

FRESHIES' ENTRÉES

Fresh House made Pasta - 17.95

Handcrafted noodles made fresh daily from all organic ingredients.
This recipe is a favorite: roasted garlic and mushroom cream sauce with fresh organic spinach and tomatoes added.
Add fresh fish, bay shrimp, chicken, tofu, tempeh
grilled Portobello mushrooms, sliced Sirloin Steak or sausage to pasta - 3.95

Good Old Red's Full Pound of Country Style Pork Spare Ribs - 18.95 Pound and ½ - 24.95
Slow baked and then grilled, fallin' off the bone with our zesty Hawaiian style BBQ.

Stir-fry - 14.95

Stir-fried vegetables topped with tempeh, golden fried tofu and both spicy peanut and Hoisin sauces.

Scampi Style Shrimp - 20.95 over pasta - 24.95

Traditionally flamed with white wine, garlic and caper butter then finished with tomatoes and Parmesan.

**Rippin' Red Curry - with Sushi grade Ahi - 17.95, Fish or Chicken - 15.95,
Just Veggies or Tofu or Tempeh - 12.95**

Our snappy curry sauce is sautéed up with stir-fried vegetables, spinach and tomatoes.

Sweet Potato and Quinoa Griddle Cakes - 13.95

Simple and delicious recipe of toasted organic quinoa, shredded sweet potatoes, olive oil and salt and pepper.
Griddled golden brown and served with sweet chile garlic sauce and slaw.

Sushi Grade Ahi - 27.95

Sesame crusted, fresh Ahi, seared rare with a spicy peanut sauce and Hoisin glaze.

**Noodle Bowls - Sushi Grade Ahi - 17.95 Chicken or Fish - 15.95 or
Organic Tofu, Tempeh or Just Veggies - 12.95**

Your choice of one of the above and Udon or long rice noodles with a mild garlic, ginger broth and Asian vegetables.
Or "Vietnamese Pho Style" - hot and spicy with extra garlic, basil and Serrano chiles.

Grilled Portobello Mushrooms - \$15.95

Grilled Portobello mushrooms topped with red curry, basil pesto, carrots and coconut.

Organic Teriyaki Chicken Stir-fry (Thighs or Breast) - 17.95

Teriyaki Beef Stir-fry - 17.95

Sliced Organic Fulton Valley Farms Chicken breast OR thighs OR Top Sirloin, tossed with onions, peppers and stir-fried veggies over rice with our house made Teriyaki sauce.

Freshies Island Style Plate Lunches - 13.95

A choice of fresh Red Rock Cod, kalua pork or organic Teriyaki chicken (breast or thighs) with organic rice and crunchy sesame slaw and one of the following:
macaroni salad, cottage cheese, organic mini house salad or organic beans.

Try our veggie burger patty, tofu or tempeh - 11.95

Mana Meal - 15.95

Lentil and grain loaf grilled and served with sautéed mushrooms smothered with vegan gravy. The ultimate in comfort food for vegetarians or vegans!

Fish-n-Chips or Chicken-n-Chips - 13.95

Fresh Red Rock Cod or organic chicken breast tempura battered and deep-fried.
Served with organic fresh fries, crunchy sesame slaw and our tartar or Ranch.
Like Spicy? Try it VERY HOT Buffalo style.

Freshies does not use a computer system, therefore, we are unable to offer separate checks, however, we are happy to accept multiple forms of payment.

We ask for a \$10.00 minimum on credit card sales, thanks.