

mozzarella, multi-grain tortilla

Gluten Dairy

kung fu (bowl or wrap) 8.99

brown rice w/ parsley, broccoli, carrots, grilled chicken breast, teriyaki

Gluten Soy Sesame

protein bites 8.99

grilled chicken breast, brown rice w/ parsley & black beans

fruit cup 4.49

sweets

chocolate chip cookie 2.99

   Egg Soy

chocolate chip brownie 2.99

   Egg Soy

design your own

All items listed are Gluten Free unless noted

1 CHOOSE A STYLE

small bowl	6.89
1 base, 2 mix-ins, sauce	
large bowl	8.59
2 bases, 3 mix-ins, sauce	
salad	8.59
2 bases, 3 mix-ins, sauce	

wrap	8.59
2 bases, 3 mix-ins, sauce	
Gluten	
quesadilla	7.29
mozzarella cheese, sauce	
add bases or mix-ins at extra cost	
Gluten Dairy	

2 CHOOSE YOUR BASES *extra for \$1*

brown rice w/ parsley	
red quinoa w/ lemon	
asian garlic noodles*	Soy Gluten
extra crisp romaine	
baby spinach	
shredded kale	
cauliflower chop	+7.75
zucchini noodles*	

*does not pair w/ wraps or quesadillas

3 CHOOSE YOUR MIX-INS *extra for .69*

almonds	green peppers
Fuji apple	s jalapeños
black beans	shredded kale
broccoli	mushrooms
carrots	onions
chickpeas	raisins
corn	sweet potatoes
croutons	sunflower seeds
cucumbers	tomatoes
edamame	walnuts

4 CHOOSE YOUR PREMIUM MIX-INS

avocado	+1.99
bacon	+1.99
hard boiled egg	+1.49
hummus	+1.49
mozzarella	+.99
parmesan	+.99
feta	+.99
goat cheese	+1.99
wakame salad	+1.89
strawberries	+1.09
cauliflower chop	+1.09

5 CHOOSE YOUR SAUCE *extra for .79*

S spicy mayo	Vg Egg
kale-basil pesto	Vg Dairy Tree Nuts
teriyaki	V Gluten Soy Sesame
tzatziki	Vg Dairy Coconut
sweet chili	v
bbq sauce	v
veggie broth	v
avocado creme	v
balsamic vinaigrette	v
sweet citrus mustard	v
caesar	Dairy Egg Anchovy Soy
creamy ranch	Vg Dairy Egg
lemon wedge	v

6 CHOOSE YOUR PROTEIN

chicken breast	+3.99
grilled, blackened or buffalo	
citrus chicken thigh	+3.99
citrus, market herbs, agave	
organic tofu	+3.79
seared w/ house seasoning mix	
peeled shrimp	+4.29
lightly seasoned & grilled	
sirloin steak	+5.29
USDA choice, grass fed, market herbs, garlic, red pepper	
S blackened salmon	+6.29
responsibly ocean raised w/ blackening seasoning	
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poké style w/ sesame & soy glaze	
Gluten Soy Sesame	

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smoothies add raw vegan plant based protein (10g) for additional cost

strawberry & banana V GF 7.99

strawberry, banana, agave, almond milk

Tree Nuts

banana & date V GF 8.49

banana, date, almond milk, peanut butter

Nuts Tree Nuts

kale & apple V GF 7.99

kale, spinach, Fuji apple, banana, lemon

avo coconut V GF 7.99

avocado, pineapple, spinach, coconut water, agave

Coconut

sunrise V GF 7.99

strawberry, pineapple, mango, orange juice, agave

blueberry delight V GF 7.99

blueberry, strawberry, banana, orange juice, agave

tropicolada V GF 7.99

mango, pineapple, coconut water, agave

Coconut

ADD A SMOOTHIE TO ANY MEAL FOR ONLY
\$6

beverages

infused water

lemon berry fresca

house lemonade

crimson berry tea

assorted bottled beverages



Lettuce cater to you.

We'll take it there when you can't make it here.

Say goodbye to back-to-back meetings on an empty stomach and adios to long lines during the lunch rush. Your employees don't have to choose convenience over quality anymore because we cater an effortless experience by delivering fresh, cooked-to-order meals straight to your employees in the office. It's as easy as it is delicious.

All catering orders include cutlery, napkins, and plates unless otherwise specified. Plus, placing your order is simple.



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