

FRESHIES ORGANIC GREENS AND HOMEMADE SOUPS

Greens

Hearts of Palm Salad - 9.95/5.95

Organic baby greens, hearts of palm, crumbled Gorgonzola cheese and hazelnuts tossed with our creamy basil dressing.

Caesar Salad - 8.95/5.50

Try our delicious version of an old standard. Erik's recipe is vegetarian, too!
California Caesar – substitute fresh organic spinach for ORG Romaine lettuce - 9.95/5.95

East Indian Spinach Salad - 9.95/5.95

Fresh organic spinach leaves topped with curried tofu, green apples, pickled red onions, tomatoes, coconut and scallions with a mango chutney vinaigrette.

The Crunch: Undeniably, The Local's Favorite – 10.50/6.25

Tender organic greens with organic carrots, tomatoes, celery, broccoli, red cabbage, two cheeses, almonds, sunflower seeds and roasted soybeans all with creamy, basil dressing. Whew!

Jambalaya Salad - 12.95/7.50

Our house organic baby greens, mixed with creamy basil dressing, roasted red bell peppers, corn, black olives and rice, then finished off with loads of sausage, shrimp and chicken. Substitute tofu and tempeh? Yum! - 10.95/6.50

Sesame Chicken Salad - 11.95/6.95

An abundance of chopped vegetables, cabbages and bean sprouts tossed with sesame vinaigrette and topped with grilled chicken, almonds and wonton crunchies.

Top any salad - 3.95 choices: grilled, blackened or Jamaican jerk style fresh fish, organic chicken, tofu, tempeh, bay shrimp, grilled Portobello mushrooms, sliced Sirloin Steak or sausage.

Sushi grade Ahi - 5.75.

House Salad - 4.95 Mini House Salad - 3.75

Simply organic greens, carrots, tomatoes and house made whole wheat croutons.

Seaweed Salad - 3.95

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

Soups

Freshies Vegetarian Chili with cheddar and onions

Cream of Tomato Basil

Soup o' the Day

Cup of Soup - 3.25

Bowl of Soup - 4.75

Sides

Freshies Vegan Gravy - 2.75

Sauteed Vegetables, Organic Mashed Potatoes, Rice or Black Beans - 3.25

Organic Fresh French Fries - 3.95

We fry our seafood and meat in one fryer and all vegetarian items in a separate one.

Keep in mind that many of our dishes can be made vegetarian or vegan.

Wheat Sensitive Folks can rest assured that most dishes are wheat or gluten free, talk to your servers.

If you have a food allergy or aversion, please let us know, all ingredients may not be listed.