

# LET'S EAT...

## FOOD MENU

### starters to share

#### CREAM CHEESE PICKLES **\$12**

kosher dill, smothered in cream cheese & rolled in thinly sliced deli ham, sliced for your enjoyment. vegetarian? no problem, rolled in tortilla.

#### FRESH BLACKENED TUNA *gf* **\$16**

sushi grade, seasoned & seared, served rare with cucumber, ginger, sprouts & wasabi ranch. so delicious!

#### WHIPPED FETA **\$16**

served with garlic crostinis & cucumbers

#### GUACAMOLE+BLUE CHIPS **\$16**

freshly made all day long with pico de gallo, lime & salt.. available for carry out by the pint too!

#### FIESTA SPINACH ARTICHOKE DIP+BLUE CHIPS **\$16**

has a kick of spice! topped with pico de gallo, served with salsa. «tasty tip» add chorizo \$3

#### HUMMUS PLATTER [VEGAN] **\$14**

red pepper hummus, naan pita bread & fresh veggies.

#### SWEET BASIL SHRIMP **\$18**

grilled jumbo shrimp, kalamata olives, sautéed grape tomatoes, feta, fresh basil & lemon, drizzle of sweet basil, whipped feta & garlic crostinis

#### BEETS+GOAT CHEESE **\$11**

roasted & chilled beets, sugared pecans & spicy honey

#### CHARCUTERIE JUMBO CUPCAKE **\$13**

beer bread, herbed cream cheese, nuts, salami or pepperoni rose & artisan cheeses [limited quantity, but always available on the catering menu for a group]

### flatbreads

#### VEGGIE **\$15**

herbed cream cheese, grilled zucchini, mushroom, red onion & roasted red bell pepper.

#### CHIPOTLE **\$18**

creamy smoky chipotle sauce, chihuahua cheese, pico de gallo, guacamole, sour cream. «choose» vegetarian or chicken.

#### MEAT+CHEESE FLIGHT **\$18**

charcuterie style meats & cheeses, black olives, basil & a drizzle of caesar.

#### BEETS+GOAT CHEESE **\$18**

roasted beets, goat cheese, red onion, basil, jalapeno, bacon & honey drizzle. fabulous vegetarian as well!

[flatbreads are dine in only but we offer a take & bake option for you to enjoy at home]

### little sprouts

[good for 10 & under]

#### GRILLED CHICKEN STRIPS+ MANGO PINEAPPLE SAUCE **\$10**

#### CHEESE QUESADILLA **\$8.5**

#### CHICKEN QUESADILLA **\$10.5**

#### TURKEY+CHEDDAR WRAP **\$10.5**

#### GRILLED PB+J **\$9.5**

#### GRILLED CHEESE W/ DIPPING SOUP **\$10**

#### PASTA W/ MARINARA **\$11**

#### HAM+CHEESE SLIDERS [HOT/COLD] **\$10**

#### FLATBREAD [CHEESE OR PEPPERONI] **\$10**

«CHOICE OF ONE KIDS SIDE»

CREAM CHEESE PICKLES | CUCUMBER  
POTATO CHIPS | ORANGE SLICES  
APPLE SLICES | CARROT STICKS  
AVOCADO SLICES

# SOUP

*enjoy as a cup, entree bowl,  
flight of three or  
carry-out as a pint or  
quart!*

## CHICKEN ENCHILADA

grilled chicken, black beans, zucchini, corn, tomato, jalapeno, tortilla strips & sour cream. «entree» also topped w/ guacamole, cheddar & cilantro.

## RED PEPPER GOUDA

vegetarian, creamy, full of flavor & served with a crouton. «entree» also served with a garlic crostini.

[ASK YOUR SERVER ABOUT OUR SOUP FEATURE]

**CUP \$7 • ENTREE BOWL \$14**  
**FLIGHT OF 3 \$14** [dine in only]

# SIDES

GARLIC CROSTINI \$2.75

SIDE WHIPPED FETA \$3.5

POTATO CHIPS \$2.35

sea salt, bbq, spicy dill pickle, jalapeno

AVOCADO TOAST \$7.5

SOUR CREAM \$1

PASTA SALAD \$4

SPIN DIP [COLD] \$3.5

CHIPS + GUACAMOLE \$6.5

CHEDDAR CHEESE \$2.5

PITA + HUMMUS \$4.5

SALSA \$1

CUCUMBER + TOMATO SALAD \$4

CREAM CHEESE PICKLE \$5.5

FRUIT CUP \$4

HUMMUS+FRESH VEGGIES \$6.5

# SALADS

## FIESTA

romaine lettuce blend, black beans, pico de gallo, cheddar cheese, guacamole, grilled bell & poblano peppers & red onion, jalapeno ranch & tortilla strips.

«choose» vegetarian \$15 | grilled chicken \$17  
chick pea \$16 | jumbo shrimp \$22  
blackened salmon \$24

## FRUITY CHICKEN SALAD

chunky chicken, apples, grapes, celery & red onion tossed in a sweet tangy dressing, sugared pecans, & cucumbers atop romaine lettuce blend. \$16

## MELON+GOAT CHEESE

romaine lettuce blend, spinach leaves, cantaloupe, goat cheese, red onion, avocado, sugared pecans, sprinkle of chile lime seasoning & mango pineapple vinaigrette.

«choose» vegetarian \$16 | grilled chicken \$18  
jumbo shrimp \$22 | blackened salmon \$24

## THE SKINNY

romaine lettuce blend, shredded carrots, cucumber, avocado, sprouts, tomato, a drizzle of olive oil [wanna keep it skinny? stick with the lime + spice]. {dressings} ranch, balsamic, greek feta vinaigrette, mango pineapple \$1 «choose» vegetarian \$14  
grilled chicken \$16 | chick pea \$15 | jumbo shrimp \$19 | blackened salmon \$22  
tuna salad \$16 | blackened tuna \$21

## CAESAR

romaine lettuce blend tossed in housemade caesar w/ black olives, red onion, croutons & parmesan. «choose» vegetarian \$14 | grilled chicken \$16 | chick peas \$15  
jumbo shrimp \$20 | blackened salmon \$22

## THE MED

chilled pasta, spinach, roasted red bell pepper, kalamata olives, feta, sweet basil dressing & lemon. «choose» vegetarian \$15  
grilled chicken \$17 | jumbo shrimp \$19  
blackened salmon \$22

# SANDWICHES & WRAPS

served with potato chips [sea salt, bbq, spicy dill pickle or jalapeno]  
or choose a fruit cup or pasta salad {\$1 more}

## CUBAN MELT \$17

slow roasted pork, grilled ham, bacon, melted swiss, guacamole & cuban sauce on a brioche bun. {make it a breakfast pita with an egg add \$1.5}

## BLACKENED TUNA \$18

sushi grade, seasoned & seared, served rare on a brioche bun with cucumber, avocado, sprouts & wasabi ranch.

## GREEK PITA

naan pita bread, red bell pepper, cucumber, red onion, tomato & whipped feta <<choose>> vegetarian \$14 | grilled chicken \$17 | chick pea \$16 | shrimp \$18 | blackened salmon \$21  
GYRO MEAT [lamb & beef] \$16

## BEET+GOAT CHEESE \$16

roasted & chilled beets, apple, basil, jalapeno, goat cheese on toasted sunflower multi grain

## CUCUMBER SAMMIE \$15

herbed cream cheese, salami, cucumbers roasted red pepper, sprouts, dill, sunflower multi grain bread. vegetarian? hold the salami vegan? hold the salami & sub hummus

## TUNA MELT \$14

tuna salad prepared with celery & red onion, mayo, melted swiss, avocado, sprouts on toasted marble rye

## TARRAGON CHICKEN SALAD \$16

shredded chicken tossed in a creamy tarragon dressing, cranberries, almonds, cucumber & sprouts on a croissant. Also available by the pint for carry out!

## TUNA DELUXE \$15

tuna salad, spinach leaves, cucumber, tomato, sprouts, drizzle of balsamic, red onion & toasted marble rye

## CHICK PEA PITA [VEGAN] \$16

naan pita bread, red pepper hummus, harissa spiced roasted chick peas, cucumber tomato, red onion & red bell pepper

## GRILLED CHEESE \$17

roasted tomato, chihuahua cheese & bacon served with red pepper gouda for dipping

## quesadilla wraps

flour tortilla | chihuahua cheese | chips+salsa

just cheese \$14 | black bean+pico \$15 | mushroom \$15  
chick peas \$15 | grilled chicken \$17 | carnitas \$17  
chicken chipotle \$17 | barbocoa \$18

<<add ons>> chorizo \$3 | sour cream \$1 | jalapeno \$1  
guacamole \$4 | black beans \$1

## CALI COBB \$17

turkey, bacon, avocado, feta, romaine, tomato, sprouts & mayo in a spinach tortilla

## CAESAR

romaine tossed with housemade dressing, parmesan, black olives, red onion & croutons, in a wheat tortilla. <<choose>> vegetarian \$14  
grilled chicken \$17 | chick pea \$15  
shrimp \$19 | blackened salmon \$20

## B.L.T.A \$16

bacon, lettuce, tomato, avocado & mayo in a spinach tortilla want to add a kick of spice? ask for it chipotle style.

## FIESTA

party all starts with a fiesta spinach artichoke cream cheese spread, romaine tossed with black beans, pico de gallo, pickled jalapenos, cheddar & blue chips in a tomato tortilla. <<choose>> vegetarian \$14  
grilled chicken \$17 | chipotle chicken \$17 | barbocoa \$18 | chick peas \$15

## FRUITY CHICKEN \$16

chunky chicken tossed in a sweet tangy dressing with grapes, celery, red onion, sugared pecans & romaine in a wheat tortilla

## THE SKINNY

red pepper hummus, romaine, cucumber, tomato, shredded carrots, avocado, sprouts, squeeze of lime & sprinkle of chile lime seasoning in a tomato tortilla <<choose>> vegetarian \$14 | chick peas \$15 | tuna salad \$15 | grilled chicken \$17  
shrimp \$19 | blackened salmon or blackened tuna \$21

## VEGGIE \$14

fiesta spinach artichoke cream cheese spread, cucumber, tomato, shredded carrots, red bell pepper & sprouts in a tomato tortilla

[gf, grain-free, soy free tortilla available \$3.5]

# HOUSE FAVORITES & OTHER FUN THINGS

## GODDESS BOWL

bulgar wheat, red pepper hummus, harissa spiced roasted chick peas, cucumber & tomato salad, roasted red onion, feta & greek feta vinaigrette. «choose» just the way it is \$16 | grilled chicken \$20 | shrimp \$22 blackened salmon \$24

## SHRIMP TACOS *gf* \$18

3 corn tortillas, pico de gallo, guacamole & chipotle sauce served with chips + salsa

## SALMON + CUCUMBER PLATE \$18

orange bourbon marinated & blackened, fresh cucumbers & whipped feta

## VEGAN DILLA *vegan* \$17

grilled bell & poblano peppers, red onion, zucchini, mushrooms & red pepper hummus in a wheat tortilla. served with chips + salsa.

## FAJITAS

sizzling hot & full of flavor! your choice of veggie or meat served atop grilled bell & poblano peppers & red onions. Served with a grilled jalapeno, fresh lime, pico de gallo, guacamole, cheddar cheese, sour cream, salsa & choice of lettuce leaves, flour or corn tortillas

«vegetarian» mushroom+zucchini \$16  
chick peas \$16 | chicken chipotle \$18  
grilled chicken \$18 | barbocoa \$20

«add ons» chorizo \$3 | sour cream \$1 | jalapeno \$1  
guacamole \$4 | black beans \$1

## PEPPER JACK MAC & CHEESE

cavatappi pasta, pepper jack cheese sauce, black beans, pico de gallo. «choose»  
vegetarian \$14 | grilled chicken \$18  
Chipotle chicken \$18 | Barbocoa \$20  
Shrimp \$24 | Blackened Salmon \$26

## Sweet Treats

### MADE FROM SCRATCH CUPCAKES

chocolate | red velvet | carrot | seasonal flavor  
mini \$2 • jumbo \$6.5 • dozen mini \$22

### CUPCAKE SHAKE \$8.5

vanilla ice cream base + choose a flavor  
of our made from scratch cupcakes

### FLOURLESS CHOCOLATE TORTE \$8

### ACAI BOWL \$12

fresh fruit | granola | coconut

### SMOOTHIE \$7.5

peach | raspberry

### Sangria Sorbet \$11

if you love our sangria then you will LOVE this frozen treat! made straight from our sangria, contains all alcohol. [must be 21 to enjoy] available for carry out too!

{ Thank you for dining with us  
We appreciate you! }

THINK OF US FOR SPECIAL  
OCCASIONS & EVENTS,  
WE CATER + FOOD TRUCK

*girl*+food  
BY CAFE FRESH

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# PICK TWO

## LUNCH

CHOOSE A HALF WRAP OR HALF SALAD & ENJOY WITH A CUP OF SOUP, PEPPER JACK MAC & CHEESE OR FRUIT BOWL

**\$16**

[half wrap & half salad \$18]

## 1/2 salads

### THE SKINNY

romaine lettuce blend, shredded carrots, cucumber, avocado, sprouts, tomato, drizzle of olive oil, fresh squeezed lime & chile lime spice [wanna keep it skinny? stick with the lime + spice]. «choose» vegetarian grilled chicken | chick peas | tuna salad {dressings} ranch, balsamic, greek feta vinaigrette, mango pineapple \$1

### CAESAR

romaine lettuce blend, parmesan, black olives, red onion, croutons & caesar dressing. «choose» vegetarian | grilled chicken | chick pea

### FRUITY CHICKEN SALAD

chunky chicken, grapes, apples, celery, red onion, tossed in a sweet tangy dressing, atop romaine lettuce blend, with cucumber & a sugared pecan sprinkle

## 1/2 wraps

### QUESADILLA WRAP

flour tortilla, melted chihuahua cheese, served with salsa. «choose» just cheese, black bean & pico, mushroom, chick peas, grilled chicken, carnitas, or barbocoa

### B.L.T.A

bacon, lettuce, tomato, avocado, mayo in a spinach tortilla. like a bit of spice? make it chipotle.

### FRUITY CHICKEN SALAD

chunky chicken, apples, grapes, celery & red onion, tossed in a sweet tangy dressing, sugared pecans & romaine lettuce in a wheat tortilla

### THE SKINNY

red pepper hummus, shredded carrots, romaine, cucumber, tomato, avocado, sprouts, lime & spice in a tomato wrap. «choose» vegetarian | grilled chicken chick peas | tuna salad

### VEGGIE

fiesta spinach artichoke spread, shredded carrots, cucumber, red bell pepper, tomato & sprouts in a tomato tortilla.

## cup of soup

### CHICKEN ENCHILADA

grilled chicken, black beans, zucchini, corn, tomato, jalapeno, tortilla strips & sour cream

### RED PEPPER GOUDA

vegetarian, creamy, full of flavor & served with a crouton.

[ASK YOUR SERVER ABOUT OUR SOUP FEATURE]

pepper jack mac & cheese  
topped with black beans & pico de gallo

# TO DRINK

## *fresh squeezed lemonades*

[made in-house in small batches]

### JUST THE LEMON

Not too sweet, a little tart

### STRAWBERRY ACAI

### PEACH

## KOMBUCHA

### FERMENTED, SPARKLING TEA

check out chalkboard for flavors

### AVAILABLE AS A GLASS

### FOR CARRY OUT

NEW 1/2 GALLON GROWLER  
GROWLER REFILL OR 32 OZ JAR

## SODAS & SUCH...

### GLASS BOTTLE COKE

DIET COKE, COKE ZERO, SPRITE,

ROOT BEER, SHIRLEY TEMPLE,

CLUB SODA, FRESCA, PELLEGRINO,

RASPBERRY SELTZER, APPLE JUICE

### ENERGY DRINK

need a burst of energy? try our **CLEAN** energy  
drink. flavors on chalkboard

### NEEDS AND WANTS

sparkling super fruit tea

«ask your server for flavors»

### DRAM

sparkling water | citrus blossoms

### ORGANIC UNSWEETENED ICED TEA

peach apricot | black iced tea

[complimentary refills while dining in]

### COLD BREW COFFEE OVER ICE

### HONEY PEACH COLD BREW TEA

## COLD PRESSED JUICE

carrot, apple, celery, lemon blend

OR

beet, apple, lemon, carrot blend

## ALCOHOL *sangria*

fabulous mouth watering blend of freshly  
squeezed juices, wine & vodka

BY THE GLASS \$11 | JAR [32oz] \$32

1/2 gallon growler available for carry out \$60

## BEER *draft + canned*

SELECTIONS ON CHALKBOARD

## WINE *+ spirits*

BY THE GLASS OR THE BOTTLE

### WHITE WINES

pinot grigio, chardonnay, riesling, moscato

### RED WINES

red blend, merlot, cabernet sauvignon  
pinot noir, shiraz

### MARGARITAS ON THE ROCKS

«patron» lime, grapefruit, pineapple basil

### HONEY PEACH COCKTAIL

«vodka»

### BLUEBERRY BASIL LEMONADE

«eddy's vodka»

### POMEGRANATE MULE

### CUCUMBER MARTINI

### LOADED BLOODY MARY

«spicy pickle vodka»

### SPIKED PEACH LEMONADE

### MOSCATO MARTINI

moscato d' asti & chambord

### AVOCADO MARTINI

«vanilla vodka» avocado

CASH PREFERRED, but we accept visa, mastercard & discover. thank you!