# SoFresh

chef-crafted bowls | wraps | salads




V VEGAN
VG VEGETARIAN
GF GLUTEN-FREE
DF DAIRY-FREE
ABF ANTIBIOTIC-FREE
SPICY
GUEST FAVORITE

## WARM BOWLS

**ADD PROTEIN** for additional cost



$9.25

### NEW HARVEST BOWL
Whipped feta, pickled onions, toasted pepitas, apple, shredded kale, roasted sweet potatoes, brown rice, citrus agave mustard

PAIRS WITH ABF blackened chicken

VG GF Dairy



$9.75

### NEW BAJA BOWL
Street corn, pickled onions, tomatoes, black beans, cilantro, crisp romaine, brown rice, avocado crema

PAIRS WITH ABF citrus chicken thigh

VG GF Dairy



$8.95

### BACKYARD BOWL
Roasted sweet potatoes, crispy onions, green beans, corn, brown rice, sweet bbq

PAIRS WITH ABF citrus chicken thigh

VG DF Gluten



$9.95

### GREEK BOWL
Whipped feta, chickpeas, cucumbers, tomatoes, pickled onions, tzatziki, brown rice, baby spinach

PAIRS WITH ABF grilled chicken breast

VG GF Dairy Coconut



$9.25

### NEW HAWAIIAN BOWL
Pineapple, edamame, zucchini noodles, carrots, sautéed onions, teriyaki sauce, brown rice

PAIRS WITH ABF grilled chicken breast

V Gluten Soy Sesame



$9.45

### BANGKOK BOWL
Toasted almonds, mushrooms, onions, shredded kale, teriyaki sauce, savory Asian garlic noodles

PAIRS WITH ABF citrus chicken thigh

V Gluten Soy Sesame Tree Nuts



$8.95

### TERIYAKI BOWL
Roasted broccoli, sautéed onions and peppers, carrots, sesame seeds, teriyaki sauce, brown rice

PAIRS WITH grilled shrimp

V Gluten Soy Sesame



$10.25

### POKÉ BOWL
Avocado, wakame salad, edamame, cucumber, carrots, sesame seeds, teriyaki sauce, brown rice

PAIRS WITH raw, wild-caught ahi tuna

V Gluten Soy Sesame



$9.95

### SUPERFOOD BOWL
Avocado, toasted almonds, tomatoes, roasted broccoli, balsamic vinaigrette, organic red quinoa, brown rice

PAIRS WITH blackened salmon

V GF Tree Nuts



$10.75

### GOLDEN BOWL
Goat cheese, Fuji apples, roasted sweet potatoes, toasted pepitas, organic red quinoa, shredded kale, brown rice, balsamic vinaigrette

PAIRS WITH ABF grilled chicken breast

VG GF Dairy

*don't forget to add a* **PROTEIN**

Gluten-Free unless noted

**antibiotic-free chicken breast** +$3.75
grilled, blackened or buffalo
36G PROTEIN

**antibiotic-free citrus chicken thigh** +$3.75
citrus, market herbs, agave
32G PROTEIN

**sirloin steak** +$5.45
market herbs, garlic, red pepper
32G PROTEIN

**blackened salmon** +$6.25
responsibly raised with blackening seasoning
28G PROTEIN

**grilled shrimp** +$4.25
peeled and grilled with our house seasoning blend
18G PROTEIN

**raw, wild-caught ahi tuna*** +$4.75
poké style with our teriyaki glaze
Gluten
25G PROTEIN

**organic tofu** +$2.75
seared with our house seasoning blend
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

**Choose a style**

- **BOWL • SALAD • WRAP** *(gluten)* **$9.25** — 2 bases + 3 toppings + sauce
- **SNACK BOWL $8.45** — 1 base + 2 toppings + sauce
- **QUESADILLA $7.95** — mozzarella + sauce

## 2 CHOOSE YOUR BASES

- brown rice
- Asian garlic noodles* Gluten
- crisp romaine
- organic red quinoa
- zucchini noodles*
- baby spinach
- cauliflower rice

**does not pair with wraps or quesadillas*

**Gluten-Free unless noted**

## 3 CHOOSE YOUR TOPPINGS

Extra $0.75

- **NEW** toasted pepitas
- **NEW** street corn
- roasted broccoli
- roasted sweet potatoes
- corn
- black beans
- mushrooms
- pickled onions
- cucumbers
- green beans
- chickpeas
- tomatoes
- edamame
- red onions
- carrots
- green peppers
- jalapeños
- apple
- pineapple
- strawberries
- crispy onions Gluten
- toasted almonds
- croutons Gluten

**PREMIUM TOPPINGS**

| | |
|---|---|
| **NEW** whipped feta | +1.50 |
| 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 |

## 4 CHOOSE YOUR SAUCE

Extra $0.75

- teriyaki Gluten
- avocado crema
- balsamic vinaigrette
- creamy sriracha
- basil pesto
- creamy herb ranch
- tzatziki
- citrus agave mustard
- sweet bbq
- caesar
- lemon wedge
- olive oil & vinegar

## 5 *don't forget to add a* PROTEIN

| | |
|---|---|
| ABF chicken breast | +3.75 |
| ABF citrus chicken 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)* Gluten | +4.75 |

# WRAPS

served in a multigrain tortilla

### SUPERGREEN CAESAR WRAP — $8.95
Crisp romaine, shredded kale, parmesan, hard-boiled egg, croutons, Caesar dressing, lemon squeeze

Gluten Dairy Egg Soy Anchovy **PAIRS WITH** ABF blackened chicken

### PESTO CLUB WRAP — $9.25
Crumbled bacon, mozzarella, tomatoes, crisp romaine, basil pesto

Gluten Dairy Tree Nuts **PAIRS WITH** ABF grilled chicken breast

### CLASSIC WRAP (V) — $8.95
Avocado, tomatoes, crisp romaine, citrus agave mustard

Gluten **PAIRS WITH** ABF grilled chicken breast

### NEW TULUM QUESADILLA (VG) — $9.75
Mozzarella, black beans, street corn. Topped with pickled onions and cilantro, served with avocado crema.

Gluten Dairy Egg **PAIRS WITH** ABF citrus chicken thigh

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# SALADS

### NEW SIGNATURE SALAD (VG) (GF) — $10.95
Avocado, goat cheese, toasted pepitas, cucumbers, tomatoes, pickled onions, balsamic vinaigrette, baby spinach, crisp romaine

Dairy **PAIRS WITH** ABF grilled chicken breast

### MEDITERRANEAN SALAD (VG) (GF) — $10.45
Feta crumble, hummus, cucumbers, tomatoes, green peppers, pickled onions, balsamic vinaigrette, baby spinach, 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, 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, citrus agave mustard, baby spinach

Gluten Dairy Egg **PAIRS WITH** ABF citrus chicken thigh

### NEW FETA CRUNCH SALAD (VG) (GF) — $10.25
Crisp romaine, shredded kale, organic red quinoa, pickled onion, cilantro, jalapeños, toasted pepitas, whipped feta, citrus agave mustard

Dairy **PAIRS WITH** ABF blackened 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

(V) VEGAN · (DF) DAIRY-FREE · (VG) VEGETARIAN · (ABF) ANTIBIOTIC-FREE · (GF) GLUTEN-FREE · SPICY · GUEST FAVORITE

NO ANTIBIOTICS EVER · HONEST INGREDIENTS · ALWAYS FRESH

# 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)*

ADD a smoothie to any meal for $7

# SIDES & SWEETS

| | |
|---|---|
| **NEW** WHIPPED FETA + PITA | $6.95 |
| CHIPS (VG) (GF) | $1.95 |
| ROASTED SWEET POTATOES (V) (GF) | $3.45 |
| CHOCOLATE CHIP COOKIE OR BROWNIE (VG) (GF) (DF) | $2.95 |

Egg Soy