



# FRESH twist



## GRAIN BOWLS \$11.5

### FALAFEL BOWL

Warm Rice, Super Blend, Cucumber, Pickled Onion, Tomato, Hummus, Falafel, Parsley.  
Suggested Dressings: Lemon Tahini, Rad Ranch, Pink Garlic  
Boost your Bowl with Pita Chips & a Funky Fountain Drink \$4

### BUDDHA BOWL

Warm Rice, Roasted Sweet Potatoes, Broccoli, Crispy Chickpeas, Carrots, Cabbage, Smashed Avocado, Peanuts, Scallions.  
Suggested Dressings: Sesame Ginger or Lemon Tahini  
Boost your Bowl with OH! Chips & a Funky Fountain Drink \$4

### TACO BOWL

Warm Rice, Black Beans, Tomatoes, Corn, Roasted Peppers & Onions, House Made Walnut Taco "meat", Avocado, Sweet & Spicy Jalapeño, Scallion, Tortilla Crunch.  
Suggested Dressing: Lime Chipotle Vinaigrette  
Boost your Bowl with Tortilla Chips & a Funky Fountain Drink for \$4

### POKE BOWL

Warm Rice, Organic Baked Tofu, Cucumber, Radish, Purple Cabbage, Carrot, Pickled Onion, Avocado, Cilantro, Sesame Seeds.  
Suggested Dressing: Sesame Ginger  
Boost your Bowl with Wonton Chips & a Funky Fountain Drink \$4

## SALAD BOWLS \$11.5

### ASIAN CRUNCH SALAD

Mixed Greens, Super Blend, Quinoa, Carrots, Edamame, Sweet Corn, Baked Tofu, Scallions, Peanuts.  
Suggested dressing: Sesame Ginger  
Add Wonton Chips for \$1.95

### SKINNY GREEK SALAD

Mixed Greens, Super Blend, Chickpeas, Pickled onion, Beets, Cucumber, Tomatoes, Falafel  
Suggested Dressing: Lemon Tahini, Rad Ranch, Pink Garlic  
Add Pita Chips for \$1.95

### SWEET GREENS SALAD

Mixed Greens, Super Blend, Quinoa, Apples, Dates, Sweet Peas, Carrot, Radish, Avocado, Sunflower Seeds  
Suggested Dressing: Lemon Tahini or Rad Ranch  
Add sweet Potato Chips for \$1.95

### TACO-BOUT SALAD

Mixed Greens, Sweet Corn, Carrot, Cucumber, Tomato, Walnut Taco "meat", Avocado, Tortilla Crunch. Suggested Dressing: Lime Chipotle Vinaigrette or Rad Ranch  
Add Tortilla Chips for \$1.95

## PLANT POWERED PROTEIN WRAPS \$11.5

### TACO BURRITO

Warm rice, Black Beans, Corn, Walnut Taco "meat", Tomato, Avocado, Cilantro, Lime Chipotle Vinaigrette. Wrapped in a protein rich, high fiber, flax tortilla.  
Mighty Meal: add a funky fountain drink and tortilla chips \$4

### FALAFEL WRAP

Organic Hummus, Super Blend, Fresh Falafel, Cucumber, Tomato, Pickled Onion, Quinoa, Rad Ranch & Lemon Tahini. Wrapped in a protein rich, high fiber, flax tortilla.  
Mighty Meal: add a funky fountain drink and pita chips \$4

### WE HEART THE CHICKS

A chickpea + hearts of palm salad that's creamy, crunchy, and has just the right amount of kick. (Think fish-less tuna salad) Wrapped in a protein rich, high fiber, flax tortilla with spinach, carrot & tomato.  
Mighty Meal: add a funky fountain drink and spicy pickle chips \$4

### TOFU BURRITO

Superfood blend, Quinoa, Corn, Edamame, Tofu, Avocado, Cilantro, Sesame Ginger Dressing. Wrapped in a protein rich, high fiber, flax tortilla.  
Mighty Meal: add a funky fountain drink and wonton chips \$4

## LOADED LOCAL TOAST \$8

### BANA-NUT TOAST

Mediterra Bread - Almond Butter, or Organic Peanut Butter + Organic Banana, Chia Seeds, & Raw Honey

### AVOCADO TOAST

Mediterra Bread - Smashed Avocado  
Cucumber - Radish - Hemp Hearts  
Lemon Tahini · Pink Salt  
Add Sweet & Spicy Jalapeño \$ .50  
Add Tomato \$ .50

### CRISP CUCUMBER TOAST

Mediterra Bread  
Organic Hummus + Chopped Cucumber  
+ House made Pickled Onion  
Lemon Tahini



SUBSTITUTE GLUTEN FREE BREAD + \$1.5

Fresh-twist is a plant centric kitchen established in Steubenville, Ohio in 2019. Our mission is to provide delicious plant-based food and nutrition education to promote health and wellness within our community. Our menu was created by a Certified Holistic Health Coach. We use fresh, delicious ingredients that are nutrient dense, healing, and energizing because we believe that Food is Medicine. Our recipes provide a synergistic blend of complex carbohydrates, phytonutrients, antioxidants, plant-based protein, fiber and healthy fats. We also make an effort to source our food organically, locally, and sustainably. While our menu items can be adjusted to provide allergy friendly options, we cannot completely prevent the crossing of our numerous fresh ingredients.

Allergy Statement: Menu items may contain or come into contact with wheat, soy, eggs, peanuts, tree nuts, milk and other allergens.

## FRESH JUICE \$10

### GREEN DAY

Detoxify, energize, alkalize, and combat inflammation with our organic GREEN DAY juice. Cucumber, Apple, Spinach, Kale, Lemon

### BEET IT

Boost endurance, immunity and blood flow with our organic BEET IT juice. Apple, Beet, Lemon, Ginger

### 24 CARROT MAGIC

Cleanse and support your body's digestive & immune systems with our organic 24 CARROT MAGIC juice. Inspired by the Gerson Therapy. Carrot, Apple, Orange, Lime

## SMOOTHIES \$7

### MATCHA ON MY MIND

Naturally packed with antioxidants, vitamins, minerals, amino acids, and ECGs - it's no wonder we can't get this smoothie off our mind. Unsweetened Vanilla Almond Mylk, Banana, Mango, Pineapple, Spinach, Certified Organic Matcha Green Tea

### PINK WIG

This combination of Beets and Berries is sure to give you a boost. That's why we've created two versions of this supercharged smoothie.

\*Add Peanut Butter for a PB&J version \$1

**Option 1 --- Sweet Banana Berry:** Unsweetened Vanilla Almond Mylk, Banana, Dark Cherries, Strawberries, Beets

**Option 2--- Veggie Berry:** Low in Carbs, High in Health Benefits. Almond Mylk, Cauliflower, Dark Cherries, Strawberries, Beets

### I'M IN LOVE WITH THE COCO

Hydrate and fight inflammation with this tropical smoothie. Organic Coconut Water, Coconut Mylk, Banana, Pineapple, Mango, Dates, Turmeric.

### PURPLE RAIN

This Purple smoothie is packed with Antioxidants. Blueberries, Banana, Unsweetened Vanilla Almond mylk, and a drizzle of peanut butter. Suggestion: add vanilla protein to make it a meal!

ALL OF OUR JUICES, SMOOTHIES, AND BOWLS ARE MADE WITH ORGANIC INGREDIENTS

UPGRADE WITH: PLANT PROTEIN BOOSTS- CLASSIC, VANILLA, OR CHOCOLATE \$2

GINGER EO \$1 - MACA \$1 - CHIA SEEDS \$1 - HEMP HEARTS \$1 - BLUE MAJIK \$1 - SWEET DATES \$1

## SMOOTHIE BOWLS \$8

### THIS SUNDAE IS FIRE

Organic Dragon Fruit, Granola, Fresh Kiwi, and Banana.

### ACAI YOU BABY

Blended Almond Mylk, Peanut Butter, Acai, and Banana. Layered with Granola, Sliced Banana, and Peanut Butter.

## FRESH KIDS



### PB & JUMP \$6.5

Organic Nut Butter & Banana Roll-up with veggie salad and hummus or rad ranch

### FRESH TWIST JUNIOR CHEF \$6.5

Build your own kid's size bowl using our build your own menu!

### DRAGON FRUIT CONE, SUNDAE OR FLOAT \$4.5

## BYO BUILD YOUR OWN \$10



SNAG A COPY OF OUR BYO MENU, FILL IT OUT, AND WE'LL CREATE YOUR CUSTOM BOWL, SALAD, OR WRAP

STEP 1 - ALL ABOUT THAT BASE

CHOOSE 1 OR MIX

STEP 2 - PICK FOUR FRESH TOPPINGS

ITEMS MAY VARY BASED ON SEASON. (EXTRA TOPPINGS \$.5 EACH)

STEP 3 - UPGRADE WITH PREMIUM PLANT FOOD \$1.5 EACH



STEP 4 - GIVE IT SOME CRUNCH

STEP 5 - DRESS IT UP

EXTRA DRESSING  
\$.75 EACH

WE WANT TO SEE YOUR CUSTOM CREATION!  
POST IT AND TAG @EAT.FRESH TWIST #EATFRESHTWIST

## ON THE DAILY

NO-GUILT VEGAN TREATS (ASSORTED)

FUNKY FOUNTAIN DRINKS \$2.25

SPECIALTY DRINKS: \$3

-HOLISTIC ORGANIC TEAS

-ORGANIC COFFEE

-ICED COLD BREW COFFEE OR LATTE

NEED A RESET? TRY A FRESH TWIST ONE DAY CLEANSE:  
INCLUDES 3 JUICES (BEET IT, 24 CARROT MAGIC, GREEN DAY)  
AND ONE FRESH TWIST SALAD \$40