

DINE IN & TAKE OUT MENU



Classic Salads 5⁸⁹

- House**
Mixed greens, ripe tomatoes, cucumbers, croutons, shredded carrots, shredded cheddar and honey-mustard vinaigrette
- Caesar**
Romaine lettuce, shaved parmesan, croutons and traditional Caesar dressing
- Greek**
Romaine lettuce, tomatoes, cucumbers, green peppers, red onions, kalamata olives, crumbled feta and traditional Greek dressing
- Tuna Salad**
House-made tuna salad on mixed greens with ranch dressing
- Chicken Salad**
House-made chicken salad on mixed greens with ranch dressing

Specialty Salads 6⁴⁹

- Asian Chicken**
Roasted all-natural chicken, mandarin oranges, romaine lettuce, cucumbers, sliced almonds, cranraisins and our soy-ginger dressing
- Chicken Caesar**
Roasted all-natural chicken, romaine lettuce, shaved parmesan, croutons and traditional Caesar dressing
- Build-Your-Own**
Pick any five ingredients: 1 protein, 1 cheese, 3 tossings and any house-made dressing (ingredients may be added for an additional charge)

Classic & Specialty House-Made Dressing
Our Dressing Choices: Please note you may substitute any dressing below for any dressing that comes with a salad for no additional charge.

| | |
|------------------|--------------------------------|
| Classic Dressing | Specialty House-Made Dressings |
| Bleu Cheese | Citrus |
| Ranch | Soy-Ginger |
| Greek | Honey-Mustard |
| Creamy Caesar | House-Made Raspberry |
| Chipotle | |

Classic Sandwiches & Wraps 4⁸⁹

- Add any of these ingredients at no extra charge: spicy brown mustard, house-made herb mayo, lettuce, tomatoes and red onions.
- Honey-Mustard Chicken on Honey White**
Roasted all-natural chicken with honey-mustard sauce
 - BLT on Honey White**
Four strips of smoked bacon, lettuce, tomato and mayo
 - Chicken Salad Wrap**
Our house-made recipe with roasted all-natural chicken, mayo, herbs and spices
 - Tuna Salad Wrap**
Our special house-made recipe

Specialty Sandwiches 6⁸⁹

- All Natural Turkey & Brie on Honey Oat**
All-natural turkey, brie, field greens, cucumbers, tomatoes, red onions and mayo
- South West Chicken & Guacamole on Honey Oat**
Roasted all-natural chicken with southwest spices, homemade guacamole, cheddar, red onions and tomatoes

Melts 5⁸⁹

- Southwest Chicken Cheddar Melt on Honey White**
Roasted all-natural chicken with southwest spices, lettuce, tomatoes, red onions, melted cheddar and spicy chipotle mayo
- Turkey Bacon Cheddar on Honey White**
Turkey, smoked bacon, melted cheddar cheese, lettuce, tomatoes, red onions and thousand island dressing

Soups CUP 2⁸⁹ BWL 4⁸⁹

All soups served with crackers.

House Chilli

Soup of the Day
Please ask for the soup of the day

Sides & Extras

| | |
|------------------------------|--------|
| Chips | .79 |
| Chips and Guacamole | \$2.21 |
| Side of Chicken Salad | .99 |
| Cheese | .79 |
| Guacamole | .99 |
| Bacon | .50 |
| Extra meat | .99 |

Beverages

| | |
|---------------------------------------|---------|
| Bottled Water | .89 |
| Fountain Drink | \$1.49 |
| Vitamin Water | \$1.89 |
| Bottled Juice | \$1.49 |
| Organic Ice Tea (Green, Black) | \$ 1.49 |
| Organic Hot Tea (Green, Black) | .99 |
| Premium Coffee | .99 |

Specialty Wraps

5⁸⁹

Caesar Chicken

Roasted all-natural chicken, chopped romaine, shredded parmesan and Caesar dressing

Tandoori Chicken

Tandoori-spiced chicken breast, chopped romaine, tomatoes, red onions and our creamy cucumber sauce

Chipotle Chicken

All-natural chicken, shredded romaine, diced tomatoes, sliced red onions, cheese and spicy chipotle mayo sauce

Buffalo Chicken

All-natural chicken, buffalo sauce, chopped romaine, cheese, diced tomatoes and blue cheese dressing

Half & Half

6⁸⁹

Choose two of the following:

½ Sandwich, Wrap or Melt*

½ Classic Salad

Cup of Soup

Small Potato

*Add .50 cents for the turkey & brie sandwich and southwest chicken sandwich. Add a large fountain drink and bag of chips for only \$2.00 more.

Our Bread Options:

You may substitute any suggested bread choice for one of the following at no additional charge.

All-Natural Honey Oat
All-Natural Whole Wheat
Jalapeno Tortilla Wrap

All-Natural Honey White
Tortilla Wrap

Our Sauce Options:

You may add one of the following sauces to your sandwich or wrap at no additional charge.

House-Made Herb Mayo
Honey Dijon
Chipotle Sauce

Light Mayo
Spicy Brown Mustard
Thousand Island Dressing

Lo-Cal Sandwiches

4⁸⁹

Our sandwiches on the lighter side. Add any of these ingredients at no extra charge: spicy brown mustard, house-made herb mayo, lettuce, tomatoes and red onions.

Turkey DeLite

All-natural turkey, lettuce, red onions, tomatoes, light mayo and spicy brown mustard on honey-oat bread

Veggie & Hummus

Cucumbers, red onions, tomatoes, green peppers, shredded carrots and hummus on wheat bread

Ham DeLite

All-natural ham, lettuce, red onions, tomatoes, light mayo and spicy brown mustard on wheat bread

Stuffed Potatoes

SM 3⁸⁹ LG 4⁸⁹

Bacon Cheddar Ranch

Bacon, melted cheddar and sour cream

Jalapeno Cheddar

Chopped jalapenos, melted cheddar and sour cream

Sour Cream & Chive

The name says it all – loaded with sour cream and chives

Chili Cheese Potato

Our house chili, shredded cheddar, onions and sour cream

Vegetables & Cheddar

Chopped tomatoes, green peppers, red onions, shredded cheddar and sour cream

CATERING

Classic Salad Bowl

Serves 5

27⁴⁵

Specialty Salad Bowl

Serves 5

34⁹⁹

Boxed Lunches

Classic Sandwiches & Wraps

Includes chips and bottled water

7⁴⁹

Classic Sandwich PLUS

Includes chips, bottled water and chocolate cookie

8⁴⁹

Specialty Sandwich

Includes chips and bottled water

8⁴⁹

Specialty Sandwich PLUS

Includes chips, bottled water and chocolate cookie

9⁴⁹

And more...! Please go to our website at GreatFoodGreatLife.com to download our full catering menu or call us at 513-886-0780 for more information.

Great Food Great Life™

Great Food Great Life™

Finally fast food that's good for you. At Fresh, we use only all-natural meats, all-natural breads and 100% real cheese. Plus all of our specialty dressings are made in-house. It's a difference you can taste, see and feel.

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36 E. 4th Street • Cincinnati, OH 45202

Phone Orders: 513-421-1020

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Fax orders to 513.421.1028. Please call and confirm orders before pick-up or delivery at 513.421.1020.

All orders must be placed on one check at register.

Place orders before 11:30 A.M. to receive free delivery (\$20.00 minimum order).

Date

Company/Contact

Phone

Pick-up time

Pages

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CHOOSE YOUR ITEMS

| NAME | SANDWICH, MELT, SALAD, OR OTHER ITEM | BREAD OR SIDE ITEM | DRINK |
|----------------------|--|----------------------------|--------------------------|
| <i>Ed-Purchasing</i> | <i>Tandoori Spiced Roasted Chicken on Ciabatta</i> | <i>All-Natural Pretzel</i> | <i>Fiji Spring Water</i> |
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YOU CHOOSE TWO COMBO

| | | | |
|---------------|---|----------------------------|------------------|
| <i>Amanda</i> | <i>Honey-Mustard Chicken & House Salad with Soy-Ginger Dressing</i> | <i>Kettle Cooked Chips</i> | <i>Izze Soda</i> |
| | | | |
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BUILD YOUR OWN SALAD

| NAME | GREENS | TOSSINGS | CHEESE | PROTEIN | DRESSING | DRINK |
|------------------------|---------------------|------------------------------------|--------------------|------------------------|-------------------|----------------------|
| <i>Mary-accounting</i> | <i>Mixed Greens</i> | <i>Red Onion, tomatoes, olives</i> | <i>blue cheese</i> | <i>roasted chicken</i> | <i>soy-ginger</i> | <i>Wild mint Tea</i> |
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