

## Fresh News

### Spring 2008 Menus!

*What's new on the Fresh juice menu?*

#### Cherries \*

Cherries are our new love! Antioxidant-rich and packed with vitamin C, our juicy cherries are blended into these new drinks: Cherry Blossom Smoothie, Skinny Dip Protein Shake, the Black Forest Cake Power Shake and the Amazon Acai Power Shake.

#### Mango Chunks\*

Sweet ripe chunks of mango are now blended into all our juices that had previously had mango juice to mango-fy! your mango experience. An added bonus to our most favourite drinks.

#### Agave\*

The hip and delicious agave nectar has replaced honey in all our drinks. Agave nectar is harvested in Mexico from the agave cactus plant. It has a low glycemic level and is 98% natural fructose. Fructose offers an equivalent sweetness to honey for nearly half the carbohydrate calories. Fructose does not stimulate digestive insulin secretion as do other refined sugars. Even better, since agave is sweeter than honey, less is needed. No more sugar in your Fresh Lemonade or Espresso Shakes.

#### Acai & Guarana\*

Acai is the new wonder berry! We've added it to the Superbuff Protein Shake and created the new Amazon Acai Power Shake with pineapple and cherries. Grown in the rainforests of Brazil, acai is packed full of antioxidants, amino acids and essential fatty acids. Guarana, also a rainforest plant, is reputed to delay fatigue and boost endurance.

#### Proteins +\*

More protein! We replaced Ultra Wheymore for this higher quality protein powder from the makers of the original Greens+ superfood. We've also increased the portion to give you exactly 22 grams of protein each time.

#### Vegan Caramel\*

Ilana, our Sweets from the Earth vegan baker has taken her divine Pecan Caramel Bars and transformed the ingredients into our Nutty Caramel Espresso Shake. Sweetened with brown rice syrup this vegan caramel is gluten- free and almost healthy. It is also found drizzled on the Caramel Latte.

#### Black Cat Espresso\*

We fell in love with Intelligentsia's Black Cat espresso blend from Chicago. A very cool and passionate young company, their signature blend, Black Cat, is a lightly roasted bean with a full syrupy body accompanied by hints of caramel, chocolate and cherries. It is deliciously smooth. With Dark City's Zen espresso blend still wooing us, we now offer two espressos, a light and a dark, and give you the choice. Add a choice of your organic milk including rice, soy or 2% and I think we are onto something special here.

What is direct trade?

Intelligentsia inspects and buys their beans directly from ethical coffee farmers around the world. The farmers bypass the costly certification and trade fees. Check out [www.intelligentsia.com](http://www.intelligentsia.com).

*What is new on the Fresh food menu?*

A cup of soup\*

We finally realized that if you want to try a few things at Fresh a cup of soup is the perfect size. It has been an instant hit. We love it with the new Tangled Thai Salad, also a smaller portion than the rest of our salads. What took us so long?

#### Salad Topper\*

We wanted something special to jazz up our salads. Tibetan goji berries are all the rage now with their vibrant pink color and their extreme protein content. We are big lovers of nuts & seeds and varied textures in our dishes but this is taking it to another level. Our omega rich high protein Salad Topper has puffed quinoa, goji berries, currants, pistachios, hazelnuts, sesame seeds, hemp seeds and poppy seeds.

Found in our new Tangled Thai Salad and the Super Protein Salad. But you can add it to just about any dish you like.

#### Sprouted Corn Tortillas\*

We love this new wheat and gluten-free tortilla. You will find a crunchy corn tortilla at the base of our Black Bean Tostada. The tostada is a tower of spiced black beans drizzled with our new chipotle & avocado sauce and layers of colorful veggies. Aged white cheddar is the perfect option to top it off.

#### Spicy Green Olives\*

No more kalamata olives. We are into the large, meaty green olive which we spice and marinate ourselves. You will find them on our Middle Eastern Plate.

#### Veggie Burgers\*

The Miso Burger has made a comeback! We retired it a couple of years ago and now it's back with a dill pickle and it's a huge hit. Also making waves is the new Salad Burger on a bed of napa cabbage and topped with a tangle of yellow beet, carrot and daikon radish on top. Burgers and wraps are now offered un-bunned and un-wrapped on a bed of lettuce. Burgers sales have doubled suddenly.

#### Ayurvedic Fresh Bowl\*

The Ayurvedic is a colourful bowl of steamed seasonal vegetables, a poppy, hemp and sesame seed mix, your choice of basmati rice or soba noodles and sauce or dressing. It is a lovely balanced bowl of nourishment.

### ***FRESH FEEDBACK***

Please let us know what we are doing right and suggest areas of improvement.

From all your comments one person will win a \$100 Fresh gift card.

Please send us your email to [feedback@freshrestaurants.ca](mailto:feedback@freshrestaurants.ca)