

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

sides & more

fruit cup V GF	19.99
banana, strawberry, apple	
chips Vg GF Dairy	9.99
potato chips, kettle cooked	
house salad V GF	19.99
baby spinach, extra crisp romaine, cucumbers, tomatoes, balsamic vinaigrette	
zucchini noodles V GF	19.99
roasted broccoli V GF	19.99
roasted sweet potatoes V GF	19.99
chocolate chip cookie Vg GF Egg Soy	14.99
chocolate chip brownie Vg GF Egg Soy	14.99

sold in units of 5

Est. Tampa, FL 2013

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@welovesofresh

LOCATION INFORMATION

lovesofresh.com

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

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 **44.99**

All items on this page are **Gluten Free** unless noted

1 CHOOSE YOUR BASE

shredded kale	red quinoa
baby spinach	w/ lemon zest
extra crisp romaine	zucchini noodles
brown rice	cauliflower chop +9.99
w/ parsley	

2 CHOOSE 3 MIX-INS *extra for 4.99*

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

3 ADD PROTEIN

grilled chicken breast	+24.99
fire braised chicken thigh	+24.99
organic tofu Vg Soy	+19.99
gulf shrimp	+29.99
S sustainable salmon	+29.99
wild caught ahi* Gluten Soy Sesame	+34.99
seared steak	+29.99

4 ADD A SAUCE

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
avocado creme V

OR DRESSING

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

extra for 4.99

PREMIUMS

avocado	+9.99
bacon	+9.99
hard boiled egg	+5.99
almonds	+5.99
walnuts	+5.99
mozzarella	+9.99
parmesan	+9.99
feta	+9.99
goat cheese	+9.99
wakame salad	+9.99

*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.

\$1.50 upcharge per item if packaged individually.

warm bowls

serves 5

greek Vg GF **49.99**

brown rice w/ parsley, baby spinach, onions, tomatoes, chickpeas, cucumbers, feta cheese, tzatziki

Dairy Coconut Oil

stir fry V **44.99**

brown rice w/ parsley, broccoli, carrots, onions, green peppers, teriyaki

Gluten Soy

superfood V GF **49.99**

red quinoa, brown rice w/ parsley, broccoli, tomatoes, walnuts, avocado, balsamic vinaigrette

Tree Nuts

salads

available as wraps

serves 5

signature salad Vg GF **54.99**

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

Dairy

mediterranean Vg GF **49.99**

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

Dairy

kale caesar **44.99**

extra crisp romaine, shredded kale, hardboiled egg, croutons, lemon wedge, parmesan, caesar

Gluten Dairy Egg Soy

strawberry fuji Vg GF **54.99**

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

Dairy Tree Nuts

wraps & quesadillas

serves 5

classic wrap V **39.99**

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

Gluten

pesto club wrap **44.99**

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

Gluten Dairy Tree Nuts

S boca fiesta wrap Vg **44.99**

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 **44.99**

mozzarella, brown rice w/ parsley, black beans, corn, green peppers, tomatoes, creamy ranch

Gluten Dairy Egg