

# YOUR DAILY DOSE OF DELICIOUS

**FRESHLY FAST**

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

**WEEK OF MAY 25**

## 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

#### PANERA BREAD

Whole Toasted Caprese	10.35
Spicy Steak Asiago Bagel Stack / Chicken Asiago Bagel Stack	7.35
½ Cranberry Walnut Chicken Salad	5.65
Whole BLT Chicken Avocado / Whole Turkey Bravo	10.35
Apple Fuji Salad 10.55 / Ranch Parm BLT Salad	8.80
Broccoli Cheddar Soup 5.60 / Small Mac & Cheese	6.10

### STATION 02

#### GOLDIE WRAP

Bourbon Chicken Wrap	10.80
Buffalo Chicken Wrap	10.80
Salmon Wrap	13.50
Shrimp Wrap	10.80
Steak Wrap	11.70
Veggie Wrap	10.80

### STATION 03

#### TACOS 4 LIFE

Beef Tacos	9.10
Chicken Quesadilla	11.70
Chicken Tacos	9.00
Chips & Queso	4.50
Fajita Chicken Burrito	13.50

### STATION 04

#### JOJO'S DOJO

Shrimp Yakisoba	12.55
Steak Hibachi	12.55
Chicken Hibachi	12.55
Teriyaki Chicken	12.55
Sweet Carrots	5.85

## 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



**eatify**

Download and order with the app today!

## 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

**CONNECT WITH US**

 @freshlyfast

# YOUR DAILY DOSE OF DELICIOUS

**FRESHLY FAST**

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

**WEEK OF JUNE 1**

## 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

#### PASUTA

Spaghetti Bolognese	11.70
Spaghetti and Meatballs	11.70
Bacon Rigati Alfredo	11.70
Soy Butter Spaghetti	11.70
Miso Butter Spaghetti with Beef	11.70
Cesar Salad/ Italian Salad	9.00

### STATION 02

#### SMOKEY BIRD

Smoked Wings/ Grilled Boneless	
Chicken	10.80
Sides	3.40
Desserts	5.85

### STATION 03

#### NAWABI HYPERBAD HOUSE

Chicken Tikka Masala	10.80
Butter Chicken	10.80
Paneer Tikka Masala	9.90
Lamb Vindaloo	11.50
Naan	2.70

### STATION 04

#### NONA LOLA'S ITALIAN KITCHEN

Shrimp Yakioba	11.70
Steak Hibachi	11.70
Chicken Hibachi	11.70
Teriyaki Chicken	11.70
Sweet Carrots	5.85

## 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



**eatify**

Download and order with the app today!

## 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

**CONNECT WITH US**



@freshlyfast

# YOUR DAILY DOSE OF DELICIOUS

**FRESHLY FAST**

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

**WEEK OF JUNE 8**

## 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

#### MARCO'S PIZZA

Cheese Pizza	9.90
Pepperoni Pizza	10.80
Mushroom Pizza	10.80
Deluxe Pizza	13.50
Dipping Cups	.80

### STATION 02

#### GOLDIE WRAP

Bourbon Chicken Wrap	10.80
Buffalo Chicken Wrap	10.80
Salmon Wrap	13.50
Shrimp Wrap	10.80
Steak Wrap	11.70
Veggie Wrap	10.80

### STATION 03

#### CABO FISH TACO

Chicken Bowl	10.90
Shrimp Bowl	12.70
Veggie Bowl	11.80

### STATION 04

#### SOUTHERN FORK

Meatloaf	11.70
Country Pot Roast	11.70
Roasted BBQ Chicken	11.70
BBQ Pulled Pork	11.70

## 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



**eatify**

Download and order with the app today!

## 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

**CONNECT WITH US**



@freshlyfast

# YOUR DAILY DOSE OF DELICIOUS

**FRESHLY FAST**

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

**WEEK OF JUNE 15**

## 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

#### PANERA BREAD

WHOLE TOASTED CAPRESE	10.35
SPICY STEAK ASIAGO BAGEL STACK / CHICKEN ASIAGO BAGEL STACK	7.35
½ CRANBERRY WALNUT CHICKEN SALAD	5.65
WHOLE BLT CHICKEN AVOCADO/ WHOLE TURKEY BRAVO	10.35
APPLE FUJI SALAD 10.55 / RANCH PARM BLT SALAD	8.80
BROCCOLI CHEDDAR SOUP \$5.60/ SMALL MAC & CHEESE	6.10

### STATION 02

#### SMOKEY BIRD

Smoked Wings/ Grilled Boneless

Chicken	10.80
Sides	3.40
Desserts	5.85

### STATION 03

#### NONA LOLA'S ITALIAN KITCHEN

Meat Lasagna	12.55
Baked Ziti	12.55
Baked Spaghetti	12.55
Fettucine Alfredo with Chicken	12.55

### STATION 04

#### TACOS4LIFE

Shrimp Yakioba	11.70
Steak Hibachi	11.70
Chicken Hibachi	11.70
Teriyaki Chicken	11.70
Sweet Carrots	5.85

## 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



eatify

Download and order with the app today!

## 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

CONNECT WITH US

@freshlyfast

# YOUR DAILY DOSE OF DELICIOUS

**FRESHLY FAST**

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

**WEEK OF JUNE 22**

## 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

#### BOP POP

	7.35		10.35
		10.35	
		8.80	
	6.10		
		5.65	

### STATION 02

#### GOLDIE WRAPS

Bourbon Chicken Wrap	10.80
Buffalo Chicken Wrap	10.80
Salmon Wrap	13.50
Shrimp Wrap	10.80
Steak Wrap	11.70
Veggie Wrap	10.80

### STATION 03

#### SWEET LEW'S BBQ

Beef Tacos	9.10
Chicken Quesadilla	11.70
Chicken Tacos	9.00
Chips & Queso	4.50
Fajita Chicken Burrito	13.50

### STATION 04

#### JOJO'S DOJO

Shrimp Yakioba	11.70
Steak Hibachi	11.70
Chicken Hibachi	11.70
Teriyaki Chicken	11.70
Sweet Carrots	5.85

## 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



**eatify**

Download and order with the app today!

## 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

**CONNECT WITH US**

@freshlyfast

# YOUR DAILY DOSE OF DELICIOUS

**FRESHLY FAST**

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

**WEEK OF JUNE 29**

## 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

#### MARCO'S PIZZA

WHOLE TOASTED CAPRESE	10.35
SPICY STEAK ASIAGO BAGEL STACK / CHICKEN ASIAGO BAGEL STACK	7.35
½ CRANBERRY WALNUT CHICKEN SALAD	5.65
WHOLE BLT CHICKEN AVOCADO/ WHOLE TURKEY BRAVO	10.35
APPLE FUJI SALAD 10.55 / RANCH PARM BLT SALAD	8.80
BROCCOLI CHEDDAR SOUP \$5.60/ SMALL MAC & CHEESE	6.10

### STATION 02

#### GOLDIE WRAP

Bourbon Chicken Wrap	10.80
Buffalo Chicken Wrap	10.80
Salmon Wrap	13.50
Shrimp Wrap	10.80
Steak Wrap	11.70
Veggie Wrap	10.80

### STATION 03

#### CABO FISH TACO

Beef Tacos	9.10
Chicken Quesadilla	11.70
Chicken Tacos	9.00
Chips & Queso	4.50
Fajita Chicken Burrito	13.50

### STATION 04

#### SOUTHERN FORK

Shrimp Yakioba	11.70
Steak Hibachi	11.70
Chicken Hibachi	11.70
Teriyaki Chicken	11.70
Sweet Carrots	5.85

## 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



**eatify**

Download and order with the app today!

## 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

**CONNECT WITH US**



@freshlyfast

# YOUR DAILY DOSE OF DELICIOUS

---

---



--

--

--

--

--



**eatify**  
Download and order  
with the app today!

--

**CONNECT  
WITH US**

