

fresh

cafe & market

1721 25th Street • West Des Moines
515.440.4700 • freshcafeandmarket.com

Organic, Local and Synthetic-Free

We are committed to working with local farmers and vendors to bring the best to our table. We blend traditional, as well as organic, local and synthetic-free ingredients to create our menu.

Our Menu changes often because we work with fresh, seasonal products.

*Check out our NEW
BioDegradable Utensils & Cups
Made from Corn Starch*

Fresh Catering

10.75 **Boxed Lunch** includes a wrap or sandwich, side of veggies and dip (Hummus or Yogurt Ranch) or fruit and yogurt & a whole wheat cookie

7.25 **Sack Lunch** includes a wrap or sandwich, baked chips & a whole wheat cookie

**Substitute your cookie in either the Box or Sack Lunch for a Guilt Free Brownie for an additional .75 or a Bag of Granola for an extra 1.25*

5.25 **Fresh Market Salad** - add turkey, tuna or hummus for an extra 1.50

3.50 **Soup of the Day**

1.00 **Bottled Water Sport Cap**

2.00 **Specialty Bottled Water**

16.00 **Gallon of Fresh Lemonade**
Regular - made with fresh lemons
Green - made with fresh lemons, apples & kale
Berry - made with fresh lemons and seasonal berries

On Site Smoothies 6.00 per person with a 12 person minimum (2 smoothie choices)
Add Wheatgrass for an extra 3.00 per person

On Site Wheatgrass for 4.50 per person with a 12 person minimum

Delivery is FREE with orders of 200.00 or more within the Des Moines Metro area

Fresh Catering Items

Hummus & Veggie Wrap

Wrap with Hummus, Organic Greens & Seasonal Veggies

Mediterranean Wrap

Wrap with Organic Greens, Fresh Veggies, Seasoned Olives, Tomatoes, Cheese, Lemon & Olive Oil

“Jenny” Wrap (a protein power packed athletes dream)

Wrap with Organic Spinach, Broccoli, Black Beans, Albacore Tuna, Hummus, Avocado & Lemon

Mexi Wrap

Wrap with Pinto Beans, Black Beans, Cheese, Organic Greens, Seasoned Olives, Tomatoes & Avocado

Tuna Wrap or Sandwich

Albacore Tuna with Organic Greens topped with Lemon & Olive Oil or Mayo

Turkey Wrap or Sandwich

Fresh Turkey and Cheese with Organic Greens & Avocado

Ham & Cheese Wrap or Sandwich

Smoked Ham & Cheese with Organic Greens & Dijon mustard

Egg Salad Wrap or Sandwich

Organic/Cage Free Eggs blended with mayo or veganaise topped with Organic Greens, red onions & celery

More Healthy Alternatives • Custom Catering Available • Picnics To Go •

Fresh Fruit or Vegetable Trays

Fresh Fruit or Veggie “Pizzas”

Hummus & Pita

Italian Pesto & Bruschetta

Healthy Nacho’s

Healthy Sweet Treat Trays

Assorted Sliced Wraps/Pinwheels

Pastas Hot & Cold

Soups & Salads

Breakfast Items Available:

Oatmeal Bar

Egg & Veggie Wraps

Veggie Quiche

Whole Wheat Honey Waffles with Fruit

Baked French Toast

Custom Blended Juices & Smoothies

NEW Juicy Detox Programme available (1-7 day plans ready for you to pick up)