










High protein selection sandwiches	\$8.99
CURRY CHICKEN BREASTwith a curry sauce mango chutney wrap, avocado, tomatoes brie cheese, onion ,pepper and lettuce	
TERIYAKI LEAN STEAK Gluten Free wrap sautéed mushroom, horseradish, provolone cheese, spinach and tomatoes	
CHICKEN PASTO SALAD cranberry apple, celery walnut ,cucumber , lettuce, red onion & pepper	
SOUP AND SALAD \$12.99	
Seafood selection	\$8.99
PARMESAN TUNA SALAD ... lettuce, celery, pickle , avocado, tomatoes, cucumber, olive & banana pepper	
Vegetarian sandwiches	\$8.99
Hummus Paste ... Gluten Free wrap lettuce, tomatoes, sautéed mushroom ,brie cheese spinach leave ,olive ,pepper and red onion	
Beans Paste Gluten Free wrap lettuce, tomatoes, sautéed mushroom ,brie cheese spinach leave ,olive ,pepper and red onion	
Vegetarian Burger veg burger Multigrain bun Swiss Cheese, lettuce, tomatoes, pickles, red onion, and mustard	
PLATTERS OF SANDWICHES AND WRAP FOR PARTIES AND BANKQUETS. CALL A DAY AHEAD	
Platter for.... 25 people	\$ 130.00
Platter for.... 50 people	\$240.00



LET'S FRESH POWER SMOOTHIES & SANDWICHES KEEP YOU HEALTHY AND SMILING

www.freshpowersmoothies.com



**ALL ORGANIC/NATURAL
FRESH & HEALTHY FOOD &
DRINKS / GLUTEN FREE**

**Call in and order:
Phone # (941) 505-8815**



**Come in and order:
117 Herald Court, unit 1111
Punta Gorda, FL 33950**








**Opening Hours:
Monday - Friday 8:30am to
5:00pm
Saturday @ the farmers
market 8:00am -1:00 pm
Closed on Sunday**









**Serving Breakfast, Lunch and
early afternoon Snack till 5:00
pm**

Ask for the daily special!



Gourmet coffee	
Colombia, Jamaica, Cuban, French	\$ 3.00
Ice coffee	\$3.50
Organic hot tea	
Regular	\$ 2.10
Decaf	\$ 1.99
Hot coco	\$3.99
Beverages	
Pure leaf sweeten ice tea	\$3.00
Unsweet Organic jasmine green tea	\$ 3.50
Perrier water	\$2.50
Organic Green tea latte	\$3.75
spring bottle water	\$1.75
yerba mate	\$3.85
Breakfast	
Fresh banana	\$1.00
Fresh orange	\$1.00
Fresh apple	\$1.00
Light and healthy Breakfast bar	\$ 4.99 
Bagel with cream cheese & salami	\$ 3.99 
All Fresh fruits with plain natural Greek yogurt & Granola	\$ 4.99 
Organic cookies almond nuts ,pecan nuts coconut raisin almond flour & chocolate chip	\$2.50 

Start your day with a power smoothies* less than 300 calories	\$8.99
Blue berry, cottage cheese chai seed, almond milk, vanilla, coffee, cinnamon Banana, raw oatmeal, honey, Greek yogurt orange juice & pine apple	
Let Build together your own Smoothies of your choice of Fruits, Veg etc.	\$7.25
Banana, pineapple, blue berry, Strawberry, mango, papaya, yogurt, oatmeal, cottage cheese, protein powder, milk, juice, vegetables, coco powder & cookies	
Fat burning weight watcher 250 calories smoothies	\$7.25
Blue berry, flax seed ,almonds nut, pine apple, spinach, broccoli & almond milk	
Happy creamery flirt smoothies like dessert in a cup	\$6.00
Ice cream, coco, cookies, chocolate sauce, milk,, vanilla, cinnamon, honey & banana	
One day detoxing juice cleanser smoothies	\$7.25
Cucumber , lettuce, kale, lime juice, celery, apple, apple cider vinegar, ginger, lemon juice, & grape fruits juice	
16oz vegetables smoothies \$6.99 add a scope of wheatgrass for \$1.50	
Spinach, apple, cucumber, kale ,pine apple, lemon, ginger & broccoli	
Dell-icious vegetables juicing \$8.99	
Dill, celery, kale, cucumber, ginger, apple, pine apple, lemon & carrots	

Before and after shake workout combat strength body building muscle, losing fat smoothies. High in protein	\$8.00
Flax seed, protein power, B plus victim peanut butter mango, papaya, pine apple, coconut milk, banana, vanilla, cinnamon, & almond nut	
ALL SANDWICHES SERVED ON YOUR CHOICE OF BREAD AND WRAP with a side dish of multigrain pasta salad	
Multigrain, Rye , Wheat, Multigrain bread Multigrain bread, spinach & whole wheat wrap	
ALL COLDS CUTS SELECTION	\$8.99
Smoked Turkey ,lettuce, tomatoes, provolone cheese, onion, pepper & pickles	
A wreck sandwich, salami, roast beef, smoke Turkey, ham, Swiss cheese, tomatoes, lettuce & pickles	
Ham and Swiss cheese, lettuce, tomatoes, pickles, onion & pepper,	
Roast beef, lettuce, tomatoes, onion, pickles & horseradish	
Salami , provolone cheese, tomatoes, pickles, onion, lettuce & pepper	
Ruben sandwich ,Rye bread corn beef Swiss cheese & Sauerkraut	