

breakfast boosts

served till 12 on weekdays and 2pm on weekends

triathlete wrap egg whites, spinach, tomato, onions, peppers **6.79 382**

spartan wrap egg whites, grilled chicken, feta, tomato, spinach **6.99 544**

hercules wrap egg whites, certified steak patty, part-skim mozzarella, tomato **7.29 703**

cowboy wrap egg whites, turkey bacon, shredded cheddar **6.99 524**

sweet potato power cakes vitamin packed sweet potato pancakes stacked up with egg whites & turkey bacon. served with agave syrup **7.99 330 / 510 (w/agave)**

grab and run snacks

chia energy cookies coconut oil, raisins, chia seeds, raw oats **2.99 299**

protein power balls **3.69**

peanut butter peanut butter, raw oats, granola & dark chocolate.

whey protein. **3.20 / 15g protein**

apple pie apples, dates, almonds, egg white protein, & cinnamon **2.40 / 10g protein**

nuts & berries dates, apples, blueberries, egg white protein, almonds. **2.45 / 10g protein**

raw cocoa dates, cocoa, cashews, whey protein. **2.12 / 8g protein**

granola raw oats, dates, apricots, peanuts, raisins, cashews & agave. **1.90 / 10g protein**

freshsweets

acai sorbet sandwich a new twist on an old favorite, layers of dark cocoa brownie, acai sorbet & all natural peanut butter. **4.99 392**

acai granola bowl a bowl created of raw oats, nuts & fruits filled with refreshing acai berry sorbet & protein packed peanut butter. **7.49 560**

berry fresh chilled oatmeal powerful, heart-healthy oatmeal teamed up with fresh berries, cinnamon & coconut milk that you can sink your spoon into. **4.59 165**

greek yogurt parfait layers of protein packed greek yogurt, fresh berries & granola. wow! **4.49 225**

seasonal cut fruits from our juice bar **3.99**

detox soups

seasonal ingredients and low-sodium soups

sweet potato lentil soup lentils, carrot, onion, celery, tomato, vegetable stock, sweet potatoes, sea salt, & black pepper. **1.99**

chicken noodle soup made with a lot of love, beautiful memories, and the best ingredients from mom. **1.68**

quinoa & three bean chili quinoa, red bean, black bean, white bean, tomatoes, bell pepper, onions, jalapeno, chili powder, sea salt, black pepper. **4.07**

kids'menu

for those under 10 years old – includes a small milk, orange juice or apple juice

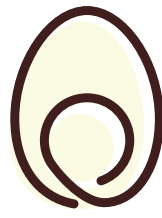
grilled chicken tenders & long grain brown rice teriyaki or bbq dipping sauce **3.10**

peanut butter & fresh strawberry roll-up **5.25**

grilled chicken wrap lettuce & shredded cheddar **5.20**

grilled cheese quesadilla with cheddar **5.18**

calories are noted in green. the handcraft nature of our model and other changes in recipes, ingredients & kitchen procedure can cause a slight variation. please consider that these values are very close approximations. for wrap/bowls, the first number denotes the calorie count for bowls, the second for wraps. for those of you with food sensitivities or allergies, please be aware that freshark cannot ensure our menu items do not contain ingredients that might cause you an allergic reaction. thank you for ordering with care.



PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local
Postal Customer



312 sunrise highway
rockville centre, ny 11570

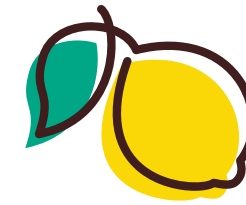
☎ 516.764.2881 📞 516.764.2887

visit us @ freshark.com 📱

catering menu available online
franchise opportunities available
visit freshark.com for more details

we deliver

order online @ freshark.com



freshark[®]
juice bar & grill

right. in every bite.

welcome to freshark.

a juice bar & grill with a refreshing twist. from farm-to-tastebuds, we use all natural, locally-sourced ingredients, giving you the freshest food and drinks on the planet.

no matter what your order, you'll never give up taste for nutrition. because at freshark, our chefs are culinary wizards with an expertise in making super foods super tasty. we make everything in-house. and we never, repeat: ever, use microwaves, fryers, or additives.

from the latest energy-efficient kitchens to all natural cleaning supplies to compostable, recyclable, 100% natural packaging, we're deeply committed to protecting our environment. so, at the end of the day, we know we're treating the people we feed and the world we live in with respect.

fresh juices **regular 5.49 large 7.49**

raw & all natural fresh juices

refreshing juices

summer days watermelon, apple, lemon **162/203**

sweet melons watermelon, honeydew, fresh mint **154/193**

energizing juices

rejuvenator apple, beet, carrot, ginger, lemon **177/221**

immune booster orange, ginger, carrot **165/206**

beety mary tomatoes, beet, celery, cayenne pepper **62/78**

cleansing juices

friends with benefits kale, apple, cucumber, celery **124/155**

achilles spinach, celery, cucumber **68/85**

green tonic apple, spinach, cucumber, lemon **95/119**

organic wheatgrass single **2.99** 5 double **4.99** 10

create your own juice pick up to 4

carrot, cucumber, apple, orange, beet, ginger, kale, watermelon, spinach, celery, lemon, fresh mint, honeydew



craft beverages

freshark signature ginger-mint lemonade **3.99** 160

certified fair trade, organic coffee **1.79**

smoothies **5.49** made with fresh fruit, no added sugar

protein blast banana, peanut butter, agave, almond milk **382**

funky monkey mango, banana, peach, greek yogurt, coconut milk **150**

bonzai peach pineapple, peach, honeydew, skim milk **159**

purple twister strawberry, blueberry, banana, agave, skim milk **150**

cabana banana, cocoa, agave, coconut milk **227**

imperial cereal raspberry, banana, oatmeal, agave, almond milk **245**

super smoothies **6.49**

all amped with super foods like acai, wheatgrass & avocado

acai detox acai, strawberry, apple, blueberry **184**

mangled wheatgrass, pineapple, peach, pear **177**

avo-co-mango avocado, mango, greek yogurt, agave, coconut milk **265**

super green smoothie kale, spinach, pineapple, pear, peaches **248**

protein shakes **7.49**

a sustainable meal replacement for those on the run or a pre- or post-workout supplement

formula 40 banana, agave, whey protein, peanut butter, coffee, skim milk **438**

shockwave banana, strawberry, agave, whey protein, granola, almond milk **359**

revamp strawberry, raspberry, cocoa, whey protein, coconut milk **230**

add more boost **1.49**

vitamin c, whey protein, flax seeds, chia seeds

farmfresh salads **8.29**

add your protein

grilled chicken **160** or grilled portobello mushroom **35 + 2.99**

grilled steak **250 + 4.59**

grilled salmon filet **210 + 4.99**

mediterranean salad baby kale blend, roasted red peppers, 3-bean medley, organic quinoa, diced cucumbers, feta cheese, roasted red pepper balsamic vinaigrette **345**

citrus caesar salad romaine hearts, shaved parmesan cheese, grape tomatoes, greek yogurt inspired dressing with zesty garlic & lemon **220**

farmers salad fresh grilled broccoli & sweet potatoes, caramelized onions, roasted red peppers with lentils over mixed kale blend & agave lemon mustard dressing **293**

cancun salad mixed greens, guacamole, tomatoes, raisins, apples, almonds, sunflower seeds, & light raspberry dressing **375**

tropical island salad mixed greens, guacamole, cilantro, tropical salsa mix, tomatoes & citrus dressing **310**

warm spinach salad spinach, grilled portobello mushrooms, carrots, zucchini, broccoli, sundried tomatoes, over brown rice & ginger teriyaki sauce **380**

extra dressing add **.79**



grilled entrées

the great wall grilled chicken & grilled steak with broccoli marinated in low sodium teriyaki & hot sauce, served over brown rice and sesame seeds **13.95** 747

ripe quesadilla grilled chicken **12.25** 560 grilled steak **13.25** 650
diced tomatoes, guacamole, low-fat mozzarella hot sauce, & sour cream for dipping

glazed salmon bowl grilled salmon, carrots, zucchini, broccoli, sun dried tomatoes, & teriyaki glaze over brown rice **14.95** 576

south of the border quesadilla chicken **12.25** 633 grilled steak **13.25** 723
black beans, jalapenos, white onions, hot sauce, low-fat cheddar cheese, & sour cream for dipping

build your platter

1 choose a protein

grilled chicken **160** or portobello mushroom **35** **9.95**

grilled steak **250** **11.95**

grilled salmon filet **210** **14.95**

2 dress it

ginger teriyaki **90**

cajun sauce **120**

chipotle bbq **120**

tropical salsa **80**

lemon mustard agave **120**

3 pick two savory sides

baked sweet potato **60**

organic quinoa **200**

steamed broccoli **69**

black beans **90**

long grain brown rice **216**

grilled fajita vegetables **100**

3-bean medley **180**



wrap it **9.49** or bowl it **10.99** (over brown rice or quinoa)

west coast grilled chicken, turkey bacon, tomato, mixed greens, honeypeño sauce **458-538**

tex-mex grilled chicken, 3-bean medley, pico de gallo, chipotle lime bbq sauce, mixed greens shredded cheddar **538-618**

greek grilled chicken, tomatoes, cucumbers, feta cheese, mixed greens, greek vinaigrette **510-590**

teriyaki grilled chicken, long grain brown rice, edamame, tomatoes, onions, ginger teriyaki glaze **425-535**

bella grilled chicken, roasted red peppers, tomatoes, part-skim mozzarella, mixed greens, balsamic glaze **448-528**

popeye grilled chicken, fresh spinach, & low-fat mozzarella cheese **417-497**

chicken cheddar melt grilled chicken w/ lettuce, mild light cheddar cheese, turkey bacon, & hickory bbq sauce **497-577**

chicken caesar grilled chicken, cucumbers, romaine lettuce, turkey bacon, parmesan cheese & caesar dressing **537-617**

ginger wrap grilled chicken, lettuce, tomatoes, guacamole, & ginger dressing **492-572**

garden grilled portobello, baby kale & arugula blend, guacamole, grilled peppers & onions, roasted red pepper balsamic dressing **414-494**

southeast brown rice, organic quinoa, black beans, roasted peppers, guacamole, ginger teriyaki **480-560**

santa fe steak grilled lean steak with guacamole, black beans, tomatoes, lettuce, & hot sauce **wrap 10.99 / bowl 12.49** 605-685

got beef? grilled lean steak, black beans, brown rice, Pico de Gallo sauce, & low-fat sour cream **wrap 10.99 / bowl 12.49** 609-689

king salmon grilled salmon filet with lettuce, tomatoes & mango salsa **wrap 12.49 / bowl 13.99** 430-510

guacamole add **1.49** 90

chips & guacamole **4.99** 470

better burgers

all served on a multi-grain bun with lettuce, tomatoes & onions

certified steak burger all natural, no antibiotics, no hormones, humanely-raised **7.49** 637

turkey burger lean white meat turkey **7.49** 449

veggie quinoa burger organic quinoa, lentils, sweet potatoes, fresh veggies, kale & garlic, our own recipe **7.49** 486

grilled salmon fresh, whole salmon filet **9.99** 522

power tower our veggie patty topped with a certified steak burger **9.99** 811

add **cheese 1.99** cheddar **55**, part-skim mozzarella **40**, feta **70**
turkey bacon **1.99** 70

savory sides **3.99**

baked sweet potato **60**

organic quinoa **200**

steamed broccoli **69**

black beans **190**

long grain brown rice **216**

grilled fajita vegetables **100**

3-bean medley **180**

