

# SALADS

AVAILABLE IN FULL & HALF SIZES



## FARMERS MARKET.....\$16.50/\$8.25

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

## MEDITERRANEAN .....\$15.50/\$7.75

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

## FIESTA .....\$15.50/\$7.75

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

## BERRY ME .....\$14.50/\$7.25

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

### PROTEIN ADD ON OPTIONS:

GRILLED MAHI-MAHI - \$10.00  
GRILLED SALMON - \$8.00  
GRILLED CHICKEN - \$7.00  
GRILLED TUNA STEAK - \$7.00  
BBQ JACKFRUIT - \$6.00  
TUNA FISH - \$6.00  
GRILLED SHRIMP (6) - \$6.00  
FALAFELS (2) - \$5.00  
HUMMUS - \$4.00

### TOPPING OPTIONS: ADDITIONAL TOPPINGS .50 EACH

• RED ONION	• PICKLED TURNIPS	• BLUEBERRIES
• TOMATO	• ROASTED CORN	• GLAZED PECANS
• CARROTS	• BLACK BEANS	• SLICED ALMOND
• CUCUMBER	• SWEET PEPPERS	• VEGAN FETA
• PEAS	• BEETS	CHEESE .55
• KALAMATA OLIVES	• STRAWBERRIES	• WHITE AMERICAN
• TORTILLA STRIPS	• TURKEY BACON	CHEESE .55
• BANANA PEPPERS	BITS \$1.00	
• AVOCADO \$1.00		

## APPLE HARVEST ...\$13.50/\$6.75

CHOPPED GREENS | APPLES | ALMOND CHIPS  
CRANBERRIES | SUNFLOWER SEEDS | VEGAN  
FETA OR REGULAR CHEESE | BALSAMIC GLAZE

## TRADITIONAL .....\$12.50/\$6.25

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

### DRESSINGS

- ITALIAN
- FRENCH
- RANCH
- VEGAN RANCH
- POPPY SEED
- TZATZIKI
- RASPBERRY VINAIGRETTE
- BALSAMIC VINAIGRETTE

# WRAPS/SANDWICHES

## GRILLED MAHI MAHI .....\$17.50

MAHI MAHI | RED ONION | TOMATO | PICKLED  
TURNIPS | CHOPPED GREENS

## GRILLED JUMBO SHRIMP .....\$17.50

SHRIMP | CHOPPED GREENS | TOMATOES | RED ONIONS

## GRILLED SALMON .....\$16.50

SALMON | RED ONIONS | TOMATO | CHEESE  
CHOPPED GREENS

## GRILLED CHICKEN .....\$15.50

CHICKEN | CHOPPED GREENS | TOMATOES  
RED ONIONS | VEGAN/REGULAR CHEESE

## GRILLED TUNA STEAK .....\$15.50

TUNA STEAK | RED ONION | TOMATO  
PICKLED TURNIPS | CHOPPED GREENS

## BBQ JACKFRUIT .....\$13.00

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

## BIG TUNA FISH.....\$11.50

TUNA FISH | CHOPPED GREENS | TOMATO  
RED ONION | SWEET PEPPERS

## FALAFEL .....\$11.50

FALAFEL | RED ONION | TOMATO | TURNIPS  
CHOPPED GREENS

## VEGGIE HUMMUS .....\$10.50

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

## TURKEY BACON BLT .....\$10.50

TURKEY BACON | TOMATO | CHOPPED GREENS  
VEGAN MAYO

## RICE BOWL

**GRILLED MAHI-MAHI** .....\$20.00

MAHI-MAHI | VEGETABLES | RICE

**GRILLED SALMON**.....\$18.00

SALMON | VEGETABLES | RICE

**GRILLED TUNA STEAK** .....\$17.00

TUNA STEAK | VEGETABLES | RICE

**GRILLED CHICKEN RICE BOWL**.....\$16.50

GRILLED CHICKEN TENDERS | RICE | VEGGIES

**GRILLED SHRIMP** .....\$16.00

SHRIMP | VEGETABLES | RICE

**FALAFEL** .....\$15.00

FALAFEL (3) | CUCUMBER | RED ONIONS | PICKLED TURNIPS  
KALAMATA OLIVES | RICE

**VEGGIE** .....\$14.50

VEGETABLES | RICE

## SIDES

**VEGAN MAC & CHEESE**.....\$8.00

**FALAFELS & VEGGIES**.....\$6.75

FALAFEL | CUCUMBER | KALAMATA OLIVES  
PICKLED TURNIPS

**HUMMUS & VEGGIES** .....\$6.00

HUMMUS | CUCUMBER | PICKLED TURNIPS

**MIXED VEGGIES**.....\$6.00

## SMOOTHIES

**MEAN GREEN MACHINE** .....\$10.75

KALE | MANGO | PINEAPPLE | BANANA | AVOCADO

**CHUNKY MONKEY** .....\$10.75

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

**VERY BERRY**.....\$10.50

STRAWBERRY | BLUEBERRY | BANANA

**SUNKISS SUNRISE**.....\$10.50

PINEAPPLE | MANGO | PEACH | STRAWBERRY

SELECT 1 BASE - APPLE JUICE • CRANBERRY JUICE  
ORANGE JUICE • COCONUT WATER

**OPTIONAL BOOSTER ADD ONS... \$1.50**

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

## BREAKFAST

**AÇAÍ FRUIT BOWL**.....\$13.50

GRANOLA | GOJI BERRY | BANANA | STRAWBERRY  
BLUEBERRY | PEANUT BUTTER | AGAVE

**GRANOLA FRUIT BOWL** .....\$12.75

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

**PBG TOAST**.....\$10.50

PEANUT BUTTER | BANANA | GRANOLA | AGAVE

**AVOCADO TOAST**.....\$10.50

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

**HUMMUS TOAST**.....\$10.50

HUMMUS | TOMATO | EVERYTHING BAGEL SEASONING  
BALSAMIC GLAZE



**Fresh Time**  
SALADS & MORE

633 BROADWAY AVE  
BEDFORD, OH 44146  
440-945-6034

FRESHTIMESALADS.COM



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CLOSED SUNDAY-MONDAY  
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SEASONAL HOURS MAY VARY

FOR DELIVERY FIND US ON



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