

# SALADS

## THE GREEK 11.99

Organic field greens, roasted all-natural chicken breast, tomatoes, artichokes and red peppers, pickled red onions, olives and feta cheese, with garlic-feta vinaigrette and tzatziki

## RED, WHITE & BLUE 11.99

Organic field greens, fresh strawberries and blueberries, toasted walnuts and goat cheese, with balsamic vinaigrette

## CAJUN CRUNCH\*\* 12.99

Crisp romaine lettuce, applewood smoked bacon, cheddar jack cheese, toasted pecans and all-natural cajun chicken breast, with honey mustard dressing

## ASIAN CHICKEN\*\* 10.99

Super greens, roasted all-natural chicken breast, mandarin oranges, cucumbers, red peppers, peanuts and crispy noodles, with ginger-sesame vinaigrette

## BLUE COBB 13.99

Organic field greens, roasted all-natural chicken breast, fresh avocado, applewood smoked bacon, danish bleu cheese, tomatoes and cucumbers, with balsamic vinaigrette

## CLASSIC CAESAR 10.99

Roasted all-natural chicken breast, romaine, garlic croutons and shaved parmesan, with creamy caesar dressing

# SIDES

## HERBED QUINOA SALAD 3.99

## FRESH FRUIT 3.99

## KETTLE CHIPS 2.49

## PARMESAN RANCH PASTA SALAD 4.99

## SUPER GREENS SLAW 3.99

\*This item is served using raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness \*\* Contains nuts. Some menu items may have had contact with nuts. Please inform us of food allergy.

# SMOOTHIES

## BERRY BERRY BLAST 8.00

Strawberries, blueberries, low-fat greek yogurt and orange juice

## STRAWBERRY BANANA BOMB 8.00

Strawberries, banana, low-fat greek yogurt and orange juice

## THE GREEN 9.00

Fresh greens, banana, fresh avocado, almond milk and protein powder

## BLUEBERRY PEANUT BUTTER 8.00

Peanut butter, blueberries, banana, almond milk and protein powder

## PINEAPPLE MANGO 8.00

Pineapple, mango, low-fat greek yogurt and orange juice

Eat Well  
Live Well

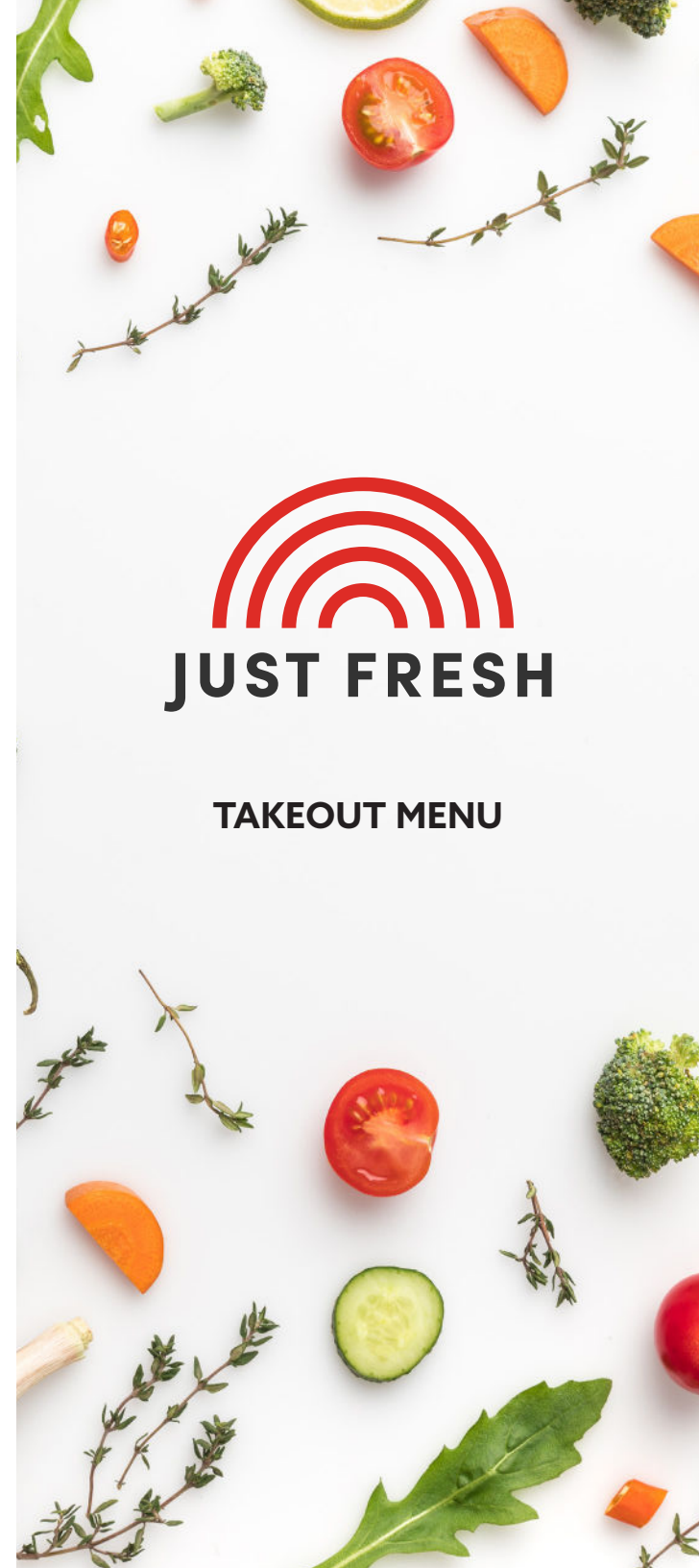
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**JUST FRESH**

**TAKEOUT MENU**



# HANDHELDS

SERVED WITH YOUR CHOICE OF SIDE

## CHICKEN CAESAR WRAP 9.99

Roasted all-natural chicken breast, romaine, garlic croutons, shaved parmesan and creamy Caesar dressing in a spinach wrap

## THE CUBAN 11.49

Roasted pork, ham, swiss cheese, pickles and mango dijonaise on toasted cuban bread

## CHICKEN CAPRESE 11.49

Roasted all-natural chicken breast, tomatoes, fresh mozzarella, fresh basil and balsamic glaze on toasted ciabatta bread

## THE ABLT 11.49

Applewood smoked bacon, avocado, sliced tomatoes, romaine and basil aioli on whole wheat bread

## PESTO CHICKEN SALAD 9.99

All-natural roasted chicken breast tossed with basil aioli, fresh cilantro and red onion, served with romaine and tomato on toasted wheat bread

## QC PULLED PORK 10.99

Wood-smoked pulled pork, our signature bbq sauce, pickles and honey mustard slaw on a fresh-baked roll

## JF CLUB 11.49

All-natural turkey breast, ham, applewood smoked bacon, cheddar cheese, sliced tomatoes, romaine and mayo on whole wheat bread

# SOUPS

## BROCCOLI AND CHEESE 5.99

SEASONAL 5.99

## HUMMUS + VEGGIE 9.99

Super greens, hummus, feta cheese, tomatoes, pickled red onions, cucumbers, with garlic-feta vinaigrette in a spinach wrap

## CALIFORNIA TURKEY 10.99

All-natural turkey breast, fresh avocado, provolone, arugula, tomatoes and basil aioli on wheat bread

## LITTLE RED ROOSTER 11.99

Roasted all-natural chicken breast, ham, applewood smoked bacon, provolone, organic lettuce, tomatoes and honey mustard in a tomato basil wrap

## GODFATHER 11.49

Ham, salami, pepperoni, provolone, romaine, tomatoes, hot pepper blend and balsamic vinaigrette on toasted ciabatta bread

## TUNA MELT 9.99

Homemade tuna salad with melted swiss cheese, tomatoes and red onions on toasted whole wheat bread

# QUINOA BOWLS

## WEST COAST BAJA 10.99

Your choice of carnitas pork or roasted all-natural chicken breast, black beans, roasted corn, fresh avocado, pickled red onions, cucumber, cilantro and tomatoes over quinoa with citrus vinaigrette

## MEDITERRANEAN 10.99

Roasted all-natural chicken breast, tomatoes, artichokes and red peppers, pickled red onions, olives, and feta cheese over quinoa with garlic-feta vinaigrette and tzatziki

## BRUSCHETTA BOWL 10.99

Roasted all-natural chicken breast, fresh mozzarella, fresh basil and tomatoes, topped with a balsamic glaze and served with balsamic vinaigrette on the side

# BREAKFAST

## FIVE POINTER BURRITO 7.99

Scrambled eggs, cheddar jack cheese, bacon, red peppers, and tomatoes in a whole wheat tortilla

## FRESH START BURRITO 7.99

Egg whites, fresh greens, swiss cheese, and fire-roasted red peppers in a whole wheat tortilla

## THE CLASSIC BURRITO 7.99

Scrambled eggs, hashbrowns, cheddar cheese and your choice of applewood smoked bacon or sausage

## AVOCADO TOAST 7.99

Toasted whole grain bread, fresh avocado, tomatoes, and everything bagel seasoning  
*add scrambled eggs or bacon bits +.99 each*

## THE JF BREAKFAST

## BOWL 9.99

Scrambled eggs, cheddar jack cheese, bacon, hashbrowns, green onions and diced red peppers

## HEART HEALTHY

## OATMEAL 4.99

100% whole wheat oats with brown sugar, cinnamon and raisins  
*add walnuts, pecans, strawberries or blueberries +.99 each*

## OLD FASHIONED GRITS 4.99

Southern-style grits  
*add cheddar jack cheese or bacon bits +.99 each*

## TODAY'S ASSORTED

## BAGELS 2.99

Served with choice of cream cheese or peanut butter

Substitute Egg Whites For **+1.50**