

Sofresh

chef-crafted bowls | wraps | salads



- V

VEGAN
- DF

DAIRY FREE
- VG

VEGETARIAN
- GF

GLUTEN FREE



SPICY

WARM BOWLS



\$9.75



SUPERFOOD BOWL

Avocado, walnuts, tomatoes, roasted broccoli, and balsamic vinaigrette with organic red quinoa and herbed brown rice

PAIRS WITH blackened salmon

V

GF

Tree Nuts



\$8.95



TERIYAKI BOWL

Roasted broccoli, sautéed onions and peppers, carrots, sesame seeds and teriyaki sauce with herbed brown rice

PAIRS WITH grilled shrimp

V

Gluten Soy Sesame



\$9.45

BANGKOK BOWL

Toasted almonds, mushrooms, onions, shredded kale, and teriyaki sauce with savory asian garlic noodles

PAIRS WITH ABF citrus chicken thigh

V

Gluten Soy Sesame Tree Nuts



\$9.75

GREEK BOWL

Feta crumble, chickpeas, cucumbers, tomatoes, pickled onions, and tzatziki with herbed brown rice and baby spinach

PAIRS WITH ABF grilled chicken breast

VG

GF

Dairy Coconut



\$9.25

HAWAIIAN GINGER BOWL

Pineapple, edamame, zucchini noodles, carrots, sautéed onions and creamy white ginger sauce with herbed brown rice

PAIRS WITH ABF grilled chicken breast

VG

GF

DF

Soy Egg



\$8.95

BACKYARD BOWL

Roasted sweet potatoes, crispy onions, green beans, corn, herbed brown rice, and sweet BBQ sauce

PAIRS WITH ABF citrus chicken thigh

VG

DF



\$10.75

CALI BOWL

Avocado, crumbled bacon, black beans, tomatoes, and sweet citrus mustard with organic red quinoa and crisp romaine

PAIRS WITH ABF citrus chicken thigh

GF

DF



\$10.25

POKÉ BOWL

Avocado, wakame salad, edamame, cucumber, carrots, sesame seeds, and teriyaki sauce with herbed brown rice

PAIRS WITH raw, wild-caught ahi tuna

V

Gluten Soy Sesame



\$10.75

GOLDEN BOWL

Goat cheese, Fuji apples, roasted sweet potatoes, toasted sunflower seeds, organic red quinoa, shredded kale, herbed brown rice, and balsamic vinaigrette

PAIRS WITH ABF grilled chicken breast

VG

GF

Dairy



\$9.25

HARVEST BOWL

Green beans, roasted sweet potatoes, toasted sunflower seeds, basil pesto, and lemon wedge with herbed brown rice

PAIRS WITH ABF citrus chicken thigh

VG

GF

Dairy Tree Nuts

don't forget
to add a
PROTEIN

Gluten Free unless noted

antibiotic free chicken breast

grilled, blackened or buffalo

antibiotic free citrus chicken thigh

citrus, market herbs, agave

sirloin steak

market herbs, garlic, red pepper

+\$3.75

36G PROTEIN

+\$3.75

32G PROTEIN

+\$5.45

32G PROTEIN

blackened salmon

responsibly raised with blackening seasoning

shrimp

peeled and grilled with our house seasoning blend

raw, wild-caught ahi tuna*

poké style with our teriyaki glaze

+\$6.25

28G PROTEIN

+\$4.25

18G PROTEIN

+\$4.75

25G PROTEIN

organic tofu

seared with our house seasoning blend

+\$2.75

14G PROTEIN

*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.

CREATE YOUR OWN

2

CHOOSE YOUR BASES

extra for \$1

herbed brown rice

asian garlic noodles*

crisp romaine

organic red quinoa

zucchini noodles*

baby spinach

cauliflower rice

+0.75

*does not pair with wraps or quesadillas

3

CHOOSE YOUR TOPPINGS

extra for 0.75

toasted sunflower seeds

roasted broccoli

roasted sweet potatoes

corn

black beans

mushrooms

pickled onions

cucumbers

green beans

chickpeas

tomatoes

edamame

red onions

carrots

shredded kale

green peppers

jalapenos

apple

pineapple

crispy onions

toasted almonds

croutons

walnuts

raisins

4

CHOOSE YOUR SAUCE

extra for 0.75

PREMIUM TOPPINGS

avocado

+2.15

hard-boiled egg

+1.50

hummus

+1.75

goat cheese

+1.50

mozzarella

+1.50

feta crumble

+1.50

crumbled bacon

+1.50

parmesan

+1.50

wakame salad

+1.75

strawberries

+1.10

teriyaki

avocado crema

balsamic vinaigrette

creamy sriracha

basil-pesto

creamy herb ranch

creamy white ginger

tzatziki

sweet citrus mustard

sweet bbq

caesar

lemon wedge

olive oil & vinegar

5

don't forget to add a PROTEIN

ABF chicken breast

+3.75

ABF chicken citrus thigh

+3.75

sirloin steak

+5.45

organic tofu

+2.75

grilled shrimp

+4.25

blackened salmon

+6.25

raw, wild-caught ahi tuna*

(poké style)

+4.75

WRAPS

served on a multigrain tortilla

♥

SUPERGREEN CAESAR WRAP

\$8.95

Crisp romaine, shredded kale, parmesan, hard-boiled egg, croutons, Caesar dressing, and a lemon squeeze

Gluten

Dairy

Egg

Soy

Anchovy

PAIRS WITH ABF blackened chicken

PESTO CLUB WRAP

\$8.95

Crumbled bacon, mozzarella, tomatoes, crisp romaine, and basil pesto

Gluten

Dairy

Tree Nuts

PAIRS WITH ABF grilled chicken breast

SANTORINI WRAP

VG

\$8.95

Hummus, tzatziki, feta crumble, herbed brown rice, pickled onions, sautéed peppers, tomatoes, and baby spinach

Gluten

Dairy

Coconut

PAIRS WITH ABF grilled chicken breast

POKÉ WRAP

V

\$9.25

Avocado, wakame salad, carrots, edamame, cucumber, sesame seeds, herbed brown rice and teriyaki

Gluten

Soy

Sesame

PAIRS WITH raw, wild-caught ahi tuna

CLASSIC WRAP

V

\$8.75

Avocado, tomatoes, crisp romaine, and sweet citrus mustard

Gluten

PAIRS WITH ABF grilled chicken breast

SALADS

♥

SIGNATURE SALAD

VG GF

\$10.95

Avocado, goat cheese, toasted sunflower seeds, raisins, cucumbers, tomatoes, red onions, and balsamic vinaigrette with baby spinach and crisp romaine

Dairy

PAIRS WITH ABF grilled chicken breast

MEDITERRANEAN SALAD

VG GF

\$10.35

Feta crumble, hummus, cucumbers, tomatoes, green peppers, pickled onions, and balsamic vinaigrette with baby spinach and crisp romaine

Dairy

PAIRS WITH ABF grilled chicken breast

KALE CAESAR SALAD

\$9.45

Crisp romaine, shredded kale, parmesan, hard-boiled egg, croutons, Caesar dressing, and a lemon wedge

Gluten

Dairy

Egg

Soy

Anchovy

PAIRS WITH ABF blackened chicken

STRAWBERRY FUJI SALAD

VG GF

\$10.75

Strawberries, feta crumble, toasted almonds, Fuji apple, and sweet citrus mustard with baby spinach

Gluten

Dairy

Egg

PAIRS WITH ABF citrus chicken thigh

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QUESADILLAS

CHEESY QUESADILLA

VG

\$7.95

Mozzarella in a multigrain tortilla

Gluten

Dairy

♥

TULUM QUESADILLA

VG

\$9.75

Mozzarella, black beans, corn, sautéed green peppers, tomatoes, creamy ranch, and herbed brown rice in a multigrain tortilla

Gluten

Dairy

Egg

PAIRS WITH ABF citrus chicken thigh

BUFFALO QUESADILLA

VG

\$9.25

Mozzarella, onions, buffalo sauce, and creamy ranch in a multigrain tortilla

Gluten

Dairy

Egg

PAIRS WITH ABF buffalo chicken

KIDS

12 & under served with apple juice

CHEESY QUESADILLA

VG

\$7.95

mozzarella in a multigrain tortilla

Gluten

Dairy

CREATE YOUR OWN

\$9.25

Warm bowl or salad

Choose 1 base, topping, sauce and protein

SMOOTHIES

♥

BANANA & DATE SMOOTHIE

V GF

\$8.25

Banana, date, almond milk, peanut butter

Tree Nuts

Nuts

10G FIBER, 10G PROTEIN

STRAWBERRY & BANANA SMOOTHIE

V GF

\$8.25

Strawberry, banana, agave, almond milk

Tree Nuts

5G FIBER

SUNRISE SMOOTHIE

V GF

\$8.25

Strawberry, pineapple, mango, orange juice, agave

4G FIBER

TROPICOLADA SMOOTHIE

V GF

\$8.25

Mango, pineapple, coconut water, agave

Coconut 2G FIBER

KALE & FUJI APPLE SMOOTHIE

V GF

\$8.25

Shredded kale, baby spinach, Fuji apple, banana, lemon

12G FIBER

COCO VERDE SMOOTHIE

V GF

\$8.25

Avocado, pineapple, spinach, coconut water, agave

Coconut 8G FIBER

INDIGO SMOOTHIE

V GF

\$8.25

Blueberry, strawberry, banana, orange juice, agave

6G FIBER

BEVERAGES

prices vary by store

INFUSED WATER

♥ HOUSE LEMONADE

LEMON BERRY FRESCA

HIBISCUS BERRY TEA (caffeine-free)

SIDES & SWEETS

CHIPS

VG GF

\$1.95

ROASTED BROCCOLI

V GF

\$3.45

ROASTED SWEET POTATOES

V GF

\$3.45

SAUTÉED GREEN BEANS

V GF

\$3.45

FRUIT CUP

V GF

\$4.45

CHOCOLATE CHIP COOKIE

VG GF DF

\$2.95

Egg

Soy

CHOCOLATE CHIP BROWNIE

VG GF DF

\$2.95

Egg

Soy