



**1** TOSS IN TWO  
**BASES**



**2** PICK TWO  
**VEGGIES**



**3** PILE ON TWO  
**PROTEINS**



**4** SAUCE  
**IT UP**



FRESH  
KITCHEN

**Small** 7.45 **Regular** 9.95

**Family** 34 **Feast** 65

Feeds 4 people

Feeds 8 people

**Family or feast only one choice of base and protein**

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FreshKitchenTampa.com  
813.280.0515  
1350 S. Howard Avenue  
Tampa, FL 33606

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**Catering Delivery  
& Family Orders**

Jessica Ciallella  
813.833.2201

## 1 BASE

Brown Rice

Kale Slaw

Veggie Quinoa

Daily Potato

Select two

Perfect Spice Rice

Summer Salad Mix

Sweet Potato Noodles

Daily Base

## 2 VEGGIES

- d Parmesan Broccoli  
Roasted Mushrooms  
Coconut Cauliflower

Roasted Brussel Sprouts

Local Seasonal Vegetable

**Extra Scoop of Veggie +1.5**

Select two

## 3 PROTEIN

BBQ Chicken

Baked Chicken Tenders

Grilled Citrus Chicken

**Extra Scoop of Protein +2**

Chia Seed Tuna Poke



+ 1.5

Grilled Steak



+ 1.5

Chia Seed Teriyaki Tofu

Select two

## 4 SAUCE

Creamy White Ginger

Herb Balsamic Vinaigrette

Holy Kale

Coconut Sriracha

Cucumber Jalapeño

Cold-pressed dressings made daily

d - contains dairy

We always use the freshest ingredients.

All meats are antibiotic and hormone free.

Available menu items can change depending on availability, especially veggies.

Kids select one of each base, protein and veggie.

## Extras

Sauce +.25

Bean & Corn Salsa +.5

Assorted Cheeses +.5

Avocado Salad +2

## Drinks

Check out our website for a complete list of our cold pressed juices, infused teas and homemade almond milks.

All items gluten & dairy free unless otherwise indicated.  
All meats antibiotic and hormone free.