

EAT YOUR BREAKFAST

featuring made to order cage-free eggs; served daily 6:00 am – 10:30 am

EGG SANDWICHES

2 eggs **3.25** 145cal
on your choice of roll, bagel or toast

add ons

cheese **+1.00** 60-115cal turkey bacon **+1.50** 50cal
extra egg **+1.00** 70cal turkey sausage **+1.50** 60cal
sub egg whites **+1.00** 50cal turkey ham **+1.50** 60cal
pork bacon **+1.50** 80cal

TWO EGGS ANY STYLE **3.25** 145cal

add ons

roasted root vegetable medley 120cal,
toast 240cal, or fresh greens 40-50cal **+1.25**

GLUTEN-FREE *upgrades*

sliced bread **+1.00** 140cal
bagels **+1.00** 100cal
bagelino **+2.00** 290cal

SIGNATURE WRAPS & SANDWICHES

florentine **5.95** 290cal

egg whites, baby spinach, swiss cheese
on a whole wheat wrap

el greco **6.25** 320cal

egg whites, feta, tomato, onions
on a whole wheat wrap

AM energy **6.25** 430cal

egg whites, **Free Bird** chicken, spinach,
mozzarella on a whole wheat wrap

B.E.C **5.95** 380cal

egg whites, turkey bacon, cheddar
on a whole wheat wrap

power blt **5.95** 900cal

2 eggs, turkey bacon, avocado, oven roasted tomato,
sun-dried tomato pesto on rustic ciabatta

ORGANIC QUINOA BREAKFAST BOWLS **8.95**

huevos rancheros quinoa 915cal

2 eggs, quinoa, red beans, lemon braised kale, cilantro,
cheddar cheese, red onions, avocado, tortilla chips,
chipotle aioli

aegean quinoa 775cal

2 eggs, quinoa, lemon braised kale, feta, tomatoes,
kalamata olives, roasted garlic vinaigrette

zen quinoa 750cal

2 eggs, quinoa, lemon braised kale,
mushrooms, caramelized onions,
chickpeas, feta, roasted garlic vinaigrette

CREATE YOUR OWN OMELETTE **7.25** 215 - 575cal

3 fillings, plus roasted root vegetable medley & toast
sub egg whites **+1.00** 50cal

choose 3 complimentary fillings. *extra* **+1.50** each

bell peppers	10cal	vegan cheese	90cal
broccoli	10cal	american cheese	70cal
mushrooms	5cal	swiss cheese	110cal
onions	10cal	cheddar cheese	115cal
scallions	10cal	feta cheese	60cal
spinach	10cal	Free Bird chicken	120cal
grape tomatoes	10cal	turkey bacon	50cal
kalamata olives	20cal	turkey ham	60cal
jalapeño peppers	10cal	turkey sausage	60cal

SMASHED AVOCADO

on orwasher’s rustic loaf

pico de gallo **6.95** 330cal

with spicy pico de gallo and crushed corn nuts

everything bagel spice **6.95** 370cal

with everything bagel spice and hard boiled egg

smoked salmon **10.95**

with avocado, cucumber, black sesame seeds
and cream cheese

sun-dried tomato hummus **6.95**

with avocado and micro cilantro

ORGANIC OATMEAL

reg. **4.00** with water 120cal | with milk 220cal
large **5.00** with water 190cal | with milk 350cal

add organic quinoa **+1.25** 80cal

pick two complimentary toppings:

agave 80cal	brown sugar 115cal
honey 85cal	apples 20cal
cinnamon 0cal	raisins 85cal
bananas 50cal	granola 140cal

add ons **+1.50** each

YOGURT PARFAITS

bircher muesli parfait 9oz **4.95** 260cal

greek yogi 9oz **4.95** 340cal

blueberries, chia seeds, walnuts, light agave

berry classic 9oz **4.95** 310cal

strawberry, granola, honey

strawberry yogurt parfait 9oz **4.95** 240cal

coconut chia parfait 9oz **5.95**

açaí goodness 8oz **5.95**

açaí, raspberry, banana, apple, pomegranate,
almond butter, granola

YOUR SALAD YOUR WAY

choose four free toppings **7.50**

1 select your favorite type of greens

kale	30cal
romaine hearts	20cal
mesclun	10cal
baby spinach	10cal
seasonal superfoods blend	30cal
arugula +1.50	20cal

SATURDAY FARM

our vegetables
are sourced
locally
when in season

4 premiums & proteins

Free Bird chicken	3.00	120cal
crispy chicken	3.00	220cal
plainville turkey	3.00	120cal
albacore tuna	3.00	60cal
smoked tofu	3.00	80cal
baked falafel	3.00	180cal
gochujang		
bbq pork	3.00	200cal
flat iron steak	4.00	170cal
poached shrimp	4.50	70cal

PICKY ABOUT POULTRY?
WE ARE
HORMONE-FREE, VEGETARIAN-FED
POULTRY & MEATS ROASTED DAILY

ORGANIC COFFEE & TEA

locally roasted, naturally delicious

hot beverages

house blend	2.00	2.30 5cal
leaf tea	2.00	2.30 0cal

add flavored syrups **+1.50** 20cal

2 choose your four free toppings **+1.50** each additional

bell peppers	10cal	organic chickpeas	110cal
raw broccoli	10cal	organic kidney beans	100cal
raw carrots	10cal	pita chips	130cal
crispy onions	40cal	raw beets	20cal
croutons	30cal	red onions	10cal
cucumbers	10cal	wood roasted peppers	25cal
fresh apple	20cal	raw seed mix <i>sesame, flax & sunflower seeds</i>	120cal
grapes	30cal		
grape tomatoes	10cal	tortilla strips	35cal
raw corn	40cal	grapefruit	10cal
jalapeño peppers	10cal	pickled onions	
kalamata olives	20cal		
raw mushrooms	5cal		

5 choose your dressing

trendy

avocado chimichurri	65cal
chipotle lime vinaigrette	80cal
balsamic vinaigrette (NV)	135cal
lemon tahini	90cal
roasted garlic vinaigrette (NV)	100cal
honey-balsamic (NGF)	115cal
mexican pepita caesar	130cal

classic

creamy caesar (NV)	160cal
steakhouse blue cheese (NV)	120cal

low-fat

peppercorn ranch (NV)	20cal
aged balsamic vinegar	20cal
red wine vinegar	20cal
greek poppy yogurt (NV)	30cal

fat-free/carb-free

honey dijon vinaigrette	60cal
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simple

fresh lime squeeze	10cal
fresh lemon squeeze	10cal
house-made hot sauce	8cal
evoo	120cal

NGF - not gluten free
NV - not vegan

3 select additional items **+1.00** each

butternut squash	20cal
brussels sprouts	30cal
craisins	100cal
edamame	60cal
toasted almonds	170cal
turkey bacon	50cal
walnuts	190cal
whole eggs	70cal
crumbled blue cheese	100cal
vegan cheese	90cal
grated parmigiano	110cal
ny state feta	60cal
mozzarella	90cal
local goat	70cal
local jack & cheddar	110cal
fiery pickled sweet peppers	20cal
half avocado +1.50	120cal
<i>organic</i> quinoa +1.50	40cal



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PANINI MELTS

served on a selection of handmade local breads

crispy chicken & mozzarella artichokes, arugula, sun-dried tomato pesto on a semolina hero	9.18 <i>870cal</i>	grilled brusselini <i>gluten-free</i> roasted brussels sprouts, caramelized onions, granny smith apples, white cheddar cheese with dijon mayo on sliced gluten-free bread	9.18 <i>750cal</i>
smoked turkey & cheddar avocado, tomatoes, chipotle spread on pizza bianca	9.18 <i>790cal</i>	chicken fresco avocado, queso fresco, roasted red peppers, tomatillo salsa on a pesto cheese bread	9.18 <i>660cal</i>
southwest chicken grilled chicken, avocado, pico de gallo, cotija cheese, jalapeno mayo on a square oats ciabatta	9.18 <i>840cal</i>	grilled steak & fontina caramelized onions, arugula, horseradish, caper sauce on rosemary focaccia	9.95 <i>920cal</i>
buffalo chicken blue cheese, scallions, buffalo sauce on rustic ciabatta	9.18 <i>710cal</i>	baked falafel <i>vegan</i> mashed avocado, ripe tomato, snow pea shoots, raw sunflower seeds, pickled chilies & onions, lemon tahini on a tusca roll	9.18 <i>560cal</i>
puebla grilled cheese <i>vegan</i> smashed avocado, black bean and corn salad, vegan cheese on sourdough bread	9.18 <i>690cal</i>	grass-fed meatballs wisconsin cheese curds, rustic ragu sauce, fresh basil on a semolina hero	9.95 <i>680cal</i>
avocado blt avocado, bacon, heirloom tomato, mayo, summer superfoods blend on an orwasher's multigrain bread	8.50		

GRAB&GO SANDWICHES

served on multigrain loaf

vegetarian <i>vegan</i> avocado, tomatoes, sprouts, red onions, toasted almonds, spicy hummus	7.95 <i>510cal</i>	all natural cranberry plainville turkey salad toasted almonds, dill, greek yogurt	8.95 <i>680cal</i>
organic egg salad cucumber, parmigiano, arugula	7.95 <i>680cal</i>	monterey grilled chicken avocado, tomatoes, red onions, organic mesclun, chipotle dressing	8.95 <i>620cal</i>
turkey blt turkey bacon, tomatoes, arugula, mayo	8.95 <i>650cal</i>	avocado chicken grilled chicken avocado salad, jalapeño, organic mesclun	8.95 <i>450cal</i>

SOUP’S ON!

we make our soups daily, using market fresh ingredients
visit our website for daily soup specials – [freshandco.com](#)

cup 4.00 <i>50-320cal</i> premium +.50	regular 5.00 <i>80-460cal</i> premium +1.00	large 6.00 <i>100-650cal</i> premium +1.00
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100% certified organic, vegan & gluten-free options available daily

GRAIN BOWLS

chef-designed bowls for every taste. yours included!

all bowls come with your choice of quinoa or brown rice

south by southwest romaine, raw corn, half avocado, queso cotija, kidney beans, pico de gallo with chipotle-lime vinaigrette	8.50 <i>660cal</i> <i>720cal</i>	korean bbq gochujang bbq pork, mango, caramelized onions, pickled chilies, radish, scallions and cilantro	11.50 <i>620cal</i> <i>680cal</i>
mediterranean kale, kalamata olives, wood roasted peppers, chickpeas, julienne granny smith apples, NY feta cheese with poppy seed yogurt dressing	8.50 <i>610cal</i> <i>670cal</i>	chicken shawarma kale, chicken shawarma, hummus, baba ganoush, pickles, israeli salad, tzatziki, tahini dressing	11.50 <i>700cal</i> <i>760cal</i>
tex-mex kale, avocado, local jack & cheddar, pico de gallo, black beans with chipotle-lime vinaigrette	9.00 <i>610cal</i> <i>670cal</i>	turkey chili kale, turkey chili, kidney beans, cheddar cheese, pico de gallo, half avocado, small batch hot sauce, greek yogurt	11.50 <i>730cal</i> <i>790cal</i>
baked falafel kale, grapefruit pickled onions, cucumber, tomato, crushed pita points, fresh falafel, with tzatziki and lemon tahini	9.50 <i>590cal</i> <i>650cal</i>		

premiums & proteins

half avocado +1.50 <i>120cal</i>	crispy chicken +3.00 <i>220cal</i>	adobo chicken +3.00 <i>265cal</i>
smoked tofu +3.00 <i>80cal</i>	baked falafel +3.00 <i>180cal</i>	freebird chicken +3.00 <i>120cal</i>
chicken shawarma +3.00 <i>190cal</i>	gochujang bbq pork +3.00 <i>200cal</i>	plainville turkey +3.00 <i>120cal</i>
poached shrimp +4.50 <i>70cal</i>		

FRESH SIDE SALADS

all of our side salads are **gluten-free**

organic lemon chickpea <i>vegan</i> farm fresh eggs, dill mayo made with 0% greek yogurt	5.00 <i>200cal</i>	fiesta chicken chicken, avocado, 0% greek yogurt, celery, jalapenos, cilantro, lime juice	6.50 <i>290cal</i>
organic egg salad farm fresh eggs, dill mayo made with 0% greek yogurt	6.00 <i>390cal</i>	all natural cranberry plainville turkey salad toasted almonds, dill, greek yogurt	6.50 <i>370cal</i>
albacore tuna salad albacore tuna, mayo made with 0% greek yogurt, lemon wedge	6.50 <i>410cal</i>	seasonal fruit salad	4.95 <i>120cal</i>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
additional nutritional information is available upon request.

note from our kitchen: our blended gluten-free and gluten environment may not be safe for people who have celiac disease. please check with your doctor before eating.

CHEF DESIGNED CUSTOMER DELIGHTED

1 santa fe salad avocado, raw corn, local jack & cheddar, grape tomatoes, onions, tortilla strips, local kale & romaine PERFECTLY PAIRED WITH chipotle-lime vinaigrette with a fresh lime squeeze	8.00 <i>480cal</i>	5 kale caesar salad grape tomatoes, croutons, grated parmigiano, local kale & romaine WITH: FreeBird chicken +3.00 <i>120cal</i> crispy chicken +3.00 <i>220cal</i> smoked tofu +3.00 <i>80cal</i> baked falafel +3.00 <i>180cal</i> flat iron steak +4.00 <i>170cal</i> poached shrimp +4.50 <i>70cal</i> PERFECTLY PAIRED WITH creamy caesar with a fresh lemon squeeze	7.50 <i>180cal</i>
2 california cobb salad all natural plainville farms turkey, turkey bacon, mushrooms, blue cheese, grape tomatoes, cucumbers, baby spinach & romaine PERFECTLY PAIRED WITH low-fat peppercorn ranch	10.95 <i>480cal</i>		
3 falafel salad <i>vegan</i> baked falafel, scallions, grape tomatoes, cucumbers, carrots, chickpeas, local kale & romaine PERFECTLY PAIRED WITH lemon tahini with a splash of house-made hot sauce	10.00 <i>450cal</i>		
4 gaucho salad <i>vegan</i> avocado, kidney beans, raw corn, cucumbers, scallions, crispy onions, local kale & romaine PERFECTLY PAIRED WITH avocado chimichurri with a fresh lime squeeze	9.00 <i>320cal</i>		

calories reflect undressed salads

HEALTHY TREATS

all our treats are handcrafted, house-made and **gluten-free**

vanilla chia seed pudding	3.95 <i>260cal</i>	raw goji berry protein bar <i>vegan</i>	3.95 <i>420cal</i>	the king <i>vegan</i>	3.95 <i>420cal</i>
classic rice pudding	3.50 <i>130cal</i>	raw chocolate date nut bar <i>vegan</i>	3.95 <i>390cal</i>	summer berry <i>vegan</i>	3.95 <i>190cal</i>
hemp brownie	3.95 <i>430cal</i>	raw paleo macaroons <i>vegan</i>	4.95 <i>140cal</i>	chocolate chia seed pudding <i>vegan</i>	3.95 <i>330cal</i>
peanut butter energy crisp	3.95 <i>320cal</i>			rice pudding <i>vegan</i>	3.95 <i>220cal</i>

FRESH PRESSED JUICES

cold pressed

spicy-c orange, grapefruit, cayenne extract	7.95	green remedy cucumber, swiss chard, kale, lemon, spinach	7.95
clean greens celery, apple, pineapple, spinach, lime, mint	7.95	ginger ade ginger, agave, lemon, aloe vera water	7.95