

EAT GOOD

FRESH  
twist

FEEL GOOD

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

BUDDHA BOWL

Warm Rice, Roasted Sweet Potatoes, Broccoli, Crispy Chickpeas, Carrots, Cabbage, Smashed Avocado, Peanuts, Scallions.

Suggested Dressings: Sesame Ginger or Lemon Tahini

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

POKE BOWL

Warm Rice, Organic Baked Tofu, Cucumber, Radish, Purple Cabbage, Carrot, Pickled Onion, Avocado, Cilantro, Sesame Seeds.

Suggested Dressing: Sesame Ginger



Fresh Tip: Boost your grain bowl, request 1/2 greens 1/2 rice! Choose from Super Kale Blend, Romaine, Mixed Greens, or Spinach



SALAD BOWLS \$11.5

ASIAN CRUNCH SALAD

Mixed Greens, Super Kale Blend, Quinoa, Carrots, Edamame, Sweet Corn, Organic Baked Chick'n, Scallions, Peanuts.

Suggested dressing: Sesame Ginger

SKINNY GREEK SALAD

Mixed Greens, Super Kale Blend, Chickpeas, Pickled onion, Beets, Cucumber, Tomatoes, Falafel

Suggested Dressing: Lemon Tahini, Rad Ranch, Pink Garlic

SWEET GREENS SALAD

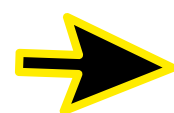
Mixed Greens, Super Kale Blend, Quinoa, Apples, Dates, Sweet Peas, Carrot, Radish, Avocado, Sunflower Seeds

Suggested Dressing: Lemon Tahini or Rad Ranch

TACO-BOUT SALAD

Mixed Greens, Chopped Romaine, Sweet Corn, Carrot, Cucumber, Tomato, Walnut Taco "meat", Avocado, Tortilla Crunch.

Suggested Dressing: Lime Chipotle Vinaigrette or Rad Ranch



Fresh Tip: Add a slice of warm toasted farmhouse bread for only \$1

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.

FALAFEL WRAPTOR

Organic Hummus, Super Kale Blend, Fresh Falafel, Cucumber, Tomato, Pickled Onion, Quinoa, Rad Ranch & Lemon Tahini.

Wrapped in a protein rich, high fiber, flax tortilla.

ASIAN CHICK'N WRAP

Super Kale blend, Quinoa, Corn, Edamame, Baked Organic Chick'n, Avocado, Cilantro, Sesame Ginger Dressing.

Wrapped in a protein rich, high fiber, flax tortilla.

WE HEART THE CHICKS

A chickpea + hearts of palm salad that's creamy, crunchy, and has just the right amount of kick. (It's like chicken or tuna salad but even better in our op) Wrapped in a protein rich, high fiber, flax tortilla with spinach, carrot & tomato.

Fresh-twist Fan Favorite: turn this wrap into a salad or rice bowl - so good!

CHICK'N FAJITA BURRITO

Avocado, Fajita Peppers, Black Beans, Tomato, Chick'n, Rice, Romaine, Cilantro, Lime Chipotle Vinaigrette.

Wrapped in a protein rich, high fiber, flax tortilla.

CHOOSE YOUR TORTILLA: WHEAT, WHITE, SPINACH, TOMATO

Our house made organic baked CHICK'N is made from plants (tofu) not chickens!

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

www.fresh-twist.com

@eat.freshtwist

CALL AHEAD FOR PICK-UP & DELIVERY 740-214-1575

2311 Sunset Blvd. Steubenville, Ohio

\*Prices subject to change

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

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.

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## FRESH JUICE \$10

WE MAKE AND BOTTLE OUR JUICES RIGHT HERE IN OUR FRESH-TWIST KITCHEN.

OUR JUICES ARE MADE IN SMALL BATCHES USING ONLY THE HIGHEST QUALITY, FRESHEST INGREDIENTS. THE INGREDIENTS FOR OUR JUICES ARE DETERMINED BY SEASONAL AVAILABILITY FOR FRESH FRUITS & VEGETABLES TO PROVIDE MAXIMUM HEALTH BENEFITS.

## 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

## NICECREAM

### THIS SUNDAE IS FIRE \$8

Organic Dragon Fruit, Granola, and Banana.

### ACAI YOU BABY \$10

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

HOURS:  
Monday thru Thursday 9am-6pm  
Friday & Saturday 9am-3pm  
Sunday Closed

Phone: 7402141575

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## FRESH KIDS

### PB & JUMP \$5.5

Organic Nut Butter & Banana Roll-up with apples or 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!

### THAT'S MY JAM \$7.5

The classic sandwich, with a Fresh-twist. Almond or Peanut Butter with Organic Strawberry Jam. Choose your side: bag of chips, a banana, apples or cucumbers and hummus



DRAGON FRUIT KIDS CUP \$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

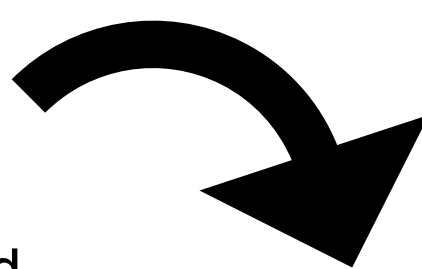
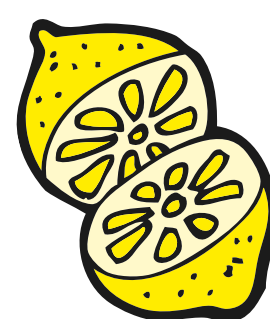
STEP 2 - PICK FOUR FRESH TOPPINGS

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



STOP IN OR CHECK OUT OUR SOCIAL MEDIA FOR SEASONAL SPECIALS LIKE BROTH BOWLS, TOMATO SANDWICHES, SMOOTHIES, LOCALLY MADE PROTEIN BARS, AND MORE!  
@EAT\_FRESH TWIST #EATFRESHTWIST



## ICYMI

NO-GUILT VEGAN TREATS (ASSORTED)

ASSORTED ENERGY DRINKS

-HOLISTIC ORGANIC FRESH BREWED TEAS \$3

-ORGANIC HOT COFFEE \$3

-ICED ORGANIC COLD BREW WITH COLD FOAM \$4

WE MAKE OUR FRESH-JUICE RIGHT HERE IN OUR FRESH-TWIST KITCHEN. SOMETIMES ITS A CHALLENGE TO KEEP UP WITH DEMAND, WE APOLOGIZE IF WE ARE SOLD OUT OF JUICE TODAY.

EAT GOOD, FEEL GOOD

CALL FOR PICK-UP AND DELIVERY OPTIONS

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GOOD HEALTH IS THE GREATEST GIFT  
GIVE FRESH TWIST GIFT CARDS!

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