

simply breakfast

BLT	4.75
Tempeh Bacon, Mixed Baby Greens, Cherry Tomatoes on Whole Grain Bread	
Brazilian Acai Energy Bowl	5.75
Granola with Acai Berries, Bananas and Choice of Soy, Rice, Almond or Dairy Milk or Apple Juice.	
Flax Maple Oatmealsm. 3.00 lg. 3.90	
Rolled Oats, Rice Milk, Flax Seeds, maple syrup	
Fresh Start Oatmeal	sm. 4.40 lg. 5.25
Rolled Oats, Quinoa, Rice Milk, Cranberries, Pumpkin Seeds, Sunflower Seeds, Flax Seeds, Maple Syrup	
Just Granola	4.95
Choose: Soy, Rice, Almond or Dairy Milk Choice of 2 Toppings: Banana, Apple, Dried Cranberry, Raisin, Walnut, Crushed Almond, Sunflower or Pumpkin Add'l Toppings	
	ea .40
*Simple Eggology	4.00
Hard-Boiled Egg Served with Greens, Sprouts, Shredded Carrots on Whole Grain Health Bread	
Tofu Scramble	5.25
Herb Tofu scrambled with Mixed Baby Greens on Whole Grain Health Bread	
Vegetable Tofu Cream Cheese	4.05 1/2 lb.
Add Tempeh Bacon	
	1.75
Dairy or Non-Dairy Cheese.....	
	1.00
Avocado.....	
	m/p

**non vegan*

delectable desserts

Vegan, Wheat and Sugar Free

Daily Treats 1.75 - 5.75

empanadas

Harvested Vegetable, Cheese	4.00
Mushroom Spinach Cream	4.00
Potato Scallion	4.00

burgers

(served on multigrain roll, with baby greens, sprouts, and shredded carrots)

*Bison Burger	9.95
Harvest Veggie Burger	8.00
Hemp Sunshine Burger	8.00
Made with Quinoa, Millet, Red Lentil, Sunflower Seeds, and Hemp Nuts	
*Turkey Cake Burger	9.95

**non vegan*

sandwiches

(served on Toasted Hearty Whole Grain Bread with Mixed Greens, Sprouts, Tomato or Carrots)

BBQ Chicken	9.00
Grilled Chicken with BBQ Sauce.	
Grilled Cheese	4.45
Grilled Chicken	9.00
Grilled Chicken Breast Prepared with Roasted Red Pepper Sauce.	
Hummus	6.50
Marinated Tofu	7.50
Neat loaf	9.00
Spinach Tofu Loaf with Papaya Poppy Dressing	
Neatball Sub	7.25
Homemade Vegan Meatball in Basil Tomato Sauce.	
Roast or Smoked Turkey	8.50
Sweet and Sour Seitan	8.00
*Tuna-Me-Delicious	8.50
Fresh Start's Unique Tuna Salad And Veganise.	
Tuscan Chicken Sausage on a Ciabatta Square	8.50
Vegetarian Sliced Meats	7.50

**non vegan*

Substitute spelt bread on any burger or sandwich .40

Any Sandwich on a Whole Wheat Wrap 1.00

Add Side Salad 2.50

it's a whole wheat wrap

Bean Burrito	5.85
*California	11.50
Grilled Chicken, Romaine Lettuce, Tomato, Avocado, Roasted Peppers and Caesar Dressing.	
Mediterranean Wrap	8.00
Avocado and Tomato Spread, Sprouted Hummus, Tahini, Sprouts, Mixed Baby Greens, and Shredded Carrots.	
Mixed Veggie and Tofu	8.50
Marinated Tofu, Mixed Grilled Vegetables, Sprouts, Mixed Baby Greens, and Veganise.	
*In the Wild	9.00
Turkey, Shredded Carrots, Sprouts, and Mixed Baby Greens.	
*Roasted Red Pepper Chicken Wrap	10.00
Grilled Chicken in a Roasted Red Pepper Sauce, Sprouts, Mixed Baby Greens, and Shredded Carrots.	
Thai Wrap	7.50
Grilled Tofu, Sprouts, Seeds, Shredded Carrots, Cabbage Mix, and Mushrooms Mixed in a Sesame Lime Dressing	
The Raw Deal	
1. Avocado Spread, Sprouts, Spinach & Mixed Nut Seeds Wrapped in Cabbage.....	
	7.50
2. Peanut Butter, Shredded Carrots, Cucumber, Sprouts and Romaine Wrapped in Cabbage.....	
	6.50
*Turkey Florentine	9.00
Roasted Turkey, Baby Spinach, Muenster, and Sun Dried Tomato with a Raspberry Walnut Dressing	

**non vegan*

soups

*Poultry Soup	sm. 4.25 / lg. 5.00
Vegan Soup	sm. 3.50 / lg. 4.25

**non vegan*

customize your own
organic salad bowl

Salads 6.95

Step 1 - Choose your Greens
Step 2 - Choose your Dressing
Step 3 - Choose your Four Items

Additional items are 0.55 unless otherwise noted

GREENS

Arugula +.50
Baby Greens
Baby Spinach

DRESSING

Balsamic
Caesar
Italian Herb
Raspberry Vinaigrette
Roasted Red Pepper
Shiitake & Sesame
Vinegar And Olive Oil

CHOPPINGS

Avocado +.175
Bacon (Tempeh) +1.75
Beans (Red/White)
Beets
Broccoli +.55
Capers
Carrots (Shredded)
Celery
Chickpeas
Corn (Sweet)
Croutons
Cucumbers
Edamame +.75
Egg +1.00
Green Peas
Onions
Peppers (Green/Red)

Raisins
Sundried Tomatoes +.75
Tomatoes

CHEESES + 1.75

Cheddar
Crumbled Feta
Mozzarella
Muenster
Swiss

MEATS +

NON-MEATS

Albacore Tuna +2
Chicken Salad +4.00
Grilled Chicken +3.45
Grilled Tofu +1.75
House Roasted/
Smoked Seitan +2.85
Tofu +1.50
Tuna-Me Salad +3.45
Turkey +1.95

DRIED FRUIT, NUTS & SEEDS

Almonds +1.00
Apricots
Cranberries +.50
Dates
Golden Flax Seeds
Oat Bran
Pumpkin Seeds
Sunflower Seeds
Walnuts +.75
Wheat Germ

side salads/entrees

(prices are per 1/2 lb.)

Ahuaca Mulli	5.75
Avocado and Tomato Salad	
Bean Salad of the Day	4.99
BBQ Chicken.....	1/2 15.99 / whole 24.99
Beet and Carrot Salad	5.05
Black Bean Hummus	4.25
Cabbage Rolls (2)	m/p
*Chicken Salad	8.50
Eberley's Chicken, Yukon potatoes, Green Peas, Pickles, Scallions	
Curry Quinoa	5.95
Golden German Potato Salad (Dill or Spicy)	5.00
Grecian Salad	6.50
Kale, Olives, Red Onions, Red Peppers, Tofu Tossed With a Maple Balsamic Vinaigrette	
Grilled Vegetables	5.90
Himalayan	5.75
Edamame, French Lentil, Garbanzo Beans, Red Peppers	
Hummus	3.95
Israeli Couscous Salad	5.35
Couscous, Almonds, Cranberries, bits of Valencia Oranges	
Moroccan Cauliflower.....	5.25
Rainbow Cole Slaw	4.50
Roasted Red Pepper Chicken Cutlets	9.50
*Spinach Pie made with Homemade Goat Cheese	5.95
Sweet and Sour Seitan	6.35
Sweet Potatoes with Raisins and Pinappe.....	5.00
*Tuna me Delicious	5.95
Albacore Tuna, Granny Smith Apples, Walnuts, Celery, Carrot	
Vegan Loaf.....	6.95
Vegan Ravioli (Pasta of the Day).....	5.00
Whole Earth Salad.....	5.50
Brown Rice, Marinated Tofu, Kale, Almonds	
Wild Alaska Salmon.....	15.00
Wild Rice Salad	5.75
Wild Rice Blend, Red Peppers, Red Onion, Almonds, Apricots, Dried Cranberries	

*non vegan

fruit JUICES

Bulldozer	Md. 5.50 / Lg. 6.25
Banana, Almond Butter, Cacao Beans, Almond Milk, Vanilla	
Cowboy	Md. 5.25 / Lg. 6.00
Blueberry, Banana, Peach, Apple	
Cowgirl	Md. 5.50 / Lg. 6.25
Banana, Mango, Raspberry, Orange Juice, Acai	
Green Goddess	Md. 6.75 / Lg. 7.50
Banana, Mango, Strawberry, Apple, Spirulina, Wheatgrass	
Immunity Booster	Md. 6.00 / Lg. 6.75
Banana, Mango, Orange, Honey, Echinacea	
Lemonade	Md. 4.00 / Lg. 4.50
Lemon, Agave Nectar and Aloe Vera Juice	
Super Protein	Md. 5.50 / Lg. 6.25
Banana, Apple, Orange, Almond Milk, Almonds, Whey or Soy Protein (Choice of Flavor)	
Wellness	Md. 5.25 / Lg. 5.85
Peach, Banana, Blueberry, Orange, Apple	

pure JUICE

Just Green	Md. 6.00 / Lg. 7.00
Mixed Vegetable	Md. 5.25 / Lg. 6.00
Wheatgrass	Single 3.00 / Double. 4.50
Add Ons: Additional Fruit/Greens50 / .75
Apple	Md. 4.75 / Lg. 5.50
Carrot	Md. 3.75 / Lg. 4.50
Grapefruit	m/p
Orange	Md. 4.25 / Lg. 5.00

Ask about our add-on and herbs

vegetable JUICES

Beet Goes On	Md. 4.75 / Lg. 5.60
Beet, Orange, Celery, Carrot	
Flu Shot	4oz. 8.00
1 oz. of each: Cranberry, Ginger, Wheatgrass, Lemon	
Grasshopper	Md. 5.25 / Lg. 6.00
Beet, Parsley, Ginger, Carrot, Kale, Spirulina	
Imaginarium	Md. 5.25 / Lg. 6.00
Ginger, Beet, Parsley, Orange, Celery, Carrot, Flax Seed Oil	
Intellectual	Md. 5.25 / Lg. 6.25
Ginger, Parsley, Kale, Apple, Carrot	
Royal Liver Detox	Md. 6.50 / Lg. 7.25
Beet, Apple, Carrot, Spirulina, Aloe Vera, Liver Detox Formula (Herbal Tincture)	

At Fresh Start, dishes are prepared daily using 100% certified organic ingredients. We kneed, roll, whip, curdle, press, bake and create it all, to bring the freshest of traditional foods in which they should be eaten. We have created a completely organic and wheat-free menu, striving to serve those following alternative or specialized diets in order to enhance the health of our community.

Designed to become a community-based model store for natural living, we carry the highest quality of nutritional supplements and natural remedies. Supporting only key brands that adhere to the strictest of environmental regulations and those offering the highest in quality of organic standards from produce, bulk, personal care, groceries, pet supplies and household supplies. By following this organic path, we commit to the farmer, our planet, you and our future generation.

The staff is consistently being trained and educated to ensure product knowledge. We are here to assist you whether health is a primary focus in your life or you are seeking to start fresh with a positive change.

The consumption of organic food will dramatically change your physical and mental health. The steroids, hormones, and pesticides used in conventional food have a serious negative effect on our well being and the environment. And so, we are committed to providing our community with the safest and best products available for living healthy and happy lives.

Fresh Start is a store bringing real food to real people for a prized cause: to enjoy eating healthy. We encourage everyone who is involved, workers and shoppers alike, to be happier, more self sufficient and responsible people serving a lifetime of commitment in the organic movement.

fresh start

Organic Eatery & Market

The Fresh Start life, pure and untained, the way nature intended

garden area available for everyday enjoyment and private events

free (local) delivery for orders over \$15.

since we use fresh fruits and vegetables, prices may vary, according to availability.

29-13 23rd avenue
astoria, nyc 11105
718.204.7868

Store Hours:

mon-fri 8am-9pm
saturday 9am-9pm
sunday 11am-7pm

www.fsorganic.com