



**Located In Beautiful
Downtown**

**424 Washington St.
Columbus IN 47201**

**Phone 812-799-1097
Email**

**veronica@freshtakekitchen.c
om**

**We Offer... Dine In Carry Out
Catering**

**Variety of Catering Options
Available. We Offer individual
Lunches & Buffet Style.**

**If You Have Any Questions
Please Email Us or Call Us Or
Visit Us**

Tropical Parfait

- Vanilla Greek Yogurt with Oranges, Pineapple, Mango, Strawberries, Blueberries, Granola, & a Kiwi Drizzle

Berry & Nut Parfait

- Cranberries, Blueberries, Strawberries, Peanuts, Almonds, Granola, & a Honey Drizzle

Tropical Rice bowl

- Basmati Rice with Greek Yogurt, Carrot, Black Beans, Pineapple, Mango, Cashews, Avocado, & Delicious Honey Drizzle

Chicken Salad Wrap

- Hummus, Shredded Lettuce, Grape Tomato, Red Onion, Cucumber, & FTK's Chicken Salad wrapped in a Soft Flour Tortilla.

Backyard Pork Bowl

- Ancient Grains, Carrots, Corn, Relish, Black Beans, Cheddar Jack, Green Onion, Pork, BBQ Sauce

Strawberry Almond Salad

- Spring Mix, Red Onion, Strawberries, Almonds, Feta, Wonton Strips, Basil Balsamic

GRAIN BOWLS - One Size

Thai Vegan

- Ancient Grains, Brussel Blend, Broccoli, Peanuts, Shredded Carrots, Red Onion, and Green Onion with a Drizzle of Sesame Ginger Dressing on top. (Vegetarian, Vegan, & Gluten Free if made with Rice)

South by Southwest

- Basmati Rice, Brussel Blend, Avocado, Tortilla Strips, Cheddar Jack Cheese, Black Beans, Corn, Roasted Red Peppers, Pico, and Chipotle Lime Vinaigrette on top. (Gluten Free, Vegetarian)

Chicken Teriyaki

- Basmati Rice, Shredded Carrots, Red Onion, Rice Noodles, Broccoli, Shredded Chicken, Green Onion, and a Drizzle of Teriyaki Sauce on top.

Greek Ancient Grain

- Ancient Grains, Brussel Blend, Red Onion, White Beans, Cucumber Salsa, Grape Tomato, Hummus, and Feta Crumbles with a Drizzle of Olive Oil on top. (Vegetarian)

Mexican Street Corn

- Basmati Rice, Brussel Blend, Red Onion, White Beans, Feta Crumbles, Shredded Parmesan, Roasted Corn, and Pico with a Drizzle of Cilantro Aioli and Tajin Seasoning on top.

SALADS - Small or Regular

Buffalo Chicken

- Romaine & Iceberg Blend, Red Onion, Grape Tomato, Shredded Carrots, Diced Celery, Blue Cheese Crumble, Egg, Shredded Buffalo Chicken, and Blue Cheese Dressing on the side. (Gluten Free)

Santa Fe

- Romaine & Iceberg Blend, Avocado, Tortilla Strips, Cheddar Jack Cheese, Black Beans, Corn, Roasted Red Peppers, Pico, and Chipotle Lime Vinaigrette on the side. (Vegetarian, Gluten Free)

Sweet Carnitas

- Romaine & Iceberg with Red Onion, Pico, Mango, Pineapple, Tortilla Strips, Cheddar Jack Cheese, and Braised Pork Topped with Green Onion. Served with a Side of Our House Made Chipotle Honey Vinaigrette. (Contains Pork)

Greek Crunch

- Romaine & Iceberg Blend, Red Onion, Grape Tomato, Cucumber Salsa, Hummus, White Beans, Feta, Olives, and Greek Vinaigrette on the side. (Vegetarian)

Farmers Market

- Romaine & Iceberg Blend, Spring Mix, 5 Grain, Carrot, Broccoli, Red Onion, Corn, Sunflower Seeds, White Beans, and Ranch Dressing on the side. (Vegetarian, Vegan)

Fire Roasted Caesar

- Romaine & Iceberg Blend, Roasted Red Peppers, Crouton, Parmesan, Corn, and Caesar Dressing on the side. (Vegetarian)

Mandarin Thai

- Romaine & Iceberg Blend, Spring Mix, Red Onion, Carrots Radish, Oranges, Rice Noodles, and Sesame Ginger Dressing on the side. (Vegetarian, Vegan)

WRAPS w/Chips & Salsa

Buffalo Chicken

- Romaine & Iceberg Blend, Red Onion, Grape Tomato, Shredded Carrots, Diced Celery, Blue Cheese Crumble, Egg, Shredded Buffalo Chicken, and Blue Cheese Dressing

Santa Fe

- Romaine & Iceberg Blend, Avocado Aioli, Cheddar Jack Cheese, Black Beans, Corn, Roasted Red Peppers, Pico, and Chipotle Lime Vinaigrette

Mediterranean

- Romaine & Iceberg, Red Onion, Olives, Grape Tomato, Feta Crumbles, Hummus, White Beans, Cucumber Salsa and a Greek Vinaigrette

Sweet Carnitas

- Basmati Rice with Red Onion, Pico, Mango, Pineapple, Tortilla Strips, Cheddar Jack Cheese, Braised Pork, and Our House Made Chipotle Honey Vinaigrette.

Southwest Chicken Bacon & Ranch

- Romaine & Iceberg, Black Beans, Pico, Roasted Corn, Cheddar Jack Cheese, Shredded Chicken, Bacon Crumbles, and Ranch

Thai Vegan Tofu

- Spring Mix, Brussel Blend, Broccoli, Peanuts, Shredded Carrots, Red Onion, Tofu, and Green Onion with a Drizzle of Sesame Ginger Dressing.

Chicken Teriyaki

- Romaine & Iceberg, Shredded Carrots, Red Onion, Rice Noodles, Broccoli, Shredded Chicken, Green Onion, and a Drizzle of Teriyaki Sauce

SOUPS

Tomato

- House made soup made with Onion, Celery, Carrot, Vegetable Stock, Various Spices, and Plum Tomatoes.

Broccoli

- Home Made with Butter, Onion, Garlic, Flour, Vegetable Stock, Broccoli, Heavy Cream, and Cheddar Jack Cheese.

Buffalo

- House made soup made with Onion, Garlic, Flour, Chicken Broth, Shredded Chicken Thigh, Classic Buffalo Sauce, and Heavy Cream.

Soup Sizes

Small - 8 oz. Soup

Regular - 16 oz Soup

Combo - 16 oz Soup, Chocolate Chip Cookie, Bread, & Drink

Potatoes

Buffalo Chicken

- Cheddar Jack, Buffalo Soup Topping, Buffalo Sauce, & Green Onion

Broccoli Cheddar

- Cheddar Jack, Broccoli Florets, & Broccoli Soup Topping

BBQ Pork

- Pickled Chilies, Green Onion, Cheddar Jack, Pork, & BBQ Sauce

Tex Mex

- Black Beans, Pico, Corn, Cheddar Jack, & Chipotle Lime

Mexican Street Corn

- Red Onion, Corn, Pico, White Beans, Tajin Seasoning, Feta, Parmesan, Cilantro Aioli

Drinks

Lemonade, Berry lemonade, Agua Fresca, Coke Fountain Drinks, Black Tea, Sweet Tea

Sides

Pita Chips, Pita Chips & Hummus, Chips & Salsa, Chips & Cheese, Bread & Cheese, Falafel & Tzatziki, Baked Lays Side of Mac & Cheese, Side of Tomato Pasta

Desserts

Lemon Bar

Salted Caramel Brownie

Chocolate Chip Cookie

M & M Cookie

Yogurt Parfaits

PASTA - One Size

Mac & Cheese

- Cavatappi Noodles tossed in our House Made Cheese Sauce

BBQ Mac

- Cavatappi Noodles with Roasted Corn and Roasted Red Peppers topped with our House Made Cheese Sauce, BBQ Sauce, and Green Onion.

Buffalo Mac

- Cavatappi Noodles covered in our House Made Cheese Sauce topped with Buffalo Sauce, Diced Celery, Blue Cheese Crumbles, and Green Onion.

LO MEIN - One Size

Chicken Teriyaki

- Lo Mein Noodles with Red Onion, Broccoli, Carrot, Chicken, Chow Mein Noodles, Green Onion, & Delicious Teriyaki Sauce

Sesame Chicken

- Lo Mein Noodles Tossed in a Sesame Ginger Sauce with Carrot, Peanuts, Green onion, and Crispy Sesame Ginger Chicken.