breakfast sandwiches & WRAPS

EGG SANDWICHES $3.50 | 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 upgrades
sliced bread +1.50 | 140 cal
bagels +1.50 | 100 cal
bagelino +2.00 | 290 cal

FARMHOUSE $6.25 | 780 cal
cage-free eggs, local white cheddar, thick cut maple-glazed bacon with maple butter mustard on a brioche

FLORENTINE $6.25 | 290 cal
egg whites, baby spinach, swiss cheese on a whole wheat wrap

EL GRECO $6.25 | 320 cal
egg whites, feta, tomato, onions on a whole wheat wrap

AM ENERGY $6.25 | 430 cal
egg whites, chicken, spinach, on a whole wheat wrap

POWER BLT $6.25 | 900 cal
2 eggs, turkey bacon, avocado, oven roasted tomato, sun-dried tomato pesto on rustic ciabatta

AVOCADO BLT $8.50 | 830 cal
avocado, bacon, heirloom tomato, mayo, summer superfoods blend on orwasher's multigrain breadoven roasted tomato, sun-dried tomato pesto on rustic ciabatta

create your own OMELETTE 7.50 | 215-575 cal

CHOOSE 3 COMPLIMENTARY FILLINGS additional +.50

bell peppers 10 cal
broccoli 10cal
mushrooms 5 cal
onions 10 cal
scallions 10 cal
spinach 10cal
grape tomatoes 10 cal
kalamata olives 20 cal

vegan cheese 90 cal
american cheese 70 cal
swiss cheese 110 cal
cheddar cheese 115cal
feta cheese 60 cal
grilled chicken 120 cal
turkey bacon 50 cal
turkey ham 60 cal
turkey sausage 60 cal

two eggs ANY STYLE WITH TOAST 4.95 | 215-575 cal

SERVED WITH MIXED GREENS OR SWEET POTATO HASH

smashed AVOCADO TOAST

PICO DE GALLO $7.95 | 330 cal
with spicy pico de gallo and crushed corn nuts

EVERYTHING BAGEL $7.95 | 320 cal
with avocado and hard-boiled egg

ALMOND BUTTER & BANANA $7.95 | 430 cal
with cacao nibs, banana, almond butter

SMOKED SALMON $10.95 | 900 cal
with avocado, cucumber, black sesame seeds, and cream cheese

organic BREAKFAST BOWLS

HUEVOS RANCHEROS $8.95 | 850cal
2 eggs, quinoa, red beans, lemon braised kale, cilantro, cheddar cheese, red onions, avocado, tortilla chips, chipotle aioli

AEGEAN $8.95 | 700 cal
2 eggs, quinoa, lemon braised kale, feta, tomatoes, kalamata olives, roasted garlic vinaigrette

ZEN $8.95 | 680 cal
2 eggs, quinoa, lemon braised kale, mushrooms, caramelized onions, chickpeas, feta, roasted garlic vinaigrette

KETO ENERGY $8.95 | 650 cal
2 eggs, zucchini, avocado, smoked bacon, cheddar cheese

griddle ORIGINALS

BUTTERMILK PANCAKES $7.95 | 330 cal

GLUTEN-FREE PANCAKES $8.95 | 490 cal

QUINOA PANCAKES $8.95 | 420 cal

CHALLAH FRENCH TOAST $8.95 | 400 cal

BANANA CAKES $8.95 | 200-450 cal
banana, flax seeds, eggs, baking powder, cinnamon served with cashew cream, strawberries, maple syrup, almonds

add ons:
blueberry +1.00 | 20 cal
strawberry +1.00 | 20 cal
chocolate chips +1.00 | 70 cal
turkey bacon +1.50 | 50 cal
turkey sausage +1.50 | 60 cal
turkey ham +1.50 | 60 cal

oatmeal & BAGELS

ORGANIC OATMEAL
reg. with water $4.00 | 120 cal
reg. with milk $4.00 | 220 cal
large with water $5.00 | 190 cal
large with milk $5.00 | 350 cal
+add organic quinoa +$1.25 | 80 cal

pick two complimentary toppings | additional +.50
agave 80 cal
brown sugar 115 cal
honey 85 cal
apples 20 cal
cinnamon 0 cal
raisins 85 cal
bananas 50 cal
granola 140 cal

HAND-ROLLED BAGELS 100-400cal
butter $1.50 | 200 cal
cream cheese $2.50 | 140 cal
fat-free cream cheese $2.75 | 60 cal
flavored cream cheese $2.75 | 140-195 cal
lox spread $3.95 | 180 cal
organic peanut butter $3.50 | 295 cal

yogurt PARFAITS

BIRCHER MUESLI $4.95 | 260 cal
granola, honey, apples, almonds, dried cranberries, pomegranate

GREEK YOGI $4.95 | 340 cal
blueberries, chia seeds, walnuts, light agave

BERRY CLASSIC $4.95 | 310 cal
strawberry, granola, honey

COCONUT CHIA (VEGAN) $5.95 | 260 cal
coconut milk, chia seeds, vanilla, agave

AÇAÍ GOODNESS $5.95 | 450 cal
açaí, raspberry, banana, apple, pomegranate, almond butter, granola

FONIO BOWL $6.00 | 460 cal
fonio, cashews, blueberries, maple syrup, almonds, vanilla extract, cinnamon, sea salt
vegan, gluten-free

coffee & TEA

HOT BEVERAGES

	12 OZ	16 OZ	20 OZ
house blend	$2.25	$2.50 | 5 cal	$2.65 | 5 cal
leaf tea	$2.00	$2.30 | 0 cal	$2.65 | 0 cal

COLD BEVERAGES

	16 OZ	20 OZ
cold brew coffee	$3.25	$3.65
iced brew lab tea	$2.95	$3.35

add flavor syrups +.50 | 20 cal

cold pressed JUICES

OH MY GREEN $7.95 | 100 cal
apple, romaine, celery, cucumber, spinach, kale, parsley, ginger, lemon

KALE BLAZER $7.95 | 115 cal
watermelon, kale, orange, pineapple, spinach, parsley, lime, ginger

TROPIC THUNDER $7.95 | 160 cal
pineapple, apple, ginger, lemon

CARROT KICKSTART $7.95 | 150 cal
carrot, apple, lemon, ginger, turmeric

WATERMELON FRESCA $7.95 | 260 cal
watermelon, lime, hibiscus

PINK HONEY GINGER'ADE $7.95 | 85 cal
honey, lemon, ginger, hibiscus

healthy TREATS

VANILLA CHIA SEED PUDDING
$3.95 | 260cal

CHOCOLATE CHIA SEED PUDDING (VEGAN)
$3.95 | 330cal

CLASSIC RICE PUDDING
$4.95 | 130cal

VEGAN RICE PUDDING
$3.95 | 220cal

RAW GOJI BERRY PROTEIN BITES (VEGAN)
$4.95 | 420cal

RAW CHOCOLATE DATE BITES (VEGAN) $4.95 | 390cal

PEANUT BUTTER ENERGY BITES $4.95 | 320cal

HEMP BROWNIE BITES
$4.95 | 430cal

RAW PALEO MACAROONS (VEGAN)
$4.95 | 140cal

SUMMER BERRY
$3.95 | 190 0cal
blueberry, strawberry, coconut yogurt, granola nut mix

THE KING $3.95 | 420cal
bananas, granola nut mix, coconut yogurt, peanut butter

AÇAÍ ENERGY BITES
$4.95 | 460cal
açaí, chia seeds, dates, cashews & coconut

OATMEAL CRANBERRY CRISP
$4.95 | 329cal

fresh&co®

chef-designed *salads calories reflect undressed bowls

SANTA FE SALAD
9.25 | 380 cal
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

CALIFORNIA COBB SALAD
11.25 | 258 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)
10.95 | 333 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)
9.50 | 375 cal
avocado, kidney beans, raw corn, cucumbers, scallions, caramelized onions, local kale & romaine, perfectly paired with avocado chimichurri with a fresh lime squeeze

KALE CAESAR SALAD
8.50 | 210 cal
grape tomatoes, croutons, grated parmigiano, local kale & romaine, perfectly paired with creamy caesar with a fresh lemon squeeze

SOUTH BEACH SALAD
8.95 | 339 cal
craisins, walnuts, fresh apples, blue cheese, local mesclun & romaine, perfectly paired with honey balsamic

MEXICAN CAESAR SALAD
9.95 | 282 cal
avocado, pico de gallo, cotija cheese, fiery pickled sweet peppers, brooklyn crushed pita, local romaine, perfectly paired with mexican pepita caesar dressing

add premiums & proteins
chicken +3.00 | 120 cal
crispy chicken+3.00 | 220 cal
baked tofu+3.00 | 80 cal
baked falafel +3.00 | 180 cal
poached shrimp+4.50 | 70 cal
faroe island salmon+6.00 | 180 cal

grain BOWLS *calories reflect undressed bowls

SOUTH BY SOUTHWEST
$9.95 | brown rice 388 cal | quinoa 390 cal
romaine, raw corn, half avocado, queso cotija, kidney beans, pico de gallo with chipotle-lime vinaigrette

MEDITERRANEAN
$9.50 | brown rice 306 cal | quinoa 308 cal
kale, kalamata olives, marinated roasted peppers, chickpeas, julienne granny smith apples, ny feta cheese with poppy seed yogurt dressing

TEX-MEX
$9.50 | brown rice 430 cal | quinoa 432 cal
kale, avocado, local jack & cheddar, pico de gallo, black beans with chipotle-lime vinaigrette

BAKED FALAFEL
$10.50 | brown rice 447 cal | quinoa 449 cal
kale, grapefruit pickled onions, cucumbers, tomatoes, crushed pita points, fresh falafel with tzatziki & lemon tahini

KOREAN BBQ
$11.50 | brown rice 379 cal | quinoa 381 cal
korean bbq pork, mango, caramelized onions, pickled chilies, radish, scallions and cilantro

CHICKEN SHAWARMA
$11.50 | brown rice 438 cal | quinoa 440 cal
kale, chicken shawarma, hummus, baba ganoush, pickles, israeli salad, tzatziki, tahini dressing

TURKEY CHILI BOWL
$11.50 | brown rice 544 cal | quinoa 546 cal
kale, turkey chili, kidney beans, cheddar cheese, pico de gallo, half avocado, small batch hot sauce, greek yogurt

add premiums & protein
chicken+3.00 | 120 cal
adobo chicken +3.00 | 265 cal
chicken shawarma+3.00 | 190 cal
plainville turkey+3.00 | 120 cal
crispy chicken+3.00 | 220 cal
korean bbq pork+3.00 | 200 cal
baked falafel +3.00 | 180 cal
baked tofu +3.00 | 80 cal
poached shrimp +4.50 | 70 cal
faroe island salmon +6.00 | 180 cal
calorie counts reflect undressed bowls

panini MELTS

CRISPY CHICKEN & MOZZARELLA
$9.50 | 870cal
artichokes, arugula, sun-dried tomato pesto on sesame hero

SMOKED TURKEY & CHEDDAR
$9.50 | 790cal
avocado, tomatoes, chipotle spread

BUFFALO CHICKEN
$9.50 | 710cal
blue cheese, scallions, buffalo sauce on pesto bread

PUEBLA GRILLED CHEESE (VEGAN)
$9.50 | 690cal
smashed avocado, black bean and corn salad, vegan cheese

GRILLED BRUSSELINI (GLUTEN-FREE)
$9.50 | 750cal
roasted brussels sprouts, caramelized onions, granny smith apples, white cheddar cheese with dijon mayo

CHICKEN FRESCO
$9.50 | 660cal
avocado, queso fresco, roasted red peppers, tomatillo salsa on pesto bread

BAKED FALAFEL (VEGAN)
$9.50 | 560cal
smashed avocado, ripe tomato, snow pea shoots, raw sunflower seeds, pickled chilies & onions, lemon tahini

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

CUP $4.25 | 50-320 cal
premium +.50

REGULAR $5.25 | 80-460 cal
premium +1.00

LARGE $6.25 | 100-650 cal
premium +1.00

healthy SANDWICHES
served on multigrain loaf

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

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

VEGETARIAN
whole: $7.95 half: $4.95
avocado, tomato, alfalfa sprouts, red onion, roasted almonds, spicy hummus, on multi-grain bread

CHIPOTLE CHICKEN
whole: $8.95 half: $4.95
freebird chicken, celery, apple, grape, walnut, raisin, dried cranberry, smoky paprika, chipotle mayo, on multi-grain bread

CLASSIC TUNA SALAD
whole: $8.95 half: $4.95
albacore tuna salad, mesclun, tomato, on pumpernickel bread

MONTEREY GRILLED CHICKEN
whole: $8.95 half: $4.95
freebird chicken, avocado, tomato, red onion, mesclun, chipotle spread, on multi-grain bread

AVOCADO CHICKEN
whole: $8.95 half: $4.95
freebird chicken, avocado, jalapeño, mesclun, on multi-grain bread

TURKEY BLT
whole: $8.95 half: $4.95
plainville farms turkey, turkey bacon, tomato, arugula, mayo, on multi-grain bread

CRANBERRY TURKEY SALAD
whole: $8.95 half: $4.95
plainville farms turkey, roasted almond, dill, Greek yogurt, mayo, on multi-grain bread

side SALADS

CHIPOTLE CHICKEN SIDE SALAD
$6.50 | 370cal
chicken, celery, apples, red grapes, walnuts, dry cranberries, raisins, smoked paprika, chipotle mayo, chipotle vinaigrette

ORGANIC LEMON CHICKPEA (VEGAN)
$5.00 | 150cal
chickpea, celery, parsley, red peppers, onions, agave, lemon, olive oil

ALBACORE TUNA SALAD
$6.50 | 310cal
albacore, mayo made with 0% greek yogurt, lemon wedge

FIESTA CHICKEN SALAD
$6.50 | 265cal
chicken, avocado, 0% greek yogurt, celery, jalapeños, cilantro, lime juice

ALL NATURAL CRANBERRY PLAINVILLE TURKEY SALAD
$6.50 | 278cal
toasted almonds, dill, greek yogurt

SEASONAL FRUIT SALAD
4.95 | 110cal

fresh&co®

create your own SALAD 8.50 | 215-575 cal

1. SELECT YOUR FAVORITE GREENS

kale (30 cal)
baby spinach (10 cal)
romaine hearts (20 cal)
seasonal superfoods blend (30 cal)
mesclun (20 cal)
arugula (10 cal) +.60

2. CHOOSE YOUR FOUR FREE TOPPINGS +.60 each additional

bell peppers (10 cal)
croutons (30 cal)
grape tomatoes (10 cal)
kalamata olives (20 cal)
organic kidney beans (100 cal)
red onion (10 cal)
grapefruit pickled onions (10 cal)
raw broccoli (10 cal)
cucumbers (10 cal)
raw corn (10 cal)
raw mushrooms (5 cal)
pita chips (150 cal)
wood roasted peppers (25 cal)
raw seed mix (120 cal)
raw carrots (10 cal)
fresh apple (20 cal)
jalapeño peppers (10 cal)
organic chickpeas (110 cal)
raw beets (20 cal)
tortilla chips (35 cal)

3. SELECT ADDITIONAL ITEMS +1.20 each additional

edamame (20 cal)
walnuts (90 cal)
vegan cheese (90 cal)
local jack & cheddar (110 cal)
fiery pickled sweet peppers (20 cal)
brussels sprouts (30 cal)
roasted almonds (170 cal)
hard-boiled eggs (70 cal)
grated parmigiano (110 cal)
half avocado +2.00 (120 cal)
craisins (100 cal)
turkey bacon (50 cal)
crumbled blue cheese (100 cal)
ny state feta (60 cal)
organic quinoa +2.00 (180 cal)

4. PREMIUMS & PROTEINS

FreeBird chicken +3.00 (120 cal)
plainville 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)
chicken shawarma +3.00 (190 cal)
korean bbq pork +3.00 (200 cal)
poached shrimp +4.50 (70 cal)
faroe island salmon +6.00 (70 cal)

5. CHOOSE YOUR DRESSING

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

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

low-fat
peppercorn ranch (20 cal)
greek poppy yogurt (60 cal)
aged balsamic vinegar (20 cal)
red wine vinegar (20 cal)

fat-free/carb free
honey dijon vinaigrette

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

fresh&co®