

# SoFresh

chef-crafted bowls | wraps | salads

## catering menu



# design your own bowl

1 or 2 bases • 3 veggies • 1 protein • 1 sauce — serves 5 starting at **37.99**



## 1 CHOOSE YOUR BASE

baby kale	red quinoa
baby spinach	w/ lemon zest
chopped romaine	zucchini noodles
long grain brown rice	w/ garlic
w/ parsley	cauliflower chop <b>+6.99</b>






## 2 CHOOSE 3 MIX-INS *extra for 4.99*

apples	corn	raisins
baby kale	croutons	strawberries
black beans	cucumbers	sweet potatoes
broccoli	green peppers	sunflower seeds
carrots	 jalapeños	tomatoes
cauliflower	mushrooms	
chickpeas	onions	

## 3 ADD PROTEIN

garlic herb chicken	<b>+14.99</b>
grilled citrus chicken	<b>+14.99</b>
 organic tofu <i>soy</i>	<b>+14.99</b>
gulf shrimp	<b>+24.99</b>
 Beyond Sausage®	<b>+24.99</b>
sustainable salmon	<b>+24.99</b>
wild caught ahi	<b>+24.99</b>
grass-fed steak	<b>+24.99</b>

## 4 ADD A SAUCE

 avocado creme
 house-made sriracha
kale-basil pesto <i>nuts, dairy</i>
 teriyaki <i>gluten, soy</i>
tzatziki <i>dairy</i>
 sweet chili
 bbq sauce

## OR DRESSING *extra for 4.99*

 balsamic vinaigrette
 citrus agave mustard
caesar <i>dairy</i>
creamy ranch <i>dairy</i>
 lemon wedge
 oil & vinegar

## EXTRAS

avocado	<b>+5.99</b>	mozzarella	<b>+4.99</b>
bacon	<b>+7.99</b>	 vegan mozzarella	<b>+9.99</b>
hard boiled egg	<b>+4.99</b>	parmesan	<b>+4.99</b>
scrambled eggs	<b>+7.99</b>	feta	<b>+7.49</b>
toasted almonds	<b>+4.99</b>	goat cheese	<b>+7.49</b>
walnuts	<b>+4.99</b>		

CONSUMER ADVISORY: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

# salads *available as wraps*

don't forget protein

serves 5

## signature salad

baby spinach, chopped romaine, onions, cucumbers, tomatoes, sunflower seeds, raisins, avocado, goat cheese, balsamic vinaigrette

49.99

## mediterranean

baby spinach, chopped romaine, green peppers, tomatoes, chickpeas, onions, cucumbers, feta, balsamic vinaigrette

44.99

## kale caesar *gluten*

chopped romaine, baby kale, hardboiled egg, croutons, lemon wedge, parmesan, caesar

37.99

## strawberry fuji *nuts*

baby spinach, strawberries, Fuji apple, toasted almonds, feta, citrus agave mustard

47.99

# wraps & quesadillas

don't forget protein

serves 5

## ✓ classic wrap *gluten*

chopped romaine, tomatoes, avocado, citrus agave mustard in a multi-grain tortilla

34.99

## pesto club wrap *gluten, nuts*

chopped romaine, tomatoes, mozzarella, bacon, kale-basil pesto in a multi-grain tortilla

39.99

## 🌶️ boca fiesta wrap *gluten*

long grain brown rice, baby spinach, onions, corn, tomatoes, jalapeños, mushrooms, goat cheese, sweet chili sauce in a multi-grain tortilla

39.99

## tulum quesadilla *gluten*

mozzarella, long grain brown rice, black beans, corn, green peppers, tomatoes, creamy ranch

37.99

# sides & sweets

sold in units of 5

## fruit cup

banana, strawberry, apple

14.99

## chips

potato chips, kettle cooked

9.99

## house salad

baby spinach, chopped romaine, cucumbers, tomatoes, balsamic vinaigrette

14.99

## zucchini noodles

14.99

## roasted broccoli

14.99

## roasted sweet potatoes

14.99

## chocolate chip cookie

9.99

# beverages

St. Tropez green iced tea  
w/ agave

**14.99**  
½ gallon

crimson berry herbal iced tea  
w/ no caffeine

**14.99**  
½ gallon

lemonade  
w/ mint agave

**14.99**  
½ gallon

SoFresh fruit infused water

**2.19**

assorted bottled beverages

*ask for details*

## *eat like you love your body*

Est. Tampa, FL 2013

### LOCATION INFORMATION

[lovesofresh.com](http://lovesofresh.com)

### FEEDBACK

[hello@lovesofresh.com](mailto:hello@lovesofresh.com)

For franchise opportunities contact  
[franchising@lovesofresh.com](mailto:franchising@lovesofresh.com) or visit  
our website at [lovesofresh.com](http://lovesofresh.com)

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**GLUTEN  
FREE**

*unless noted*



**SCRATCH  
KITCHEN**

*we use non-GMO avocado &  
sunflower oil in our kitchens*

