

Breaking the Fast **BREAKFAST SERVED 7:00AM-10:30AM**

100% Organic Hot Oatmeal
with Crunchy Granola & Sun Dried Fruit
\$3.99 

Blueberry Pancakes
or
Cinnamon French Toast
made with Organic Eggs & Organic Milk
served with Maple Syrup
\$4.79 

Swiss Muesli
Crunchy Pumpkin Seed Granola
Honey Yogurt & Sliced Apple made to order
\$4.19 

Seasonal Fresh Fruit of the Day
located in the "Grab & Go" refrigerator
\$3.89

GRILLED BREAKFAST PANINI
Organic Egg, Tomato & Cheese
\$4.49 

Organic Egg, Nitrite Free Natural Ham & Cheddar
\$4.79

Crunchy Natural Peanut Butter
Sliced Bananas & Honey
\$4.29 

Fresh Kitchen Menu

GRILLED PANINI

All of our Grilled Panini are prepared with Flatbread with a choice of one side

CHOOSE A SIDE:

Fresh Whole Apple
Sweet Potato Fries

Edamame –blanched & lightly salted green soybeans

Tomato Herb & Three Cheese

Cheddar, Jack, Mozzarella Cheese & choice of one side
\$5.99 

Tuscan Chicken

All White Meat Chicken, Spinach Artichoke Spread
Provolone Cheese & choice of one side
\$6.69

Tuna Melt

Dolphin Free Tuna Salad, Tomato, Onions
Swiss Cheese & choice of one side
\$6.39

Extra Sweet Chili or Tangy Yogurt Mint Sauce
\$.25

SALADS

Salads are made to order, hand tossed & served with Grilled Flatbread


TJ's Caesar

Crisp Romaine, Cotija Cheese, Chipotle Caesar Dressing
& Crunchy Multigrain Tortilla Strips
\$6.39 

California Fresh Spinach Salad

Fresh Spinach, Romaine, Crisp Jicama, Dried Cranberries, Toasted Sunflower Seeds
Crispy Onion Confetti, Crumbled Bleu Cheese & Balsamic Vinaigrette
\$7.09 

It's all Greek to me

Crisp Romaine, Sweet Peppers, Cucumber, Tomato, Pickled Red Onions
Sliced Olives, Feta Cheese, Aegean Vinaigrette & Chickpea Fritters
\$7.49 


Add All White Meat Chicken or Dolphin Free Tuna to any salad for an additional \$2.59

GOURMET SOUPS

Served with Grilled Flatbread


Organic 5 Bean & 5 Pepper Vegan Chili (served daily) 
Soup of the Day
Small \$3.99 Large \$4.99

The Big Fat Greek Wrap


Flatbread filled with Chickpea Fritters, Lettuce
Tomato, Cucumber, Pickled Red Onion
drizzled with Yogurt Mint Sauce & a choice of side
\$7.19 

ONE POTATO, TWO POTATO...

Crisp Sweet Potato Fries


choice of Sweet Chili or Tangy Yogurt Mint Sauce
\$3.99 

Hand Crafted Golden Brown Potato Samosas

choice of Sweet Chili or Tangy Yogurt Mint Sauce
2 for **\$4.59** 

Grilled Baked Potato


Customize your Grilled Baked Potato
with a choice of any two toppings:


Vegetarian Chili
Cheddar & Jack Cheese
Feta Cheese or Blue Cheese
Green Onions or Toasted Onions
Bell Peppers or Black Olives
Plain Yogurt or Sour Cream
\$4.99 


Additional Baked Potato Topping \$0.99

Fresh Kitchen Attitude

FRESH, HEALTHY
NATURAL, ORGANIC
VEGETARIAN/VEGAN
ENVIRONMENTALLY FRIENDLY

 Vegetarian

 Vegan

 May be prepared without meat or dairy product

If you have any dietary needs
please see one of The Fresh Kitchen Team Members
LACTOSE INTOLERANT GLUTEN FREE NUTS

**OUR MENU ITEMS ARE SERVED IN
SUSTAINABLE PACKAGING**

WHERE HEALTHY MEETS DELICIOUS

The Fresh Kitchen