



FRESH TAKE KITCHEN

@freshtakekitchen

SALADS

BUFFALO CHICKEN

Lettuce, red onion, grape tomato, carrot, blue cheese crumble, buffalo chicken, & blue cheese

SANTA FE

Lettuce, black bean, pico, red peppers, corn, tortilla strips, cheddar jack, avocado, & chipotle lime

GREEK CRUNCH

Lettuce, grape tomato, hummus, red onion, white bean, olives, cucumber, feta, & greek vinaigrette

FARMERS MARKET

Lettuce, spring mix, red onion, broccoli, corn, white bean, carrot, sunflower seed, cold 5-grain, & ranch

FIRE ROASTED CAESAR

Lettuce, grape tomato, red peppers, corn, croutons, parmesan, & caesar

MANDARIN THAI

Lettuce, spring mix, red onion, radish, carrot, oranges, crispy noodles, & sesame ginger

BBQ PORK

Lettuce, red onion, pico, tortilla strips, green onion, pineapple, mango, cheddar jack, BBQ pork, & chipotle lime

STRAWBERRY ALMOND

Spring mix, red onion, almond, strawberries, feta, wonton strips, balsamic glaze, & balsamic vinaigrette

RED WHITE & BERRY

Spring mix, red onion, blueberries, strawberries, feta, sunflower seeds, & raspberry walnut vinaigrette

salads available in small & regular

BOWLS

BACKYARD PORK

Ancient grain, carrot, corn, relish, black bean, cheddar jack, green onion, brussel blend, BBQ pork

THAI VEGAN

Ancient grain, brussel blend, red onion, broccoli, green onion, carrot, peanuts, & sesame ginger

TANDOORI CHICKEN

Ancient grain, brussel blend, eggplant, broccoli, white bean, red pepper, chicken & tandoori

SOUTH BY SOUTHWEST

Basmati rice, brussel blend, tortilla strips, cheddar jack, corn black bean, pico, red pepper, avocado, & chipotle lime

CHICKEN TERIYAKI

Basmati rice, brussel blend, red onion, broccoli, carrot, green onion, crispy noodle, chicken, & teriyaki

GREEK

Ancient grain, brussel blend, red onion, grape tomato, hummus, cucumber, white bean, feta, olives, & olive oil

STREET CORN

Basmati rice, brussel blend, red onion, pico, corn, white bean, feta, parmesan, tajin, & cilantro aioli

CORNUCOPIA YOGURT

Basmati rice, yogurt, oranges, strawberries, blueberries, pineapple, cranberries, granola, & honey

WALNUT APPLE

Ancient grain, spinach, red onion, cranberries, apple, blueberries, sunflower seed, feta, raspberry walnut

PROTEIN CAULIFLOWER

Cauliflower rice, brussel blend, black bean, mango, feta, jalapeno, red peppers, avocado, tofu, & cilantro aioli

WRAPS

BUFFALO CHICKEN

Lettuce, red onion, grape tomato, carrot, blue cheese crumble, buffalo chicken, & blue cheese

SANTA FE

Lettuce, black bean, pico, red peppers, corn, tortilla strips, cheddar jack, avocado, & chipotle lime

MEDITERRANEAN

Lettuce, grape tomato, hummus, red onion, white bean, olives, cucumber, feta, & greek vinaigrette

BBQ PORK

Lettuce, red onion, pico, tortilla strips, green onion, pineapple, mango, cheddar jack, BBQ pork, & chipotle lime

CHICKEN BACON RANCH

Lettuce, cheddar jack, corn, black bean, pico, chicken, bacon, & ranch

THAI VEGAN TOFU

Spring mix, brussel blend, red onion, broccoli, green onion, carrot, peanuts, tofu, & sesame ginger

CHICKEN TERIYAKI

Basmati rice, brussel blend, red onion, broccoli, carrot, green onion, crispy noodle, chicken, & teriyaki

AVOCADO TUNA

Lettuce, pico, jalapeno, cucumber, cilantro, avocado tuna salad

CHICKEN SALAD

Lettuce, red onion, hummus, cucumber, grape tomato, & chicken salad

wraps include your choice of side



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FLATBREADS

CHICKEN SALAD

Red onion, cucumber, slice tomato, hummus, & chicken salad

TUNA

Spinach, slice tomato, jalapeno, cucumber, cilantro, avocado tuna salad

BBQ CHICKEN

Spinach, pineapple, mango cheddar jack, slice tomato, red onion, chicken & BBQ

BLTA

Spinach, avocado aioli, slice tomato, feta, chicken, bacon & ranch

CREPES

MUSHROOM ASPARAGUS CREPE

Freshly baked crepe with asparagus spears, mushrooms, & swiss stacked on a bed of spring mix, lemon basil creme, lemon, & balsamic dressing

STRAWBERRY ALMOND CREPE

Freshly baked crepe with mascarpone cheese stacked on a bed of spring mix with almonds, strawberries, strawberry compote, balsamic glaze & balsamic dressing

STARCHES

MAC & CHEESE

Cavatappi pasta with FTK cheese sauce

BBQ PORK MAC

Cavatappi pasta with FTK cheese sauce, BBQ pork & green onion

TOMATO BASIL PASTA

Cavatappi pasta with FTK tomato sauce

BBQ PORK POTATO

Idaho potato with cheddar jack, jalapeno, BBQ pork, & green onion

BROCCOLI POTATO

Idaho potato with cheddar jack, broccoli, topped with FTK broccoli soup

STREET CORN POTATO

Idaho potato with parmesan, feta, corn, white beans, pico, tajin, & cilantro aioli

DRINKS

LEMONADES

AGUA FRESCA

PEACH TEA

SWEET TEA

BLACK TEA

FOUNTAIN SODA

ADD ONS

TROPICAL PARFAIT

TRIPLE BERRY PARFAIT

SALTED CARAMEL

PRETZEL BROWNIE

LUSCIOUS LEMONBAR

SUGAR COOKIE

RANGER COOKE - VEGAN

CHOCOLATE CHIP COOKIE

TOMATO SOUP

BROCCOLI SOUP

FTK COMBOS

KIDS MEAL COMBO

WRAP & DRINK

SALAD & SOUP

GRAIN BOWL & SOUP

WRAP & SOUP

SOUP COMBO