

juices

All juices £2.95 sit in or take out

Morning After

Orange, apple, carrot & ginger

Energy Burst

Pineapple, apple, grape & pear

Daily Detox

Apple, melon & strawberry

Afternoon alert

Orange, carrot, apple & pineapple

Gym junkie

Pineapple, melon & apple

Fresh Favourite

Carrot, orange & ginger

boosters: 50p extra

Milk Thistle: detoxifies your liver

Ginseng: gives you energy!

Passion Flower: soothing properties

Eiacea: immunity boost

coffee & tea

	regular / large
Espresso	£1.60 / £1.90
Americano	£1.70 / £1.90
Latte	£1.90 / £2.10
Cappuccino	£1.90 / £2.10
Mocha	£2.10 / £2.30
Chai Latte	£1.95
Regular Tea	£1.50
Green Tea	£1.70
Chai tea	£1.70
Specialty Teas	£1.70
Hot Chocolate	£1.90 / £2.10

fresh café & coffeeshop.

51 Cochrane Street, Glasgow G1 1HL · Tel: 0141 552 5532
email: info@fresh.com · www.fresh.com

smoothies

All smoothies £2.95 sit in or take out

Made with lo-fat yoghurt

Five with fresh

Orange, apple, grape, strawberry & yoghurt

The Berries

Apple, three seasonal berries & yoghurt

Bug Buster

Orange, pineapple, mango, lime & yoghurt

Muscle punch

Orange, pineapple, banana, strawberry & yoghurt

Femme Fatale

Pineapple, strawberry, raspberry, grapefruit & yoghurt

Detox Special

Carrot, celery, cucumber & apple

milkshakes

All milkshakes £2.95 sit in or take out

Freshly Squeezed OJ £2.15

Fruit Bowls regular / large
£1.95 / £2.95

Why not ask for your own choice
of juice or smoothie –
you decide on the ingredients!

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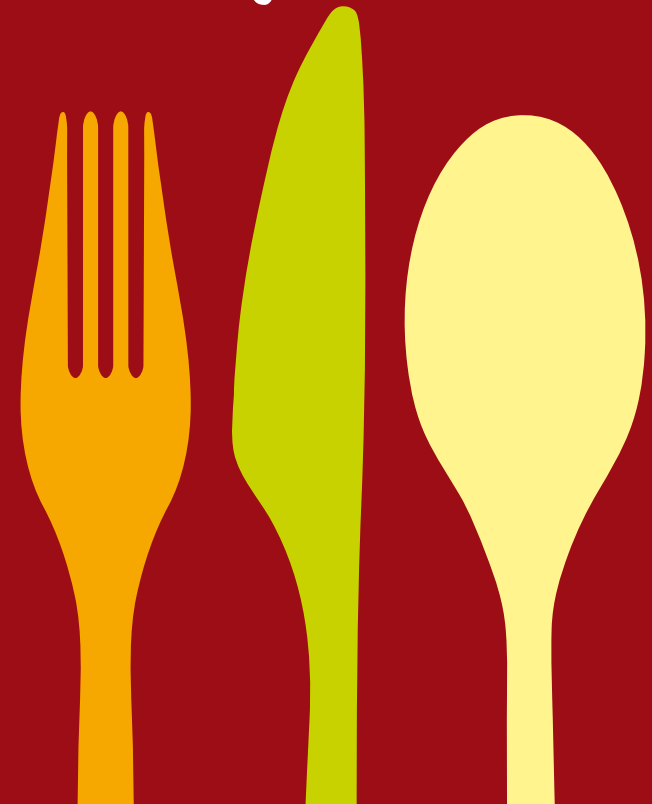
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fresh
café & coffeeshop

menu

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breakfast

sit in / take out

Toast & Jam	£1.30
Croissant & Jam	£1.75
Plain bagel	£1.50
New York Bagel	£3.15
Muesli	£1.50
Porridge	£2.50 / £2.00
Scrambled eggs with toast	£2.50 / £1.90
Breakfast a-go-go smoothie	£2.95
Freshly squeezed OJ	£2.15

freshh soups

Served with chunky bread
& butter. See daily specials board.

Sit in	£3.95
Take out	£2.95

baked potatoes

Sit in	£3.95
Take out	£2.95

Variety of fillings including
butter, cheese, tuna, chicken, gammon.

Additional fillings from 30p

sandwiches

bread

Sandwich or Morton's Roll	
Seeded Rolls, Wraps, Baguettes or Panninis	add 30p
Bagels or Croissants	add 50p

fillings

Gammon	£2.30
with salad	£2.75
Roast beef	£2.30
with salad	£2.75
Pastrami, cream cheese & dill pickle	£2.85
Blt	£2.60
Roast chicken	£2.30
with salad	£2.75
Caesar chicken	£2.75
Sweet chilli	£2.75
Cajun	£2.75
Flaked salmon	£2.85
Smoked salmon with cream cheese	£2.95
Prawn/crayfish	£3.50
Tuna & sweetcorn mayo	£2.50
Tuna cheese melt	£2.70
Egg mayo	£2.25
Mozzarella, tomato & basil	£2.60
Cheddar cheese & pickle	£2.30
Roast veg & goats cheese	£2.65
Brie, grape & cranberry	£2.70
Hummus & carrot	£2.50

Extra fillings from 50p.

salads

Ask for chunky bread

Greek	£3.30
Prawn/Crayfish mayo	£3.50
Mango Chicken	£3.30
Noodle salad	£3.00
Caesar Chicken	£3.30
Smoked salmon	£3.50

extra toppings from 50p

We are happy to make your sandwich
or salad "your way" - just ask us.

deals

Have soup or a juice with a sandwich
or a Morton's roll for £4.75 to go
or £5.75 staying in. Please add 50p for
other breads or salmon, prawn
or pastrami

Eating in

Add £1.00 to the sandwich & soup
prices to cover VAT and other costs if
you're staying in.

Our sit in sandwiches come
with a side salad and crisps

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