

Fresh Time

SALADS & MORE

Welcome to Fresh Time Salads and More, your go-to destination for healthy eats in the heart of downtown Bedford, Ohio. Located at 633 Broadway Ave, Bedford, OH 44146, Fresh Time offers a delightful array of fresh salads, wraps, smoothies, and nutritious breakfast options, all crafted with your health and well-being in mind.

At Fresh Time, we believe that eating healthy is more than just a choice—it's a lifestyle. Our menu is designed to provide you with wholesome, delicious meals that nourish your body and satisfy your taste buds. Whether you're grabbing a quick breakfast, enjoying a leisurely lunch, or picking up a revitalizing smoothie, you'll find our offerings packed with flavor and nutrition.

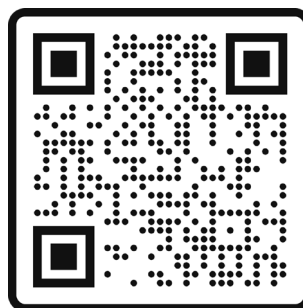
Join our community of health enthusiasts by visiting our website at freshtimesalads.com. Sign up for our mailing list to receive special offers and stay informed about upcoming events.



TUES – THURS
8 AM – 3 PM
FRI 8 AM – 6 PM
SAT 8 AM – 2 PM

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ORDER ONLINE
FRESHTIMESALADS.COM

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440-945-6034

633 BROADWAY AVE
BEDFORD, OH 44146

FRESHTIMESALADS.COM



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SALADS

FARMERS MARKET \$15.50

CHOPPED GREENS | RED ONION | TOMATO | CUCUMBER
PEAS | AVOCADO | CARROTS | BANANA PEPPERS | VEGAN
FETA OR REGULAR CHEESE

MEDITERRANEAN \$14.00

CHOPPED GREENS | RED ONION | TOMATO | CUCUMBER
BANANA PEPPERS | CHICKPEA | KALAMATA OLIVES
PICKLED TURNIPS

FIESTA \$13.00

CHOPPED GREENS | ROASTED CORN | RED ONION
TOMATO | AVOCADO | BLACK BEANS | TORTILLA STRIPS

BERRY ME \$12.00

CHOPPED GREENS | STRAWBERRIES | BLUEBERRIES
RED ONION | VEGAN FETA OR REGULAR CHEESE
GLAZED PECANS | BALSAMIC GLAZE

TRADITIONAL \$10.50

CHOPPED GREENS | RED ONION | TOMATO | CUCUMBER
CARROTS | VEGAN FETA OR REGULAR CHEESE

CREATE YOUR OWN \$12.00

INCLUDES 3 VEGGIE TOPPINGS OF YOUR CHOICE
ADDITIONAL TOPPINGS .50 EACH

TOPPINGS OPTIONS:

- RED ONION
- TOMATO
- CARROTS
- CUCUMBER
- PEAS
- KALAMATA OLIVES
- BANANA PEPPERS
- PICKLED TURNIPS
- ROASTED CORN
- BLACK BEANS
- SWEET PEPPERS
- BEETS
- STRAWBERRIES
- BLUEBERRIES
- TORTILLA STRIPS
- GLAZED PECANS
- SLICED ALMOND
- VEGAN FETA CHEESE - .55
- REGULAR WHITE
AMERICAN CHEESE - .55

PROTEIN ADD ON OPTIONS:

GRILLED SALMON	\$8.00
GRILLED TUNA STEAK	\$7.00
BBQ JACKFRUIT.....	\$6.00
TUNA FISH	\$5.00
FALAFELS (2).....	\$5.00
HUMMUS	\$3.00
TURKEY BACON BITS.....	\$1.00
AVOCADO	\$1.00

DRESSINGS

- ITALIAN
- FRENCH
- RANCH
- TAHINI
- RASPBERRY VINAIGRETTE
- BALSAMIC VINAIGRETTE



WRAPS

GRILLED SALMON \$15.50

SALMON | RED ONIONS | TOMATO | CHEESE
CHOPPED GREENS | RANCH DRESSING

GRILLED TUNA STEAK \$14.50

TUNA | RED ONION | TOMATO | PICKLED TURNIPS
CHOPPED GREENS | TAHINI DRESSING

BBQ JACKFRUIT \$13.00

JACKFRUIT | RED ONION | TORTILLA STRIPS | CORN
CHOPPED GREENS | SWEET BBQ SAUCE

TUNA FISH \$10.50

CHOPPED GREENS | TOMATO | RED ONION | SWEET
PEPPERS

FALAFEL \$10.50

FALAFEL | RED ONION | TOMATO | TURNIPS
CHOPPED GREENS | TAHINI DRESSING

VEGGIE HUMMUS \$9.50

TOMATO | RED ONION | SWEET PEPPERS
CUCUMBER | CARROTS | CHOPPED GREENS

SMOOTHIES



MEAN GREEN MACHINE.. \$10.75

KALE | MANGO | PINEAPPLE | BANANA
AVOCADO | APPLE JUICE

VERY BERRY \$10.50

STRAWBERRY | BLUEBERRY | BANANA
CRANBERRY JUICE

SUNKISS SUNRISE..... \$10.50

PINEAPPLE | MANGO | PEACH | STRAWBERRY
ORANGE JUICE

CHUNKY MONKEY \$9.50

PEANUT BUTTER | BANANA | ALMOND MILK | AGAVE
VEGAN CHOCOLATE PROTEIN POWDER

OPTIONAL BOOSTER ADD ONS \$1.50

- IRISH SEA MOSS
- ASHWAGANDHA
- BLUE SPIRULINA
- CHLOROPHYLL
- MACA ROOT

BREAKFAST



GRANOLA FRUIT BOWL .. \$12.75

GOJI BERRY | BANANA | STRAWBERRY | AGAVE
PEANUT BUTTER | BLUEBERRIES | VEGAN YOGURT

AVOCADO TOAST \$10.50

TOMATO | AVOCADO | EVERYTHING BAGEL SEASONING
BALSAMIC GLAZE | LEMON OLIVE OIL

PBG TOAST \$10.50

PEANUT BUTTER | BANANA | GRANOLA | AGAVE

