

WRAPS AND HEALTHY ROLL-UPS

Caesar/\$4.99

Crisp romaine lettuce, whole wheat croutons, shredded parmesan and caesar dressing. (Add Chicken \$2.00)

Hummus/\$4.99

Creamy fresh hummus, crisp romaine lettuce, black olives and alfalfa sprouts. (Add Chicken \$2.00)

Mediterranean/\$4.99

Crisp romaine lettuce, tomato, cucumber, red onion, black olives, feta cheese and balsamic vinaigrette. (Add Chicken \$2.00)

Grilled Chicken/\$5.99

Grilled chicken breast, crisp romaine lettuce, tomato and your choice of dressing.

Grilled Vegetable /\$5.99

Grilled eggplant, squash, artichokes, roasted red peppers, portobello mushrooms and balsamic vinaigrette.

Tuna/\$5.99

Healthy albacore tuna with lite mayonnaise, crisp romaine lettuce and tomato.

Chicken Salsa/\$5.99

Grilled chicken breast, mild salsa, crisp romaine lettuce, tomato, sour cream and low-fat cheddar cheese.

Turkey Club/\$5.99

Fresh all natural turkey, crisp romaine lettuce, tomato and turkey bacon with lite mayonnaise.

The Healthy B.L.T./\$5.99

Turkey Bacon, crisp romaine lettuce, tomato and lite mayonnaise.

Sirloin Steak/\$6.99

Sirloin steak, grilled portobello mushrooms, roasted red peppers and horseradish sauce.

REGULAR WRAP: PLAIN - HONEY WHEAT

ROLL-UPS: WHOLE WHEAT - FLAX - RED PEPPER - PLAIN
(Less Calories, Less Fat, Less Carbohydrates than a Regular Wrap)

CREATE YOUR OWN SALAD

YOU CHOOSE IT - WE'LL CHOP IT OR TOSS IT

CHOOSE YOUR GREENS

Mixed Greens	sm. \$1.99	md. \$2.99	lg. \$3.99
Crisp Romaine	sm. \$1.99	md. \$2.99	lg. \$3.99
Spinach	sm. \$1.99	md. \$2.99	lg. \$3.99

CHOOSE TOSS-INS

.50¢/each		.75¢/each	
Alfalfa Sprouts	Beets	Almonds	
Carrots	Celery	Artichoke Hearts	
Corn	Chick peas	Asparagus Tips	
Cucumbers	Red Onions	Broccoli Florets	
Green Pepper	Jalapenos	Dried Cranberries	
Snow Peas	Cherry Tomatoes	HardBoiled Egg	
Green Olives	Black Olives	Raisins	
Kidney Beans	Black Beans	Roasted Red Peppers	
		Sundried Tomatoes	
		Sunflower Seeds	
		Walnuts	
\$1.00/each		\$2.00/each	
Reduced-Fat Swiss	Grilled Chicken	Grilled Shrimp	
Reduced-Fat Cheddar	Albacore Tuna	Sirloin Steak	
Shaved Parmesan	All Natural Turkey		
Goat	Turkey Bacon		
Crumbled Blue	Portobello Mushrooms		
Crumbled Feta			

CHOOSE DRESSING

Balsamic Vinaigrette	Lite Caesar
FF Thousand Island	Caesar
Red Wine Vinaigrette	Lite Blue Cheese
FF Honey Dijon	FF Italian
Lite Parmesan Peppercorn	FF Ranch

HOT PANINI'S

Turkey Club/\$6.99

Fresh all natural turkey, crisp romaine lettuce, tomato, turkey bacon and low-fat cheddar cheese.

Chicken Parmesan/\$6.99

Grilled chicken breast, marinara sauce, and fresh low-fat mozzarella cheese.

Eggplant Parmesan/\$6.99

Grilled eggplant, marinara sauce, and fresh low-fat mozzarella cheese.

Grilled Vegetable/\$6.99

Grilled eggplant, squash, artichokes, roasted red peppers, portobello mushrooms and low-fat swiss cheese.

Tuna Melt/\$6.99

Albacore tuna with lite mayonnaise, crisp romaine lettuce, tomato and low-fat cheddar cheese.

Quesadilla/\$6.99

Grilled chicken breast, mild salsa, crisp romaine lettuce, tomato, and low-fat cheddar cheese. (sour cream on the side)

Portobello/\$6.99

Grilled portobello mushrooms, roasted red peppers, low-fat mozzarella cheese and balsamic vinaigrette.

Sirloin Steak / \$7.99

Sirloin steak, grilled portobello mushrooms, roasted red peppers, low-fat swiss cheese and horseradish sauce.

All Panini's served on your choice of healthy flat bread.

FLAT BREAD: WHOLE WHEAT - FLAX - RED PEPPER - PLAIN

SOUPS/ 8 OZ. \$2.79 12 OZ. \$3.39 16 OZ. \$4.39
TAKE HOME QUART \$7.49

HEARTY SOUPS PREPARED FRESH DAILY. PLEASE CALL OR CHECK WEBSITE FOR DAILY SPECIALS.

SMOOTHIES

Acai Energy / \$5.99

Apple Juice or Soy Milk, Acai, Banana and Strawberries.

Peanut Butter Banana / \$4.99

Fat Free Chocolate or Vanilla Frozen Yogurt, Skim or Soy Milk, Banana and Peanut Butter.

Strawberry Banana / \$4.99

Fat Free Chocolate or Vanilla Frozen Yogurt, Skim or Soy Milk, Strawberries and Banana.

Berry Blast / \$5.99

Fat Free Chocolate or Vanilla Frozen Yogurt, Skim or Soy Milk, BlackBerries, Raspberries, Blueberries and Strawberries.

Protein Blast / \$5.99

25 Grams of Whey Protein, Fat Free Chocolate or Vanilla Frozen Yogurt, Skim or Soy Milk.

SuperFood Power / \$4.99

Apple Juice, Green SuperFood and Banana.

Wheat Grass Energy / \$4.99

Apple Juice, Organic Wheat Grass, Banana and Raspberries.

Protein Oatmeal Blend/\$4.99

Rolled Oats, 25g of Whey Protein, and Peanut Butter.

SMOOTHIE NUTRITIONAL ADD-INS

Vitamin C/\$0.75

Creatine/\$0.75

Glutamine/\$0.75

Flaxseeds/\$1.00

Multi-Vitamin/\$1.50

Whey Protein/\$1.50

Wheat Grass/\$1.50

SuperFood/\$2.00

FAT FREE FROZEN YOGURT

Small Cup/\$2.39

Medium Cup/\$2.99

Large Cup/\$3.49

Pint/\$4.00

Quart/\$7.00

Yogurt Shake/\$3.99

LOCATION

5500 Sunrise Highway, Massapequa, NY 11758

Located in the shopping center with Waldbaums, Circuit City, Toys "R" Us, TJ Maxx, Linens & Things, Staples, and many others (next to Famous Footwear).



Tel: 516-541-5415 Fax: 516-541-5416

Fresh Portions™ is a healthy, fresh and all natural restaurant designed to cater to busy individuals who are conscious of their health and well being. Fresh Portions provides high energy foods for people on the go.

We are passionate about delivering quality, healthy and clean food free of preservatives and processing! We use only the highest quality ingredients for meals that are nutritionally-balanced, low in fat, low calorie & packed with nutritional benefits.

Everything is made to order.

FRESH
PORTIONS
HEALTHY CHOICES

MENU

WWW.FRESHPORTIONS.COM