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Southpark / Harris YMCA  
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# MENU

Uptown / Southpark

[www.JustFresh.com](http://www.JustFresh.com)

## Breakfast

Wraps or Make it a Bowl \$4.49

### Sausage & Cheddar

Turkey or pork sausage, scrambled eggs, and cheddar cheese in a flour tortilla

### Five Pointer

Scrambled eggs, cheese, applewood smoked bacon, green peppers, and tomatoes in a flour tortilla

### Huevos

Scrambled eggs, pepper jack cheese, black beans, salsa, and red onions in a flour tortilla

### Fresh Start

Egg whites, organic baby spinach, Swiss cheese, and roasted red peppers in a wheat tortilla

Sandwiches \$4.49

### Rise & Shine

Turkey or pork sausage, egg whites, avocado, and pepper jack cheese on a honey wheat English muffin

### Create Your Own: Scrambled eggs or egg whites and your choice of

Bread: wheat, country sourdough, or artisan ciabatta

Cheese: cheddar, Swiss, pepper jack, or provolone

Meat: turkey sausage, pork sausage, ham, or applewood smoked bacon

A La Carte

### Applewood Smoked Bacon, Turkey or Pork Sausage \$1.49

### Steel Cut Organic Oats

Cup \$1.69 Bowl \$2.29

With brown sugar, cinnamon, and raisins

Add walnuts, pecans, strawberries, or blueberries for \$0.79 each

### Old Fashioned Grits

Cup \$1.59 Bowl \$1.99

Add cheddar or bacon bits for \$0.79 each

### Bagels

\$1.39

Plain, Wheat, Cinnamon Raisin, Everything

Add plain, strawberry, veggie cream cheese or peanut butter for \$0.79

## Smoothies



Add avocado, spinach, organic baby kale, protein, or extra fruit for \$0.99 each

We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat, and others) as we use shared equipment to store, prepare, and serve them.

### The Green Smoothie

\$5.79

Banana, organic baby kale, avocado, almond milk, simple syrup, and protein

### Strawberry Banana Bomb

\$3.99

Strawberries, banana, low fat yogurt, orange juice, and simple syrup

### Berry Berry Blast

\$3.99

Blueberries, strawberries, low fat yogurt, orange juice, and simple syrup

# Salads

Regular \$8.99 / Small \$5.59

Add all natural freshly roasted chicken for \$2.29 or Cajun chicken for \$2.59

## Blue Cobb

Organic field greens, all natural freshly roasted chicken breast, crumbled blue cheese, tomatoes, cucumbers, and applewood smoked bacon with blue cheese dressing

## Cajun Crunch

Crisp romaine lettuce, applewood smoked bacon, cheddar jack cheese, toasted pecans, and all natural freshly roasted Cajun chicken breast with honey mustard dressing

## Mandarin

Organic field greens, Mandarin oranges, toasted almonds, roasted red peppers, edamame, and Chinese noodles with sesame ginger vinaigrette

## Mozzabella

Organic field greens, fresh mozzarella cheese, roasted portabella mushrooms, tomatoes, roasted red peppers, and toasted pecans with balsamic vinaigrette

## Red, White & Blue

Organic field greens, fresh strawberries & blueberries, toasted walnuts, and goat cheese with balsamic vinaigrette

## Kale Yeah!

Organic baby kale, Mandarin oranges, goat cheese, sunflower seeds, and granola with fat-free raspberry vinaigrette

Regular \$7.69 / Small \$4.59

Add all natural freshly roasted chicken for \$2.29 or Cajun chicken for \$2.59

## Caesar

Crisp romaine lettuce topped with parmesan cheese and croutons with Caesar dressing

## Spinach

Organic baby spinach, sliced mushrooms, hard boiled egg, applewood smoked bacon, and sunflower seeds with white balsamic shallot vinaigrette

# Soups & Sides

## Sonoran

All natural freshly roasted Cajun chicken breast, black beans, avocado, red onions, and tomatoes over quinoa with low fat cilantro lime vinaigrette

## Macchu

All natural freshly roasted chicken breast, feta cheese, tomatoes, toasted almonds, and avocado over quinoa with white balsamic shallot vinaigrette

## Fungo

Portabella mushrooms, baby kale, goat cheese, sunflower seeds, and edamame over quinoa with basil pesto and balsamic vinaigrette

Add all natural freshly roasted chicken breast for \$2.29

## Soups

Cup \$3.69 Bowl \$4.49

- Broccoli & Cheese
- Chicken Noodle
- Garden Vegetable
- Turkey Chili (Add \$0.99)
- Seasonal Selection

## Sides

\$1.99

- Parmesan Ranch Pasta Salad
- Fresh Fruit Salad
- Green Pea Salad
- Quinoa Salad
- Deep River Chips
- Mac & Cheese Cup \$3.69
- Mac & Cheese Bowl \$4.49

\$8.69

# Sandwiches & Wraps

All sandwiches and wraps include a side.

Substitute gluten free bread for \$1.49

\$8.99

## Godfather

Ham, Genoa salami, pepperoni, provolone cheese, lettuce, tomatoes, hot pepper blend, and balsamic vinaigrette toasted on artisan Ciabatta bread

## Chicken Caprese

All natural freshly roasted chicken breast, tomatoes, fresh mozzarella cheese, basil pesto, and balsamic vinaigrette toasted on artisan Ciabatta bread

## Penny's Pig

Ham, Penny's Jalapeño Pimiento Cheese, applewood smoked bacon, lettuce, and tomato toasted on an artisan French baguette

## Bellissimo

Roasted portabella mushrooms, organic baby spinach, fresh mozzarella cheese, roasted red peppers, and tomatoes with basil pesto toasted in a wheat tortilla

## Tuscan Chicken

All natural freshly roasted chicken breast, organic baby spinach, roasted red peppers, goat cheese, balsamic glaze, and basil pesto toasted on a multi-grain roll

## California Turkey

All natural freshly sliced turkey breast, avocado, provolone cheese, lettuce, tomatoes, and mayo on whole wheat bread

All sandwiches and wraps include a side. Substitute gluten free bread for \$1.49

\$7.99

## Florentine

All natural freshly roasted chicken breast, zesty artichoke parmesan spread, Swiss cheese, organic baby spinach, and tomatoes toasted in a spinach herb tortilla

## Little Red Rooster

All natural freshly roasted chicken breast, ham, applewood smoked bacon, provolone cheese, lettuce, tomatoes, and honey mustard toasted in a tomato basil tortilla

## Mexicali

All natural freshly roasted chicken breast, pepper jack cheese, lettuce, tomatoes, and chipotle mayo toasted on a multi-grain roll

## Franita

All natural freshly sliced turkey breast, zesty artichoke parmesan spread, lettuce, and tomatoes toasted on an artisan French baguette

## Bahama Mama

All natural freshly roasted chicken breast, feta cheese, roasted red and green peppers, lettuce, and island jerk sauce toasted in a tomato basil tortilla

\$6.99

## Very Veggie

Cucumbers, carrots, green peppers, avocado, organic field greens, tomatoes, provolone cheese, and buttermilk ranch in a spinach herb tortilla

## Dijon Dill Chicken Salad

Dijon dill chicken salad, lettuce, and tomatoes on toasted whole wheat bread

## Tuna Melt

Tuna salad with melted Swiss cheese, tomatoes, and red onions toasted on country sourdough bread

## Spicy Pimiento Cheese

Locally made Penny's Jalapeño Pimiento Cheese toasted on cranberry-raisin-walnut bread