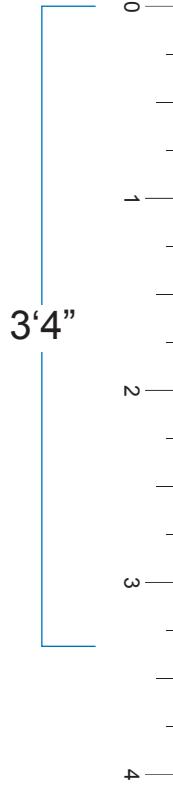


FRESH CITY MENU BOARDS



Three backer boards are perforated aluminum. Perforations will help store personnel line up inserts straight. Boards have clipboard clips lining top and bottom edge, painted green, red, yellow to match counter laminates (or Fresh City colors). Backer boards hang from ceiling with metal chains.



SALAD WRAPS

Wrapped in a pita or available in a bowl

Live Life to the Freshest
 Substitute our fat-free Savory Vinaigrette for the dressing on any Salad Wrap!

GREAT CAESAR Crisp romaine with asiago, parmesan and romano cheeses, croutons and Classic Caesar dressing \$ 4.79

w/ CHICKEN \$ 5.79 w/ SALMON \$ 5.99

TUSCANY Baby lettuce, tomatoes, fresh mozzarella, roasted red peppers and Balsamic Vinaigrette \$ 5.49

GREEN GROCER Salad mix, carrots, red cabbage, red onion, tomatoes, cucumbers, swiss cheese and Market Ranch dressing \$ 4.59

w/ TUNA SALAD \$ 5.49 w/ TURKEY \$ 5.49

BUFFALO BLEU Salad mix, Buffalo chicken, cheddar cheese, tomatoes and Bleu Cheese dressing \$ 5.99

MANDARIN SESAME CHICKEN Romaine lettuce, grilled chicken, mandarin oranges, wonton strips, scallions, tomatoes, red peppers and Asian Sesame Ginger dressing \$ 5.99

MALIBU COBB Romaine, tomatoes, eggs, gorgonzola cheese, scallions, bacon and Balsamic Vinaigrette \$ 5.79

FRESH CITY COMBO Small SOUP plus Half SANDWICH or Small FRESH SALAD STATION \$5.99 (add 50¢ for Clam Chowder)

HOMEMADE SOUPS

FRESH CITY CHICKEN Carrots, parsnips, turnips, onions, grilled chicken and pasta in a fresh chicken stock \$2.99 / \$4.39

LITE FARMER'S GARDEN A blend of 10 vegetables seasoned with fresh herbs and parmesan cheese in a lite vegetable stock \$2.99 / \$4.39

NEW ENGLAND CLAM CHOWDER Fresh City's traditional favorite \$3.69 / \$5.29

SANDWICHES

THE GOBBLER Roasted turkey, sun dried tomato goat cheese, and roasted red peppers on Seeded Panzano \$ 5.99

TRULY TUNA All white tuna salad served on Natural Honey Wheat \$ 4.99

HO DOWN BBQ CHICKEN Grilled chicken breast, hickory smoked bacon and BBQ aioli on Rustic Ciabatta \$ 5.99

BOURBON STREET MUFFALETTA Smoked honey ham, Genoa salami, provolone cheese, olive salad, tomatoes and roasted red peppers, served on Natural Honey Wheat \$ 5.99

CHIMICHURRI ROASTED VEGETABLE Roasted portabella mushrooms, red peppers, zucchini and tomatoes with Argentine pesto, served warm on Natural Honey Wheat \$ 5.79

ASIAGO ROAST Roast beef, asiago cheese and roasted garlic and parmesan aioli served on Seeded Panzano \$ 5.99

ALL AMERICAN TURKEY Roasted turkey breast served with lettuce and tomato on Natural Honey Wheat \$ 4.99

ASIAN NOODLES

HONG KONG Hong Kong noodles, broccoli, carrots, bok choy, peppers, onions and Teriyaki sauce \$ 5.99

JAPANESE MISO Lo mein noodles, mushrooms, zucchini, carrots, scallions and Miso sauce \$ 5.99

KUNG PAO Japanese udon noodles, carrots, peppers, zucchini, broccoli, cabbage and Kung Pao sauce \$ 5.99

SPICY SATAY PEANUT Lo Mein noodles, bok choy, broccoli, carrots, onions, peppers and spicy Satay Peanut sauce \$ 6.19

SAPPORO WASABI Japanese udon noodles, carrots, mushrooms, scallions, zucchini and spicy Wasabi sauce \$ 6.19

With CHICKEN or TOFU Add \$1.50
 With STEAK or SALMON Add \$2.00

STIR FRY

Choose vegan, meat or tofu with lots of fresh vegetables, served over jasmine rice

VEGETARIAN \$ 5.99

GRILLED CHICKEN \$ 6.79

GRILLED STEAK \$ 7.49

ROASTED SALMON \$ 6.99

SAUTEED TOFU \$ 6.49

Choose your favorite sauce:

Miso Lite and mild

Teriyaki Sweet and tangy

Wasabi Spicy horseradish

Kung Pao Sweet and spicy

Satay Peanut Spicy

THE KEY TO

= Vegetarian
 = Spicy
 = Gettin' Hot
 = 3 Alarm (by request)

COOKIN' WRAPS

BURRITO GRANDE Spanish rice, black beans, cheddar cheese, tomato salsa in a flour tortilla \$ 4.99

CHICKEN BURRITO \$ 5.99

STEAK BURRITO \$ 6.79

CHICKEN FAJITA Red and green peppers, onions, grilled chicken, fajita sour cream, cheddar cheese and tomato salsa in a flour tortilla \$ 5.99

STEAK FAJITA \$ 6.79

GUACAMOLE on any Wrap Add \$1.00

SHANGHAI CHICKEN Grilled chicken, jasmine rice, Beijing slaw and Kung Pao sauce in a spinach tortilla \$ 5.99

COOKIN' WRAPS

WILD ABOUT SALMON Roasted salmon filet, jasmine rice, steamed vegetables and Dijon mustard sauce in a wheat tortilla \$ 5.99

GRANDE BAY VEGETABLE Roasted red peppers, zucchini and portabella mushrooms with jasmine rice and herb goat cheese in a tomato tortilla \$ 5.79

PEKING DUCK Roasted duck breast, Beijing slaw, jasmine rice, hoisin sauce and scallions in a tomato tortilla \$ 6.49

CHICKEN TERIYAKI Grilled Chicken, sesame noodles, broccoli, bok choy, carrots, onions, peppers and teriyaki sauce in a spinach tortilla \$ 6.29

STEAK TERIYAKI \$ 6.99

SALMON TERIYAKI \$ 6.79

GO

LOW CARB

Live Life to the Freshest

COOKIN' WRAPS

CANCUN BURRITO Roasted chicken, black beans, guacamole, salsa and cheddar, in a Low Carb Tortilla \$ 6.29

Net Carbs: 19g Protein: 45g Calories: 540

KICKIN' CHICKEN Buffalo chicken, sautéed onions and red and green peppers, salsa and cheddar cheese, wrapped in a Low Carb Tortilla \$ 6.29

Net Carbs: 19g Protein: 40g Calories: 442

MIAMI BEACH Roasted chicken, sautéed onions and red and green peppers, salsa and cheddar cheese wrapped in a Low Carb Tortilla \$ 6.29

Net Carbs: 19g Protein: 41g Calories: 506

Net Carbs = Total Carbs minus Dietary Fiber. Net Carbs, or Net Effective Carbs, are the only carbohydrates that cause a noted effect on blood sugar.

Scale = 1":1' Wide Inserts 30"x36" / Narrow Inserts 18" x 36" Menu Inserts will have our standard Fresh City food pattern in the background of the borders. Special(s) signs will coordinate with quarterly specials OR, when not in use for Specials, will communicate standard messages on re-usable banners.