



SoFresh
chef-crafted bowls | wraps | salads
menu



warm bowls

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



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



bangkok bowl

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

V Gluten Soy Sesame

8.79



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

S sriracha veggie bowl Vg GF DF 8.09

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

Egg

skinny bowl Vg GF 9.99

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

Dairy Tree Nuts

broth bowl Vg GF 8.59

zucchini noodles, carrots, onions, corn, vegetable broth

comfort bowl Vg GF 10.99

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

Dairy Tree Nuts

power bowl Vg GF 9.99

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

Dairy Tree Nuts

bbq bowl Vg GF 8.09

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

Dairy

add protein

chicken breast +3.99

grilled, blackened or buffalo

citrus chicken thigh +3.99

citrus, market herbs, agave

organic tofu V Soy +3.89

seared w/ house seasoning mix

peeled shrimp +4.39

lightly seasoned & grilled

sirloin steak +5.39

USDA choice, market herbs, garlic, red pepper

S blackened salmon +6.49

responsibly ocean raised w/ blackening seasoning

wild caught ahi* +4.99

poké style w/ sesame & soy glaze

Gluten Soy Sesame

Gluten Free unless noted

salads



signature salad Vg GF 10.79

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

Dairy

strawberry Fuji salad Vg GF 10.59

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

Dairy Tree Nuts

mediterranean salad Vg GF 9.69

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

Dairy

kale caesar salad 8.99

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

Gluten Dairy Egg Soy

quesadillas

served on a multi-grain tortilla



tulum quesadilla Vg 9.09

mozzarella, brown rice w/ parsley, black beans, corn, green peppers, tomatoes, creamy ranch

Gluten Dairy Egg

hummus veggie quesadilla Vg 8.59

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

Gluten Dairy Coconut Sesame

buffalo quesadilla Vg 8.19

mozzarella, onions, buffalo sauce, ranch

Gluten Dairy Egg

cheesy quesadilla 7.39

mozzarella

Gluten Dairy

wraps

served on a multi-grain tortilla



supergreen caesar wrap 8.79

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

Gluten Dairy Egg Soy Anchovy

classic wrap V 8.09

extra crisp romaine, tomatoes, avocado, sweet citrus mustard

Gluten

S boca fiesta wrap Vg 9.09

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

Gluten Dairy

asian fusion wrap V 8.09

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

Gluten Soy Sesame

pesto club wrap 8.69

extra crisp romaine, tomatoes, mozzarella, bacon, kale-basil pesto

Gluten Dairy Tree Nuts

don't forget to add a protein

kids menu

12 & under, served with apple juice

cheesy quesadilla 6.99

mozzarella, multi-grain tortilla

Gluten Dairy

kung fu (bowl or wrap) DF 8.99

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

Gluten Soy Sesame

protein bites GF DF 8.99

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

fruit cup V GF 4.49

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

design your own

All items listed are Gluten Free unless noted

1 CHOOSE A STYLE

- small bowl** 7.39
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

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 +.75
- zucchini noodles*
- *does not pair w/ wraps or quesadillas*

3 CHOOSE YOUR MIX-INS *extra for .79*

- | | |
|------------------------------|--------------------------|
| almonds | green peppers |
| Fuji apple | s jalapeños |
| black beans | shredded kale |
| broccoli | mushrooms |
| carrots | onions |
| chickpeas | raisins |
| corn | sweet potatoes |
| croutons Gluten | 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

- wrap** 8.59
2 bases, 3 mix-ins, sauce
Gluten
- quesadilla** 7.39
mozzarella cheese, sauce
add bases or mix-ins at extra cost
Gluten Dairy

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** V Soy +3.89
seared w/ house seasoning mix
- peeled shrimp** +4.39
lightly seasoned & grilled
- sirloin steak** +5.39
USDA choice, market herbs, garlic, red pepper
- s **blackened salmon** +6.49
responsibly ocean raised w/ blackening seasoning
- wild caught ahi*** +4.99
poké style w/ sesame & soy glaze
Gluten Soy Sesame

*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.

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 & Fuji 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

sides

chips Vg GF 1.99

roasted broccoli V GF 2.99

roasted sweet potatoes V GF 2.99

fruit cup V GF 4.49



beverages

infused water

lemon berry fresca

house lemonade

crimson berry tea

assorted bottled beverages

sweets

chocolate chip cookie 2.99

Vg GF DF Egg Soy

chocolate chip brownie 2.99

Vg GF DF Egg Soy

Lettuce cater to you.

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



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