beverages

SoFresh fruit infused water	4.99
house lemonade	*1 gallon for* 9.99
lemon berry fresca	*1 gallon for* 9.99
crimson berry herbal iced tea w/ no caffeine (a tad sweet)	*1 gallon for* 9.99
assorted bottled beverages	*ask for details*

eat like you
love your body

Est. Tampa, FL 2013

FOLLOW US ON INSTAGRAM
@welovesofresh

LOCATION INFORMATION
lovesofresh.com

FEEDBACK
hello@lovesofresh.com

SCRATCH KITCHEN

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

V Vegan
Vg Vegetarian
S Spicy
GF Gluten Free
DF Dairy Free

For franchise opportunities contact franchising@lovesofresh.com or visit our website at lovesofresh.com

SoFresh™

chef-crafted bowls | wraps | salads

catering
menu

design your own bowl

2 bases • 3 veggies • 1 protein • 1 sauce —— *serves 5 starting at* **42.49**

All items on this page are Gluten Free unless noted

1 CHOOSE YOUR BASE

- baby kale
- baby spinach
- chopped romaine
- brown rice w/ parsley
- red quinoa w/ lemon zest
- zucchini noodles w/ garlic
- cauliflower chop +7.49

2 CHOOSE 3 MIX-INS *extra for 4.99*

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

3 ADD PROTEIN

garlic herb chicken	+15.99
grilled citrus chicken	+15.99
organic tofu V Soy	+15.99
gulf shrimp	+26.49
Beyond Sausage® V	+28.99
S blackened salmon	+29.49
wild caught ahi* Gluten Soy Sesame	+32.49
grass-fed steak	+27.49

4 ADD A SAUCE

- avocado creme V
- S house-made sriracha Vg Egg
- kale-basil pesto Vg Dairy Tree Nuts
- teriyaki V Gluten Soy
- tzatziki Vg Dairy Coconut Oil
- sweet chili V
- bbq sauce V
- poke sauce V Gluten Soy Sesame

OR DRESSING

- balsamic vinaigrette V
- citrus agave mustard V
- caesar Dairy Egg Anchovy Soy
- creamy ranch Vg Dairy Egg
- lemon wedge V
- oil & vinegar V

extra for 4.99

EXTRAS

avocado	+7.99
bacon	+7.99
hard boiled egg	+5.49
almonds	+5.49
walnuts	+5.49
mozzarella	+7.99
vegan mozzarella V	+10.99
parmesan	+7.99
feta	+7.99
goat cheese	+7.99
wakame salad	+7.99

*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.

don't forget protein

salads

available as wraps — *serves 5*

signature salad Vg GF — **52.99**
baby spinach, chopped romaine, onions, cucumbers, tomatoes, sunflower seeds, raisins, avocado, goat cheese, balsamic vinaigrette
Dairy

mediterranean Vg GF — **47.99**
baby spinach, chopped romaine, green peppers, tomatoes, chickpeas, onions, cucumbers, feta, balsamic vinaigrette
Dairy

kale caesar — **43.99**
chopped romaine, baby kale, hardboiled egg, croutons, lemon wedge, parmesan, caesar
Gluten Dairy Egg Soy

strawberry fuji Vg GF — **50.49**
baby spinach, strawberries, Fuji apple, toasted almonds, feta, citrus agave mustard
Dairy Tree Nuts

wraps & quesadillas

serves 5

classic wrap V — **38.99**
chopped romaine, tomatoes, avocado, citrus agave mustard in a multi-grain tortilla
Gluten

pesto club wrap — **42.49**
chopped romaine, tomatoes, mozzarella, bacon, kale-basil pesto in a multi-grain tortilla
Gluten Dairy Tree Nuts

S **boca fiesta wrap** Vg — **42.49**
brown rice w/ parsley, baby spinach, onions, corn, tomatoes, jalapeños, mushrooms, goat cheese, sweet chili sauce in a multi-grain tortilla
Gluten Dairy

tulum quesadilla Vg — **39.99**
mozzarella, brown rice w/ parsley, black beans, corn, green peppers, tomatoes, creamy ranch
Gluten Dairy Egg

sides & more

sold in units of 5

fruit cup V GF — **17.49**
banana, strawberry, apple

chips Vg GF Dairy — **9.99**
potato chips, kettle cooked

house salad V GF — **14.99**
baby spinach, chopped romaine, cucumbers, tomatoes, balsamic vinaigrette

zucchini noodles V GF — **14.99**

roasted broccoli V GF — **14.99**

roasted sweet potatoes V GF — **14.99**

chocolate chip cookie Vg GF Egg Soy — **12.99**

chocolate chip brownie Vg GF Egg Soy — **12.99**

broth bowl V GF — **39.99**
zucchini noodles w/ garlic, carrots, corn, onions, veggie stock