

## FRESHIES' SPECIALTIES

### Fish'n-Chips or Chicken'n-Chips - 13.95

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

### 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, soup, organic mini house salad or organic black beans.  
OR veggie burger patty, tofu, or tempeh - 11.95

Noodle Bowls - with Sushi grade Ahi - 15.95, Fish or Chicken - 13.95

Just Veggies or Tofu or Tempeh - 10.95

Your choice of one of the above and Udon or long rice noodles with a mild garlic, ginger broth and Asian vegetables.

Rippin' Red Curry - with Sushi grade Ahi - 15.95, Fish or Chicken - 13.95

Just Veggies or Tofu or Tempeh - 10.95

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

## FRESH SANDWICHES

Hawaiian Style BBQ Sandwich: Your choice

Kalua Pork - 9.95 organic Chicken breast - 11.95 Tofu - 8.95

Moist kalua pork, jumbo organic chicken breast or organic grilled tofu with our sassy Hawaiian style BBQ sauce.

Yo' Philly Steak Sando - 10.95

Thinly sliced Top Sirloin steak grilled with onions, peppers and mushrooms topped with melted American cheese on a wheat hoagie roll with a spicy red pepper mayo.

Or substitute Chicken Breast? 10.95

How about a vegetarian version? Try our original 'Folsom Philly' - 10.95

Phil's Fabulous Fish Sando - 11.95

Tempura fried filet of fresh Red Rock Cod on a wheat hoagie with American cheese, tartar sauce, lettuce and tomato. Try it with blackened fish! What about tofu? 9.95

### Freshies' Organic Homemade Burger

Veggie Burgers - 9.95

Our delicious blend of organic oats, black beans, split peas and brown rice.

It is dairy, wheat and soy free. Served on a toasted wheat bun with tomato, lettuce and mayo.

Waimea Wipeout - 9.95

Freshies' style tender kalua pork, grilled pineapple, Jack cheese, roasted peppers and onions on a wheat hoagie with a spicy red pepper mayonnaise.

**All sandwiches are served with a choice of:**

mini house salad with organic greens

cottage cheese

Local style macaroni salad

cup of soup

Freshies crunchy sesame slaw

organic, fresh fries

OR

Our famous Tri Fries for \$1.00 more.

All extra sides of dressings, sauces, salsa, sour cream - .75

All Sandwiches are served on local Truckee Sour Dough Co. Brand Breads.