

fruit smoothies \$6/16 oz. \$12/32 oz.*

breathless
mango • banana • strawberry

yellow brick road
carrot • banana • orange

cherry blossom
cherry • apple • raspberry
banana

antioxidant
pomegranate • blueberry
banana

pink dolphin
raspberry • mango • banana

oompa loompa
pineapple • grapefruit • ginger
lemon

lucky charm
raspberry • strawberry
blueberry • mango

* for three or more substitutions you must 'create your own' juice *

wheatgrass shots

\$3/1 oz. \$5.75/2 oz. juiced with ginger add 25¢

create your own juice

one juice \$5/16 oz. \$10/32 oz.
combine two \$5.50/16 oz. \$11/32 oz.
combine three \$6/16 oz. \$12/32 oz.

carrot, orange, grapefruit, apple, pear, mango,
pomegranate, watermelon, pure coconut water, soymilk,
rice milk, 2% or skim milk

add an ingredient 50¢

ginger, garlic, parsley, kale, celery, beet, cucumber,
strawberry, blueberry, raspberry, dates, mango chunks,
cherry, banana, lemon, coconut milk, agave, maple syrup,
dark cocoa, peppermint, spinach, broccoli

add an ingredient \$1

fat-free organic yogurt, royal jelly, ginseng, vitamin C,
peanut butter, red pepper

add a supplement \$1.50

proteins + (non vegan), hemp, sprouted flax & maca, spirulina, organic acai & guarana, greens +, chai, matcha green tea, echinacea, milk thistle, respiratonic, almond butter, chywanprash (non vegan), avocado

protein shakes \$8/16 oz. \$16/32 oz.*

* choose your protein powder: proteins + (non-vegan) or hemp, sprouted flax & maca (vegan) *

superbuff
organic acai & guarana
raspberry • soymilk • banana
+ protein

skinny dip
strawberry • pear • cherry
blueberry • fat-free organic yo-
gurt (non vegan) + protein

strawberry fields
strawberry • banana
pineapple • wheatgrass

wheatgrass shakes \$7/16 oz. \$14/32 oz.*

strawberry fields
strawberry • banana
pineapple • wheatgrass

singing grasshopper
mango • peppermint • banana • agave • wheatgrass

* The raw chlorophyll of wheatgrass oxygenates, detoxifies and regenerates the blood, liver and kidneys. One or two ounces a day helps promote a strong immune system! *

power shakes \$7/16 oz. \$14/32 oz.*

shamrock
matcha green tea • peppermint
banana • agave • soymilk

super energy

pineapple • apple • ginger
cucumber • greens +

pomegranate acai

organic acai & guarana
mango • cherry • pomegranate

supersonic

raspberry • mango • blueberry
strawberry • ginseng

blueberry thrills

blueberry • banana • soymilk
spirulina

chai chiller

organic chai • coconut milk
banana • soymilk • cinnamon

tropic thunder
spirulina • almond butter
pure coconut water • banana
+ protein

swoosh
peanut butter • dark cocoa
maple syrup • banana • soymilk
cinnamon + protein

hangover helper
orange • banana • ginger
spirulina • wheatgrass

vegetable juices \$6/16 oz. \$12/32 oz.*

detoxifier
kale • spinach • parsley
celery • apple

carrot twist
carrot • orange • ginger

20/20
broccoli • spinach • red pepper
parsley • carrot



Take-Away Glass Bottles 32 oz.*
All 32 oz. take-away drinks are now packaged only in glass bottles for an additional cost of \$3. Non-refundable. In return, you can bring your bottle back to receive a 15% discount on re-fills. Added bonus: 32 oz. juices are non-taxable.

immune elixirs \$7/16 oz. \$14/32 oz.*

iron maiden
spinach • beet • carrot • spirulina

deep immune hot

apple • dates • banana • ginger
lemon • chywanprash (non
vegan)

liver flush

grapefruit • beet • ginger • lemon
cayenne • milk thistle

urgen-c

lemon • orange • ginger
grapefruit • pineapple
vitamin C

cold drinks

agave-sweetened lemonade \$5/16 oz.

watermelon lemonade \$5.50/16 oz. seasonal

pure coconut water \$5/16 oz.

sparkling mineral water \$3/250 ml. \$7/750 ml.

iced organic teas \$3

green • black • peppermint • berry • lemon

beet root frappé
apple • beet • carrot • nutmeg
ginger

refresher
carrot • cucumber • apple
ginger • lemon

all green
cucumber • celery • parsley
kale • ginger • lemon

immune boost
carrot • beet • apple • ginger
vitamin C • echinacea

lung lover hot
pineapple • apple • ginger
lemon • cayenne • respiratonic

flu fighter hot

celery • kale • carrot • garlic
lemon • ginger • cayenne
echinacea

singer's saving grace hot
pineapple • pear • apple • ginger
cloves • royal jelly (non vegan)

espresso bar

Our delicious espresso is fair-trade and shade grown. Green coffee beans are sourced from environmentally friendly and socially responsible growers. Our espresso suppliers include 49th Parallel, Origins and Intelligentsia, among others.

choose your organic milk:

2% / skim / soy / soy creamer / rice *

drinks

espresso \$2.75 single \$3 double

americano \$2.75 single \$3 double

cappuccino \$4

latte \$4.50

chai latte \$5

matcha green tea latte \$5

hot chocolate \$4

peppermint hot chocolate \$4.50

sweet ginger tea \$4

organic teas \$3

green • black • peppermint • berry • lemon

espresso shakes

\$7/16 oz. \$14/32 oz. *choice of organic milk

chocolate ginger ginger • dark cocoa • banana • espresso

almond java almond butter • banana • maple syrup • espresso

rocket fuel maple syrup • cinnamon • banana • espresso

mocha mint dark cocoa • peppermint • banana • espresso

supplements

Acai – Grown in the rainforests of Brazil, it is packed full of antioxidants, amino acids and essential fatty acids. It contains a synergy of healthy monounsaturated fats, dietary fibre and phytochemicals to help promote cardiovascular and digestive health.

Agave Nectar – Harvested in Mexico from the agave cactus plant, it has a low glycemic level and is 98% natural fructose. Fructose offers an equivalent sweetness for nearly half the amount of carbohydrate calories. Fructose does not stimulate digestive insulin secretion as do other refined sugars.

Chinese Red Ginseng – Considered the most stimulating of all ginsengs. It is used to aid recovery from illness, to relieve stress and fatigue, and to improve mental and physical performance, stamina and endurance.

Chywanprash (non vegan) – An ayurvedic sweet and spicy paste made of 49 plants, fruits, herbs and minerals. It has a high concentration of vitamin C and is widely used in India as a daily immune enhancer, to strengthen lungs and improve blood flow.

Echinacea – An organic herbal extract that mobilizes the immune system response to bacterial invaders by increasing the production of white blood cells.

Greens + – A blend of nutrient-rich superfoods, which are a potent source of plant-based vitamins, minerals, enzymes, cell salts, antioxidants and amino acids. Reputed to increase energy, improve stamina, sharpen mental alertness and cleanse toxins in the blood.

Guarana – Guarana contains a high amount of guaranine, a natural chemical substance with the same characteristics as caffeine. Grown in the rainforests of Brazil, it is reputed to delay fatigue and boost endurance.

Hemp, Sprouted Flax & Maca – A low carb high protein powder which contains all essential amino acids. Raw hemp and sprouted flax seeds are rich in Omega 3 fatty acids. Maca is reputed to improve energy levels, mental clarity and focus.

Matcha Green Tea – It is approximately 10 times stronger than a regular cup of brewed green tea and contains a high concentration of antioxidants. Reputed to support healthy blood sugar levels, increase metabolism, lower cholesterol and blood pressure.

Milk Thistle – The ultimate healing herb for the liver. This organic herbal extract detoxifies the liver, protects it from harmful substances and promotes regeneration.

Proteins + (non vegan) – A high alpha whey protein isolate which increases lean muscle, improves exercise recovery and provides immune support.

Royal Jelly (non vegan) – A bee by-product and a super-nutrient containing vitamins A, C, D, and E. As well as nine B complex vitamins.

Spirulina – An organic blue-green algae which contains high doses of 10 readily assimilated essential nutrients. These nutrients are most beneficial for stress-related mental and physical fatigue, iron deficiency and as a super protein boost.

Vitamin C – With potent antiviral and antibacterial properties, vitamin C plays a vital role in strengthening the immune system, especially with regard to preventing and treating the common cold.

Something to share?

Contact us at feedback@freshrestaurants.ca



BLOOR



CRAWFORD



SPADINA

To view maps of our locations go to:
www.freshrestaurants.ca/locations.asp

meal deals

Every weekday between 3 and 6 pm, we choose one food and one juice from our extensive menu and offer it at half price. While quantities last. For dine in or take-away.

Bring your 32 oz. fresh glass bottle for a refill to receive a 15% discount.

* We use biodegradable and compostable take-away containers, bags and cutlery.

fresh
• SINCE 1999 •

restaurant • juice bar • eat-in • take-away

CALL AHEAD FOR QUICK PICK-UP!

It is our daily goal to serve fresh nutritious food as fast as we can. All of our food and juice is prepared in-house and made to order. You can be confident there are no hidden dairy products, processed sweeteners or preservatives in our food and juice.

www.freshrestaurants.ca

FRESH ON BLOOR

326 Bloor Street West (at Spadina) 416-531-2635
Monday to Friday 11:30 am to 10 pm
Saturday & Sunday 10:30 am to 10 pm

FRESH ON CRAWFORD

894 Queen Street West (at Crawford) 416-913-2720
Monday to Friday 11:30 am to 10 pm
Saturday & Sunday 10:30 am to 10 pm

FRESH ON SPADINA

147 Spadina Avenue (at Richmond) 416-599-4442
Monday to Friday 11:30 am to 10 pm
Saturday & Sunday 10:30 am to 10 pm

Weekend Brunch served until 3 pm

starters

soup of the day cup \$3 / bowl \$6
with toasted organic whole wheat pita or cornbread **add \$2.50**

quinoa-battered onion rings \$5
made-from-scratch and battered with puffed quinoa
** sprinkled with sea salt*

grilled corn bread 2 pieces \$2.50 / half loaf \$5
served with your choice of hummus or butter & marmalade
** yeast free and wheat free*

avocado white bean dosas \$8
indian spiced pancakes filled with white beans, chipotle
avocado sauce, red onion, tomato & cilantro
with aged cheddar **add \$2**

curried chick pea dosas \$8
indian spiced pancakes filled with curried chick peas &
vegetables
** served with coconut curry sauce, cucumber & toasted coconut*

black bean tostada \$8
sprouted corn tortilla layered with spicy black beans, chipotle
avocado sauce, cilantro, napa cabbage, red pepper, red onion,
jicama, shredded carrot & yellow beets
with aged cheddar **add \$2**

spring rolls \$8
stuffed with rice vermicelli, mushrooms, cilantro & carrot
** served with garlic dipping sauce*

middle eastern plate small \$8 / large \$11
golden falafel balls, hummus, tahini & toasted organic whole
wheat pita
** garnished with parsley, spiced green olives, tomato & cucumber*

fries yukon gold fries \$4 / sweet potato fries \$6
with dip **add \$1.50** dips miso gravy *thai peanut *garlic mayo

dressings

house

apple cider vinegar, tamari,
lemon juice, mustard, garlic
& organic flax oil

green

ginger, garlic, cilantro,
rice vinegar, agave &
sunflower oil

poppy seed

apple cider vinegar,
poppy seeds, agave, onion
& sunflower oil

vegan caesar

capers, garlic, tofu,
dijon mustard, apple cider
vinegar, lemon & olive oil

wild ginger

ginger, tamari, lemon, onion,
rice vinegar & sunflower oil

peanut lime

natural peanut butter, lime juice,
sambal oelek, coconut milk

tahini

ground sesame seeds,
garlic, lemon & parsley

salads

soup, salad & corn bread combo
small \$8 / large \$11
a cup or bowl of our daily soup with a side garden salad &
2 slices of grilled corn bread

garden salad \$6
grated carrot, red pepper, sunflower sprouts & pumpkin seeds
on salad greens
with *marinated tofu cubes, aged cheddar or goat cheese* **add \$2**

chopped caesar \$8
crunchy tempeh bits, edamame, sun-dried tomato, jicama, red
pepper, napa cabbage, pine nuts & salad greens tossed in
vegan caesar dressing
with *gorgonzola or goat cheese* **add \$2**

tangled thai \$8
shredded carrot & yellow beets, jicama, napa cabbage,
chopped peanuts, cilantro, cucumber & our high protein,
omega rich ** salad topper* with peanut lime dressing
with *crispy tofu cubes* **add \$2**

big salad \$10
avocado, cucumber, tomato, carrot, red pepper & hulled hemp
seeds on salad greens
with *goat cheese, aged cheddar or marinated tofu cubes* **add \$2**

green destiny \$11
tofu steaks, grilled red pepper, jicama, arame, cucumber,
toasted almonds, green onions & bean sprouts on salad greens

california classic \$11
pesto white beans, toasted pecans, hearts of palm, avocado &
grape tomatoes on salad greens
with *crispy tofu cubes, goat cheese or gorgonzola* **add \$2**

mega life \$11 / mini life \$8
marinated tofu cubes, grilled spinach, alfalfa & sunflower
sprouts, grated carrots, parsley and toasted nuts & seeds on
salad greens

super protein salad \$11
chick peas, grape tomatoes, cucumber, grilled tempeh & our
high protein, omega rich ** salad topper* on salad greens

** salad topper = puffed quinoa, goji berries, currants, pistachios,
hazelnuts, almonds & sea salt*

substitutions

*Ingredients may be omitted in a dish where possible.
The following ingredients may be substituted for each other in a
dish: all soy products (tofu & tempeh), bread products, sauces &
dressings. New ingredients may be added to personalize any dish
and will be served on the side. Please see 'sides' section for a list
of ingredients available.*

burgers

*Our high protein almond, grain, tofu & vegetable
burger is grilled and served on a multigrain bun
with a side of slaw. Our cheese is rennet-free.*

Try a burger without the bun—on a bed of lettuce instead.

deluxe burger \$9.50
tomato, lettuce, red onion, alfalfa sprouts,
dill pickle & vegan mayo
with *aged cheddar, gorgonzola or soy cheese* **add \$2**

thai burger \$9.50
thai peanut sauce, tomato, lettuce, green onions,
bean sprouts & cilantro

miso burger \$9.50
rich miso gravy, napa cabbage, tomato, lettuce,
green onions & dill pickle
with *aged cheddar, gorgonzola or soy cheese* **add \$2**

mushroom onion burger \$9.50
sautéed mushrooms & onions, tomato, lettuce,
alfalfa sprouts & vegan mayo
with *aged cheddar, gorgonzola or soy cheese* **add \$2**

bbq burger \$9.50
tangy bbq sauce, quinoa-battered onion rings, garlic mayo,
napa cabbage, hot banana chilies, tomato & lettuce
with *aged cheddar, gorgonzola or soy cheese* **add \$2**

add to any burger or wrap

side garden salad	\$3	
cup of soup	\$3	
side french fries	\$2	with dip add 75¢
side sweet potato fries	\$3	with dip add 75¢
dips miso gravy	thai peanut	garlic mayo

prix fixe \$21

drink any fruit smoothie *or* vegetable juice

start avocado white bean dosas, spring rolls *or*
half loaf of corn bread

eat green destiny, mega life, super protein salad, buddha,
energy *or* green goddess

sweet a cashew, chocolate chunk *or* double chocolate cookie

wheat free?

*Please ask your server about your options or visit the **wheat and
gluten free** section of our website.*

wraps

*Our wraps are served in a grilled whole wheat
tortilla with a side of slaw. Our cheese is
rennet-free.*

Try a wrap without the tortilla—on a bed of lettuce instead.

kathmandu \$9.50
chick pea curry with tahini sauce, tomato, lettuce, cucumber,
red onion & alfalfa sprouts

magic tofu \$9.50
savoury coated tofu steaks with tomato, lettuce, cucumber,
red onion, alfalfa sprouts, grated carrot & vegan mayo
with *aged cheddar, gorgonzola, goat or soy cheese* **add \$2**

holiday \$9.50
avocado & marinated tofu cubes with tomato, lettuce,
cucumber, red onion, alfalfa sprouts, grated carrot & vegan mayo
with *toasted nuts & seeds* **add \$1.50**
with *aged cheddar, gorgonzola, goat or soy cheese* **add \$2**

black bean burrito \$9.50
spicy black beans with chipotle avocado sauce, cilantro,
tomato, lettuce, cucumber, red onion & alfalfa sprouts
with *aged cheddar, gorgonzola, goat or soy cheese* **add \$2**
with *grilled tempeh* **add \$2**

grilled vegetable and pesto burrito \$9.50
grilled red pepper, zucchini & sweet potato with pesto, vegan
mayo, tomato, lettuce, cucumber, red onion & alfalfa sprouts
with *aged cheddar, gorgonzola, goat or soy cheese* **add \$2**

saucés & dips

power house

tahini, lemon, tamari,
hot sauce

thai peanut

ginger, garlic, carrot juice, rice
vinegar, peanut butter, lemon
juice, soy sauce, sesame oil,
sunflower oil

miso gravy

engevita yeast, miso, dijon
mustard, spelt flour, garlic,
sunflower oil

coconut curry

tomato, coconut, spices,
onion, garlic, spelt flour

bbq sauce

onion, garlic, allspice,
cayenne, apple cider vinegar,
ketchup, sesame oil, tamari,
molasses

garlic mayo

tofu, miso, onion, garlic,
apple cider vinegar, sunflower
oil & herbs

vegan mayo

tofu, miso, onion, garlic,
nutmeg, apple cider vinegar,
sunflower oil, herbs

chipotle avocado

avocado, chipotle, lemon,
lime, cilantro

fresh bowls

simple \$6 *on brown basmati rice* / **\$7** *on soba noodles*
grated carrot, parsley, lemon, tahini sauce & tamari

macro greens \$9
\$10 *on brown basmati rice* / **\$11** *on soba noodles*
steamed kale, bok choy, swiss chard, broccoli, sweet potato &
grilled tomato with bean sprouts and *your choice of sauce or
dressing*
with *grilled tofu steaks* **add \$2**

jerusalem \$12 *on brown basmati rice* / **\$14** *on soba noodles*
hummus, grilled spinach, tomato, cucumber, parsley, red onion,
sunflower sprouts, olive oil, tamari, mixed herbs, lemon & chili
powder

warrior \$12 *on brown basmati rice* / **\$14** *on soba noodles*
chick pea & vegetable stew with rich coconut curry sauce
& grilled spinach
baby warrior \$8 *on brown basmati rice* / **\$9** *on soba noodles*

buddha \$12 *on brown basmati rice* / **\$14** *on soba noodles*
thai peanut sauce with marinated tofu cubes, tomato, cilantro,
cucumber, bean sprouts, chopped peanuts, herbs & spices
baby buddha \$8 *on brown basmati rice* / **\$9** *on soba noodles*

energy \$13 *on brown basmati rice* / **\$15** *on soba noodles*
marinated tofu cubes, rich coconut curry sauce, chick pea &
vegetable stew, cucumber, tomato, red onion, sunflower sprouts
& tahini sauce
baby energy \$9 *on brown basmati rice* / **\$10** *on soba noodles*

dragon \$13 *on brown basmati rice* / **\$15** *on soba noodles*
grilled tomato, zucchini & tofu steaks with rich miso gravy,
sesame seeds, cilantro & green onions
baby dragon \$9 *on brown basmati rice* / **\$10** *on soba noodles*

beach \$13 *on brown basmati rice* / **\$15** *on soba noodles*
grilled red pepper, zucchini & sweet potato with avocado,
sun-dried tomato, sunflower sprouts, olive oil, tamari,
lemon & mixed herbs
baby beach \$9 *on brown basmati rice* / **\$10** *on soba noodles*
with *goat cheese or grilled tofu steaks* **add \$2**

power house \$13 *on brown basmati rice* / **\$15** *on soba noodles*
avocado, chick peas & grilled tofu steaks with toasted nuts &
seeds, sunflower sprouts, tomato, red onion & spicy tahini sauce

green goddess \$13 *on brown basmati rice* / **\$15** *on soba noodles*
steamed bok choy, kale, swiss chard & broccoli with grilled
tempeh, pickled ginger, toasted sunflower seeds, tahini sauce,
toasted nori & ginger tamari sauce

customize your meal with any of the following sides

basics

plain brown rice \$3
plain soba \$4
toasted organic whole
wheat pita \$2.50
sprouted corn tortilla \$2
garden salad \$3

protein

cheese \$2
*aged cheddar • gorgonzola
goat • soy*
hulled hemp seeds \$1
chick peas \$1
marinated tofu cubes \$2
crispy tofu cubes \$2
grilled tofu steaks \$2
crispy tofu steaks \$2
grilled tempeh \$2
crunchy tempeh bits \$2
nuts \$1.50
*peanuts • toasted pecans
sliced almonds • pine nuts*
toasted seeds \$1.50
*sunflower • pumpkin
sesame*
nut & seed mix \$1.50
*walnuts, cashews,
pumpkin & sunflower
seeds*

saucés & spreads

any dressing or sauce \$1.50
hummus \$1.50
chick pea curry \$1.50
black bean filling \$1.50
basil pesto \$1.50

premium ingredients

avocado slices [3] \$2
sunflower sprouts \$2
shredded carrot &
yellow beets \$3
hearts of palm \$2
falafel balls \$3
hot banana chilies \$1
slaw \$2
pickled ginger \$1
salad topper \$2
*puffed quinoa, goji berries,
currants, pistachios,
hazelnuts, almonds
& sea salt*
spiced green olives \$2
sun-dried tomatoes \$2
dill pickle 50¢
french fries \$2
with dip \$2.75
sweet potato fries \$3
with dip \$3.75
aramé \$3
shelled edamame \$2

vegetables

cilantro or parsley 50¢
raw \$1
*cucumber
tomato
alfalfa sprouts
bean sprouts
red onion
red pepper
grated carrot
grape tomatoes
jicama*
grilled \$2
*sweet potato
red pepper
spinach
zucchini*
steamed \$3
*broccoli
spinach*
mixed steamed greens \$4
bok choy, kale & swiss chard

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restaurant • juice bar • eat-in • take-away

OUR FRESH ONLINE SHOP IS NOW OPEN!

COOKBOOKS

Bring the Fresh experience home with our most requested recipes!
Check out our national bestselling cookbooks sold at all Fresh locations,
major bookstores and through our website, www.freshrestaurants.ca

fresh at home

everyday vegetarian cooking
by Ruth Tal & Jennifer Houston
\$28



refresh

contemporary vegan recipes from
the award-winning fresh restaurants
by Ruth Tal & Jennifer Houston
\$28.99



FRESHCARDS

Get a free Baggu bag with
every \$60 gift card purchase!
Electronic swipe gift cards can be
purchased for any amount at one
of our locations or through our
website. Once activated, friends
and family can dine at Fresh until
they use up the balance on the
gift card. No cash backs.

BAGGU Reusable

Take-Away Bags \$10 each
Baggus come in great colours and
fold flat into a convenient pouch
that you can keep handy in your
pocket or purse. Made from super
strong rip-stop nylon, one baggu
holds the equivalent of 2 to 3
grocery bags. Using one baggu per
year replaces 300 to 700 dispos-
able bags. Machine washable.

www.freshrestaurants.ca