

FOOD *First*

FRESHLY FAST

Monday – Friday

Retail | 11:00 am – 04:00 pm

Lunch | 11:00 am – 02:00 pm

WEEK OF AUGUST 24

SPRIG & SPROUT

SANDWICHES & SALADS

Chicken & Provolone Croissant	8.60
Roasted Turkey Wrap	6.00
Big Italy Wrap	7.05
Egg Salad Sandwich	5.20
Buffalo Chicken Tender Wrap	6.10
Chicken Caesar Wrap	6.75
PB&J Crunch Sandwich	5.10
Chicken Salad Sandwich	6.75
Tuna Salad Sandwich	6.75
Greek Shaker w/ Quinoa Salad	8.65
The Cobb Salad	8.40
Chef Salad	8.40
Pretzel Bun Slider	9.00

SNACK BOXES

Chicken & Pepperoni Bistro Box	7.60
Fruit & Cheese Snack Box	7.25
Chicken Pesto Pasta Salad	4.75
Fresh Veggies & Ranch	4.75

CHOP'D & WRAP'D

EXCLUSIVELY AVAILABLE ON EATIFY

Tuscan Salad 6.00

field greens with sundried tomatoes, cucumbers, kalamata olives, artichoke hearts, and red onions with balsamic vinaigrette

Strawberry Spinach Salad 6.00

Baby spinach with fresh strawberries, roasted shallot vinaigrette, and cracked black pepper

Chopped Grilled Chicken Caesar Salad 9.00

Chopped romaine with grilled chicken, house made croutons, shredded parmesan, and creamy Caesar dressing

Build Your Own Salad varies

HISSHO SUSHI

Nagano Special	13.99	Krispy Krab	9.20
TNT	14.20	Crunchy California	8.99
Outer Banks	13.20	Spicy Tuna Roll	10.25
Living Color	12.20	Spicy California	7.70
Shrimp Tempura	11.20	California	7.49
Salmon Avocado Roll	10.25	Veggie Roll	7.20

STATION 01

SUBWAY

Oven Roasted Turkey	7.20
Cold Cut Combo	5.30
Tuna/ Meatball Marinara	6.30 / 6.55
Black Forest Ham	5.40
Grilled Chicken	7.20
Spicy Italian	6.30

STATION 02

PASTA THEORY

Lasagna Bowl	11.70
Chicken Alfredo	12.15
Shrimp Alfredo	13.50
Steak Alfredo	4.50

STATION 03

MIAMI FUSION

Lechon	11.70
Picadillo	11.70
Fricase de Pollo	11.70
Ropa Vieja	11.70

STATION 04

CABO FISH TACO

Chicken Bowl	10.90
Shrimp Bowl	12.70
Veggie Bowl	11.80

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 freshlyfast

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