

Fresh Millions®

Millions of Ways to Eat Fresh and Healthy®

Hot Bowls * add side salad for \$2.45

CHICKEN HOT BOWL • 8.45

Chicken, Sauce, Base, 4 Mix-Ins

STEAK HOT BOWL • 8.95

Steak, Sauce, Base, 4 Mix-Ins

SHRIMP HOT BOWL • 8.95

Shrimp, Sauce, Base, 4 Mix-Ins

MEATBALL HOT BOWL • 8.45

Meatball, Sauce, Base, 4 Mix-Ins

SAUSAGE HOT BOWL • 8.45

Sausage, Sauce, Base, 4 Mix-Ins

BACON HOT BOWL • 8.45

Bacon, Sauce, Base, 4 Mix-Ins

EGGS HOT BOWL • 8.45

Two Eggs, Sauce, Base, 4 Mix-Ins

TOFU HOT BOWL • 8.45

Tofu, Sauce, Base, 4 Mix-Ins

VEGGIE HOT BOWL • 7.95

Sauce, Base, 4 Mix-Ins

Choice of Sauce –

- Teriyaki
- Szechuan  
- Sweet & Spicy
- Sesame Soy & Chili
- Thai Green Curry 
- Thai Peanut 
- Tikka Masala 
- Alfredo 
- Basil Pesto 
- Chipotle Southwest 

Choice of Base –

- Noodles
- White or Brown Rice
- Pasta
- Spinach
- Half and Half Choice of Any Two Bases

Paninis * add side salad for \$2.45

STEAK PANINI • 6.95

Steak, Red Peppers, Red Onions, Pepper Jack Cheese, and BBQ Buttermilk

SHRIMP AND AVOCADO PANINI • 6.95

Shrimp, Avocado, Tomato, Provolone Cheese, and Chipotle Mayonnaise

GRILLED CHICKEN AND AVOCADO PANINI • 6.95

Grilled Chicken, Avocado, Tomato, Provolone Cheese, and Chipotle Mayonnaise

BUFFALO CHICKEN PANINI • 6.95

Grilled Chicken, Buffalo Sauce Tomato, Provolone Cheese, and Ranch

CHICKEN TIKKA MASALA PANINI • 6.95

Grilled Chicken, Red Peppers, Red Onions, Tikka Masala, Provolone Cheese, and Balsamic Vinaigrette

CHIPOTLE CHICKEN PANINI • 6.95

Grilled Chicken, Red Peppers, Chipotle Sauce, Pepper Jack Cheese, and Balsamic

VEGGIE PANINI • 6.95

Spinach, Mushrooms, Red Peppers, Red Onions, Pepper Jack Cheese, and Balsamic Vinaigrette

Wraps * any salad can be made into wrap

SOUTHWEST CHICKEN WRAP • 8.45

Grilled Chicken, Corn, Black Beans, Cheddar Cheese, Greens, Southwest Dressing, Tortilla Strips

BBQ CHICKEN WRAP • 8.45

Grilled Chicken, Corn, Black Beans, Greens, BBQ Buttermilk Dressing, Tortilla Strips, Drizzled with BBQ Sauce

GREEK SALAD WRAP • 8.45

Tomatoes, Olives, Pepperoncini, Red Onions, Feta Cheese, Greens, Lemon-Oregano Vinaigrette

GRILLED CHICKEN WRAP • 8.45

Grilled Chicken, Any 3 Mix-Ins, Cheese, Greens, Dressing

SIMPLE WRAP • 6.45

Any 1 Mix-In, Cheese, Greens, Dressing

Salads * any salad can be made into wrap

CHICKEN COBB SALAD • 8.45

Avocado, Grilled Chicken, Smoked Bacon, Eggs, Tomatoes, Blue Cheese, Greens, Buttermilk-Herb Dressing

SOUTHWEST CHICKEN SALAD • 8.45

Grilled Chicken, Corn, Black Beans, Cheddar Cheese, Greens, Southwest Dressing, Tortilla Strips

BBQ CHICKEN SALAD • 8.45

Grilled Chicken, Corn, Black Beans, Greens, BBQ Buttermilk Dressing, Tortilla Strips, Drizzled with BBQ Sauce

MANDARIN CHICKEN SALAD • 8.45

Grilled Chicken, Mandarins, Carrots, Almonds, Greens, Dressing

SIGNATURE CHICKEN SALAD • 8.45

Grilled Chicken, Cucumber, Tomatoes, Olives, Blue Cheese, Greens, Buttermilk-Herb Dressing

STEAK SALAD • 8.95

Steak, Red Peppers, Red Onions, Pepper Jack Cheese, Greens, BBQ Buttermilk

SHRIMP SALAD • 8.95

Shrimp, Any 1 Mix-In, Greens, Lemon-Oregano Vinaigrette

BUFFALO CHICKEN SALAD • 8.45

Grilled Chicken, Carrots, Celery, Greens, Ranch, Buffalo Sauce

GRILLED CHICKEN CAESAR SALAD • 8.45

Grilled Chicken, Parmesan Cheese, Romaine, Caesar Dressing, Croutons

GREEK SALAD • 8.45

Tomatoes, Olives, Pepperoncini, Red Onions, Feta Cheese, Greens, Lemon-Oregano Vinaigrette

GRILLED CHICKEN SALAD • 8.45

Grilled Chicken, Any 3 Mix-In, Cheese, Greens, Dressing

SIMPLE SALAD • 6.45

Any 1 Mix-In, Cheese, Greens, Dressing

Kids * kids meal served with kids drink

CHICKEN QUESADILLA • 4.45

CHICKEN NUGGETS • 4.45

MAC & CHEESE • 4.45

ALFREDO PASTA with CHICKEN & 1 Mix-In • 4.95

TERIYAKI RICE with CHICKEN & 1 Mix-In • 4.95

TERIYAKI NOODLES with CHICKEN & 1 Mix-In • 4.95

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MIX-INS:

Almonds	Black Olives	Cranberries	Mandarin Oranges	Scallions
Apples	Broccoli	Croutons	Mushrooms	Sun Dried Tomatoes
Baby Corn	Carrots	Cucumber	Pepperoncini	Sunflower Seeds
Bean Sprouts	Celery	Garbanzo Beans	Pineapple	Tofu
Beets	Cilantro	Jalapeno	Red Bell Peppers	Tomatoes
Black Beans	Corn	Kalamata Olives	Red Onions	Water Chestnuts
Zucchini				

PREMIUM MIX-INS:

Avocado Artichokes Eggs Cheese

DRESSINGS:

Ranch Dressing ^{GF}	Balsamic Vinaigrette ^{GF}
Buttermilk Herb Dressing ^{GF}	Lemon-Oregano Vinaigrette ^{GF}
Southwest Dressing ^{GF}	Asian Dressing
BBQ Buttermilk Dressing ^{GF}	Olive Oil and Vinegar ^{GF}
Caesar Dressing ^{GF}	

Fresh & Healthy

CATERING

Small to Large Meetings, Events, Parties, Lunch,
Dinner

See a manager today for more details or email your local store today!

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mesa@freshmillions.com

gilbert@freshmillions.com

Franchise Opportunities Available
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