



SoFresh[™]
chef-crafted bowls | wraps | salads
menu

protein not included

Choose a bowl, wrap, or salad

bowls include brown rice w/ parsley or red quinoa w/ lemon zest



superfood V GF

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

Tree Nuts



teriyaki V

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

Gluten Soy



poké V

brown rice w/ parsley,
wakame salad, edamame,
carrots, cucumbers, avocado,
teriyaki sauce

Gluten Soy



power Vg GF

red quinoa w/ lemon zest,
brown rice w/ parsley, carrots,
shredded kale, almonds,
raisins, goat cheese,
kale-basil pesto

Dairy Tree Nuts



cali GF DF

red quinoa w/ lemon zest,
extra crisp romaine, black beans,
tomatoes, bacon, avocado,
citrus agave mustard



greek Vg GF

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

Dairy Coconut Oil



signature Vg GF

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

Dairy



mediterranean Vg GF

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

Dairy



kale caesar

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

Gluten Dairy Egg Soy

Add-ons:

grilled chicken breast

S blackened salmon

wild caught ahi

Gluten Soy Sesame

organic tofu V Soy

gulf shrimp

grass-fed steak

V Vegan

GF Gluten Free

Vg Vegetarian

DF Dairy Free

S Spicy

All Items gluten free unless noted

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

Design your own

1 choose

warm bowl
salad
wrap

2 bases choose 2

brown rice w/ parsley
red quinoa w/ lemon zest
cauliflower chop
shredded kale
baby spinach
extra crisp romaine
*zucchini noodles w/ garlic
(* does not pair w/ wraps)

3 mix-ins choose 3

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

4 proteins (additional cost)

grilled chicken breast
seared organic tofu **V** **Soy**
grass-fed steak
gulf shrimp
S sustainable salmon
wild caught ahi tuna
Gluten **Soy** **Sesame**

5 sauces

balsamic vinaigrette **V**
citrus agave mustard **V**
S house-made sriracha **Vg** **Egg**
kale-basil pesto **Vg** **Dairy** **Tree Nuts**
tzatziki **Vg** **Dairy** **Coconut Oil**
teriyaki **V** **Gluten** **Soy**
sweet chili **V**
bbq **V**
caesar **Dairy** **Egg** **Anchovy** **Soy**
creamy ranch **Vg** **Dairy** **Egg**
lemon wedge **V**
oil & vinegar **V**
S avocado cremé **V**
veggie broth **V**

6 extras

avocado
bacon
hardboiled egg
almonds
walnuts
mozzarella
parmesan
feta cheese
goat cheese
wakame salad

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Wraps and quesadillas

classic wrap **V** **Gluten**

extra crisp romaine, tomatoes,
avocado, citrus agave mustard

pesto club wrap **Gluten** **Dairy** **Tree Nuts**

extra crisp romaine, tomatoes,
bacon, mozzarella, kale-basil pesto

S boca fiesta wrap **Vg** **Gluten** **Dairy**

brown rice w/ parsley, baby spinach,
onions, corn, tomatoes, jalapeños, mushrooms,
goat cheese, sweet chili

tulum quesadilla **Vg** **Gluten** **Dairy** **Egg**

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

cheesy quesadilla **Gluten** **Dairy**

mozzarella, multi-grain tortilla

Kids menu 12 & under, served with apple juice

cheesy quesadilla **Gluten** **Dairy**

mozzarella, multi-grain tortilla

kung fu **DF** **Gluten** **Soy**

brown rice w/ parsley, broccoli, carrots,
grilled chicken breast, teriyaki sauce

protein bites **GF** **DF**

brown rice w/ parsley, black beans,
grilled chicken breast

fruit cup **V** **GF**

banana, strawberry, Fuji apple

Smoothies

*add raw vegan plant based protein (10g)
to smoothies for an additional cost*

strawberry & banana **V** **GF**

strawberry, banana, agave, almond milk
Tree Nuts

banana & date **V** **GF**

banana, date, almond milk, peanut butter,
Nuts **Tree Nuts**

kale & apple **V** **GF**

shredded kale, baby spinach, Fuji apple,
banana, lemon

Beverages

lemon berry fresca

house lemonade

crimson berry tea

assorted bottled beverages

Sweets

chocolate chip cookie

Vg **GF** **Egg** **Soy**

chocolate chip brownie

Vg **GF** **Egg** **Soy**

Catering & family meals

Group bowls

individual or family style

bowl selection:

design your own

superfood

teriyaki

greek

Group salads

individual or family style

salad selection:

signature

mediterranean

kale caesar

strawberry Fuji

Wrap & Quesadilla platters

wrap & quesadilla selection:

classic

pesto club

boca fiesta

tulum quesadilla

cheesy quesadilla

Family meals

**contact your SoFresh
location for details**

Additional menu items available upon request

To view our catering menu, scan the QR code





Lettuce cater to you.

We'll make it here when you can't make it here.

Say goodbye to back-to-back meetings on an empty stomach and adios to long lines during the lunch rush. Your employees don't have to choose convenience over quality anymore because we cater an effortless experience by delivering fresh, cooked-to-order meals straight to your employees in the office. It's as easy as it is delicious.

All catering orders include cutlery, napkins, and plates unless otherwise specified. Plus, placing your order is simple.

- 1 Contact your local SoFresh location by phone or visit lovesofresh.com/catering

Many of our products contain, or may contain traces of nuts, dairy, gluten, wheat etc. Please let us know if you have any dietary restrictions when you place your order.

V Vegan

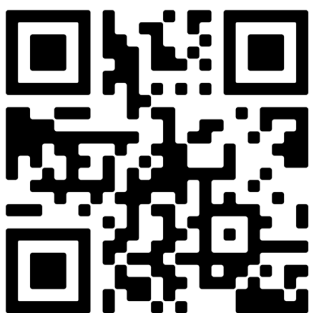
GF Gluten Free

Vg Vegetarian

DF Dairy Free

S Spicy

◀ See reverse



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