

EAT YOUR BREAKFAST

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



CREATE YOUR OWN OMELETTE 7.25 | 215-575 cal

3 fillings, plus roasted root vegetable medley & toast

SUB EGG WHITES +1.00 | 50 cal

CHOOSE 3 COMPLIMENTARY FILLINGS *extra* +.50 each

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

2 EGGS ANY STYLE WITH TOAST 3.25 | 385 cal

ADD ONS +1.25

| | |
|---------------------------------------|------------------------|
| roasted root vegetable medley 120 cal | fresh greens 40-50 cal |
|---------------------------------------|------------------------|



EGG SANDWICHES 3.25 | 145 cal

2 eggs on your choice of roll, bagel or toast

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

| | | | |
|-----------------------------|------------------------------|------------------------|--------------------------|
| GLUTEN-FREE <i>upgrades</i> | sliced bread +1.00 140 cal | bagels +1.00 100 cal | bagelino +2.00 290 cal |
|-----------------------------|------------------------------|------------------------|--------------------------|



WRAPS & SANDWICHES

| | | |
|---|--|--|
| FARMHOUSE 5.95 780 cal cage-free eggs, local white cheddar, thick cut maple-glazed bacon with maple butter mustard on a brioche | EL GRECO 6.25 320 cal egg whites, feta, tomato, onions on a whole wheat wrap | AM ENERGY 6.25 430 cal egg whites, Free Bird chicken, spinach, on a whole wheat wrap |
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|--|--|
| FLORENTINE 5.95 290 cal egg whites, baby spinach, swiss cheese on a whole wheat wrap | POWER BLT 5.95 900 cal 2 eggs, turkey bacon, avocado, oven roasted tomato, sun-dried tomato pesto on rustic ciabatta |
|--|--|



SMASHED AVOCADO TOAST & MORE

| | | |
|---|--|---|
| PICO DE GALLO 6.95 330 cal with spicy pico de gallo and crushed corn nuts | EVERYTHING BAGEL 6.95 370 cal with avocado and hard boiled egg | SMOKED SALMON 10.95 490 cal with avocado, cucumber, black sesame seeds and cream cheese |
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| | |
|--|--|
| SUN-DRIED TOMATO HUMMUS 6.95 400 cal with avocado and micro cilantro | ALMOND BUTTER & BANANA 6.95 510 cal cacao nibs, banana, almond butter on toast |
|--|--|



ORGANIC QUINOA BREAKFAST BOWLS 8.95

| | | |
|---|--|--|
| HUEVOS RANCHEROS 915 cal 2 eggs, quinoa, red beans, lemon braised kale, cilantro, cheddar cheese, red onions, avocado, tortilla chips, chipotle aioli | AEGEAN 775 cal 2 eggs, quinoa, lemon braised kale, feta, tomatoes, kalamata olives, roasted garlic vinaigrette | ZEN 750 cal 2 eggs, quinoa, lemon braised kale, mushrooms, caramelized onions, chickpeas, feta, roasted garlic vinaigrette |
|---|--|--|



ORGANIC OATMEAL

regular 4.00 with water 120 cal | with milk 220 cal
large 5.00 with water 190 cal | with milk 350 cal

ADD ORGANIC QUINOA +1.25 | 80 cal

PICK 2 COMPLIMENTARY TOPPINGS *add ons* +.50 each

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



YOGURT PARFAITS

| | | |
|--|--|--|
| BIRCHER MUESLI 4.95 9oz, 260 cal granola, honey, apples, almonds, dried cranberries, pomegranate | GREEK YOGI 4.95 9oz, 340 cal blueberries, chia seeds, walnuts, light agave | BERRY CLASSIC 4.95 9oz, 310 cal strawberry, granola, honey |
|--|--|--|

| | | |
|---|---|---|
| STRAWBERRY 4.95 9oz, 240 cal strawberry yogurt, granola, fresh strawberries | COCONUT CHIA 5.95 9oz, 260 cal <i>vegan</i> coconut milk, chia seeds, vanilla, agave | AÇAÍ GOODNESS 5.95 8oz, 450 cal açai, raspberry, banana, apple, pomegranate, almond butter, granola |
|---|---|---|



YOUR SALAD YOUR WAY 7.50

choose four free toppings

1 select your favorite type of greens

| | | |
|-----------------------|------------------------------------|------------------|
| kale (30 cal) | romaine hearts (20 cal) | mesclun (10 cal) |
| baby spinach (10 cal) | seasonal superfoods blend (30 cal) | |

2 choose your four free toppings +.50 each additional

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

3 select additional items +1.00 each

| | | |
|--------------------------------------|------------------------------|--------------------------------|
| butternut squash (20 cal) | brussels sprouts (30 cal) | craisins (100 cal) |
| edamame (60 cal) | toasted almonds (170 cal) | turkey bacon (50 cal) |
| walnuts (190 cal) | hard-boiled eggs (70 cal) | crumbled blue cheese (100 cal) |
| vegan cheese (90 cal) | grated parmigiano (110 cal) | ny state feta (60 cal) |
| local jack & cheddar (110 cal) | half avocado +1.50 (120 cal) | organic quinoa +1.50 (40 cal) |
| fiery pickled sweet peppers (20 cal) | | |

4 premiums & proteins

| | | |
|-----------------------------------|--------------------------------|------------------------------------|
| Free Bird chicken +3.00 (120 cal) | adobo chicken +3.00 (265 cal) | chicken shawarma +3.00 (190 cal) |
| Plantville turkey +3.00 (120 cal) | crispy chicken +3.00 (220 cal) | gochujang bbq pork +3.00 (200 cal) |
| baked falafel +3.00 (180 cal) | baked tofu +3.00 (80 cal) | poached shrimp +4.50 (70 cal) |

5 choose your dressing

NGF - not gluten free
NV - not vegan

| | | |
|---|--|--|
| trendy avocado chimichurri (65 cal) lemon tahini (90 cal) roasted garlic vinaigrette (NV) (100 cal) | chipotle lime vinaigrette (80 cal) honey-balsamic (NGF) (115 cal) | balsamic vinaigrette (NV) (135 cal) mexican pepita caesar (130 cal) |
| classic creamy caesar (NV) (160 cal) | steakhouse blue cheese (NV) (120 cal) | |
| low-fat peppercorn ranch (NV) (20 cal) greek poppy yogurt (NV) (60 cal) | aged balsamic vinegar (20 cal) | red wine vinegar (20 cal) |
| fat-free/carb-free honey dijon vinaigrette (60 cal) | | |
| simple fresh lime squeeze (10 cal) evoo (120 cal) | fresh lemon squeeze (10 cal) | house-made hot sauce (8 cal) |



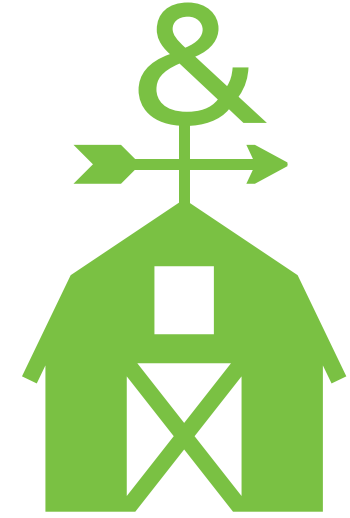
COFFEE & TEA

locally roasted, naturally delicious

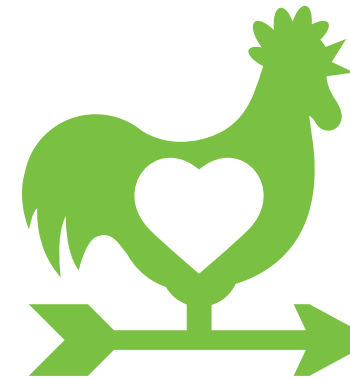
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|----------------------|--------------|--------------|--------------|-----------------------|--------------|--------------|
| HOT BEVERAGES | 12 OZ | 16 OZ | 20 OZ | COLD BEVERAGES | 16 OZ | 20 OZ |
| house blend | 2.00 | 2.30 5 cal | 2.65 5 cal | cold brew coffee | 3.25 | 3.65 5 cal |
| leaf tea | 2.00 | 2.30 0 cal | 2.65 0 cal | iced brew lab tea | 2.95 | 3.35 0 cal |

add flavored syrups +.50 | 20 cal

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



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PANINI MELTS

served on a selection of handmade local breads

CRISPY CHICKEN & MOZZARELLA

9.18 | 870 cal
artichokes, arugula,
sun-dried tomato pesto

SMOKED TURKEY & CHEDDAR

9.18 | 790 cal
avocado, tomatoes,
chipotle spread

BUFFALO CHICKEN

9.18 | 710 cal
blue cheese, scallions,
buffalo sauce

PUEBLA GRILLED CHEESE *vegan*

9.18 | 690 cal
smashed avocado, black bean and
corn salad, vegan cheese

GRILLED BRUSSELINI *gluten-free*

9.18 | 750 cal
roasted brussels sprouts,
caramelized onions, granny smith apples,
white cheddar cheese with dijon mayo

SOUTHWEST CHICKEN

9.18 | 740 cal
grilled *Free Bird* chicken, cotija cheese, pico de gallo
avocado, charred jalapeño aioli

CHICKEN FRESCO

9.18 | 660 cal
avocado, queso fresco,
roasted red peppers, tomatillo salsa

GRILLED STEAK & FONTINA

9.95 | 920 cal
caramelized onions, arugula,
horseradish, caper sauce

CALIFORNIA TURKEY

9.18 | 720 cal
Plainville Farms turkey, tomatoes, cucumbers,
sprouts, avocado, lemon herb vinaigrette

BAKED FALAFEL *vegan*

9.18 | 560 cal
smashed avocado, ripe tomato,
snow pea shoots, raw sunflower seeds,
pickled chilies & onions, lemon tahini



GRAIN BOWLS

all bowls come with your choice of quinoa or brown rice

SOUTH BY SOUTHWEST

8.50
romaine, raw corn, half avocado, queso cotija,
kidney beans, pico de gallo with chipotle-lime vinaigrette
with quinoa 580 cal with brown rice 640 cal

MEDITERRANEAN

8.50
kale, kalamata olives, wood roasted peppers,
chickpeas, julienne granny smith apples,
NY feta cheese with poppy seed yogurt dressing
with quinoa 580 cal with brown rice 640 cal

TEX-MEX

9.00
kale, avocado, local jack & cheddar,
pico de gallo, black beans with chipotle-lime vinaigrette
with quinoa 530 cal with brown rice 590 cal

BAKED FALAFEL

9.50
kale, grapefruit pickled onions,
cucumber, tomato, crushed pita points,
fresh falafel with tzatziki and lemon tahini
with quinoa 500 cal with brown rice 560 cal

premiums & proteins

Free Bird chicken +3.00 (120 cal)
Plainville Farms turkey +3.00 (120 cal)
baked falafel +3.00 (180 cal)

adobo chicken +3.00 (265 cal)
crispy chicken +3.00 (220 cal)
baked tofu +3.00 (80 cal)

KOREAN BBQ

11.50
kale, gochujang bbq pork, mango
caramelized onions, pickled chilies,
radish, scallions, cilantro
with quinoa 620 cal with brown rice 680 cal

CHICKEN SHAWARMA

11.50
kale, chicken shawarma,
hummus, baba ganoush, pickles,
Israeli salad, tzatziki with tahini dressing
with quinoa 610 cal with brown rice 670 cal

TURKEY CHILI

11.50
kale, turkey chili, kidney beans,
cheddar cheese, pico de gallo, half avocado, small batch
hot sauce, greek yogurt
with quinoa 730 cal with brown rice 790 cal

calorie counts reflect undressed bowls



CHEF DESIGNED SALADS

SANTA FE SALAD

8.00 | 480 cal
avocado, raw corn,
local jack & cheddar, grape tomatoes,
onions, tortilla chips, local kale & romaine
perfectly paired with chipotle-lime vinaigrette with a fresh lime squeeze

CALIFORNIA COBB SALAD

10.95 | 480 cal
all natural *Plainville Farms* turkey,
turkey bacon, mushrooms, blue cheese,
grape tomatoes, cucumbers, baby spinach & romaine
perfectly paired with low-fat peppercorn ranch

FALAFEL SALAD *vegan*

10.00 | 450 cal
baked falafel, scallions, grape tomatoes,
cucumbers, carrots, chickpeas, local kale & romaine
perfectly paired with lemon tahini with a splash of house-made hot sauce

GAUCHO SALAD *vegan*

9.00 | 320 cal
avocado, kidney beans, raw corn, cucumbers,
scallions, caramelized onions, local kale & romaine
perfectly paired with avocado chimichurri with a fresh lime squeeze

premiums & proteins

Free Bird chicken +3.00 (120 cal)
baked falafel +3.00 (180 cal)

crispy chicken +3.00 (220 cal)
poached shrimp +4.50 (70 cal)

baked tofu +3.00 (80 cal)

KALE CAESAR SALAD

7.50 | 180 cal
grape tomatoes, croutons,
grated parmigiano, local kale & romaine
perfectly paired with creamy caesar with a fresh lemon squeeze

SOUTH BEACH SALAD

8.00 | 440 cal
craisins, walnuts, fresh apples,
blue cheese, local mesclun & romaine
perfectly paired with honey balsamic

MEXICAN CAESAR SALAD

9.00 | 380 cal
avocado, pico de gallo,
cotija cheese, fiery pickled sweet peppers,
brooklyn crushed pita, local romaine
perfectly paired with mexican pepita caesar dressing

calorie counts reflect undressed salads



GRAB&GO SANDWICHES

served on multigrain loaf

VEGETARIAN *vegan*

7.95 | 510 cal
avocado, tomatoes, sprouts,
red onions, roasted almonds, spicy hummus

ORGANIC EGG SALAD

7.95 | 680 cal
cucumber, parmigiano, arugula

TURKEY BLT

8.95 | 650 cal
turkey bacon, tomatoes
arugula, mayo

AVOCADO BLT

8.50 | 830 cal
avocado, bacon, heirloom tomato, mayo, summer
superfoods blend on an orwasher's multigrain bread

ALL NATURAL CRANBERRY

8.95 | 680 cal
Plainville Farms TURKEY SALAD
toasted almonds, dill, greek yogurt

AVOCADO CHICKEN

8.95 | 450 cal
grilled chicken avocado salad, jalapeño, organic mesclun

MONTEREY GRILLED CHICKEN

8.95 | 620 cal
avocado, tomatoes, red onions,
organic mesclun, chipotle dressing

SMOKED SALMON

10.95 | 590 cal
smoked salmon, cucumber,
tomato, scallion cream cheese



SIDE SALADS

all of our side salads are gluten-free

ORGANIC LEMON CHICKPEA *vegan*

5.00 | 200 cal
chickpeas, celery, parsley, red peppers,
onions, agave, lemon, olive oil

ORGANIC EGG SALAD

6.00 | 390 cal
farm fresh eggs, dill mayo
made with 0% greek yogurt

ALBACORE TUNA SALAD

6.50 | 410 cal
albacore, mayo made with
0% greek yogurt, lemon wedge

FIESTA CHICKEN

6.50 | 290 cal
Free Bird chicken, avocado, 0% greek yogurt,
celery, jalapeños, cilantro, lime juice

ALL NATURAL CRANBERRY

6.50 | 370 cal
Plainville Farms TURKEY SALAD
toasted almonds, dill, greek yogurt

SEASONAL FRUIT SALAD

4.95 | 120 cal



HEALTHY TREATS

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

VANILLA CHIA SEED PUDDING

3.95 | 260 cal

RAW GOJI BERRY PROTEIN BAR *vegan*

3.95 | 420 cal

RAW PALEO MACAROONS *vegan*

4.95 | 140 cal

CHOCOLATE CHIA SEED PUDDING *vegan*

3.95 | 330 cal

RAW CHOCOLATE DATE NUT BAR *vegan*

3.95 | 390 cal

SUMMER BERRY *vegan*

3.95 | 190 cal
blueberry, strawberry,
coconut yogurt, granola nut mix

CLASSIC RICE PUDDING

3.50 | 130 cal

PEANUT BUTTER ENERGY CRISP

3.95 | 320 cal

RICE PUDDING *vegan*

3.95 | 220 cal

HEMP BROWNIE

3.95 | 430 cal



COLD PRESSED SMALL BATCHED

KALE BLAZER

7.95 | 12oz, 115 cal
watermelon, kale, orange, pineapple, spinach,
parsley, lime, ginger

OH MY GREEN

7.95 | 12oz, 100 cal
apple, romaine, celery, cucumber, spinach,
kale, parsley, ginger, lemon

CARROT KICK START

7.95 | 12oz, 150 cal
carrot, apple, lemon, ginger, turmeric

TROPIC THUNDER

7.95 | 12oz, 160 cal
pineapple, apple, ginger, lemon



SOUP

100% certified organic, vegan & gluten-free options available daily

CUP 4.00 | 50-320 cal
premium +.50

REGULAR 5.00 | 80-460 cal
premium +1.00

LARGE 6.00 | 100-650 cal
premium +1.00

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.