

SALADS

ADD AN EGG OR CHICKEN FOR \$1

CHICKEN SALAD \$12

mixed greens, quinoa, walnuts, oyster mushrooms,
Indie lemon dijon dressing | 600 cal

SALMON SALAD \$12

mixed greens, radish, cucumber, beets, apple,
Indie black chia dressing | 320 cal

YUBA NOODLE VEGAN SALAD \$11

soy, quinoa, zucchini, carrots, lentils, tamari,
radish, cucumber, hijiki, Indie ginger dressing | 300 cal

PROTEIN BOWLS

SERVED COLD OR WARM | ADD AN EGG OR CHICKEN FOR \$1

CAULIFLOWER QUINOA \$12

coconut, jalapeno, cumin, coriander | 360 cal

CAULIFLOWER QUINOA LAMB \$12

coconut, jalapeno, cumin, coriander | 410 cal

BISON MEATBALLS & QUINOA \$12.5

egg, tomato, cashew, chicken stock, cremini mushrooms,
soubise, rice, tamari | 700 cal

TURKEY MEATBALLS & QUINOA \$12

egg, tomato, cashew, chicken stock, cremini mushrooms,
soubise, rice, tamari | 680 cal

BLACK CHICKPEAS & LENTIL \$12

cauliflower rice, spinach, coconut chutney | 370 cal

TURKEY LASAGNA \$12.5

ground turkey, tomato, gluten-free lasagna

INDIE

forget the cheat day

CHEF MADE | HEALTHY EATS | GLUTEN & DAIRY FREE

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BREAKFAST ALL DAY

ACAI BOWL \$11

bananas, acai, strawberry, blueberry, plant protein,
almond milk, dates, fig, coconut | 470 cal

STEEL CUT OATMEAL \$7

red quinoa, chia seeds, flax seed, top with: goji
berries, granola, dates, cinnamon | 300 cal

PANCAKES, SAUSAGE & EGG \$11

turkey, tomato, cashew, rice cracker, coconut oil,
coconut milk, pumpkin, eggs, maple syrup | 540 cal

BREAKFAST BURGER \$12.5

turkey, gluten-free english muffin, avocado, egg

PALEO GRANOLA | 320 cal \$7.5

FLAX (NOT) CRACKER | 220 cal \$8.5

SOUPS & BROTHS

SERVED COLD OR WARM | ADD AN EGG OR CHICKEN FOR \$1

BROCCOLI COCO HEMP | 190 cal \$9.5

CARROT RED PEPPER | 320 cal \$9.5

TOMATO HEMP LENTIL | 260 cal \$10

BLACK BEAN CHILI | 200 cal \$9.5

CHICKEN ZUCCHINI | 330 cal \$10

BUTTERNUT SQUASH | 390 cal \$10

BONE BROTH \$9.5

VEGETABLE BROTH \$8.5

PALEO BURGERS

SERVED NAKED OR ON A GLUTEN FREE ENGLISH MUFFIN

BISON BURGER \$13.5

tomato, onion jam, mayo, lettuce

DOUBLE BISON BURGER \$19

tomato, onion jam, mayo, lettuce

VEGAN BLACK BEAN BURGER \$12

brussels sprouts, coconut bacon, mushroom truffle

SHAKES

ADD PROTEIN (VEG/WHEY), GLUTAMINE, CREATINE, BCAA,
GREENS, NUT BUTTER, MATCHA, COFFEE FOR \$1

BLUEBERRY \$9

blueberry, dates, vanilla beans, cashews,
hemp protein | 207 cal

PEANUT BUTTER BERRY \$9

raspberries, strawberries, peanut butter, dates,
maca, hemp protein, sea salt | 420 cal

WAKE UP ASHLEY COFFEE \$8.5

fair trade coffee, cashews, dates, vanilla bean,
himalayan sea salt | 128 cal

MARKET SHAKE \$9

blend your own daily selection of fruit, veggies,
liquids, supplements & proteins!

JUICES & DRINKS

SPINACH KALE GINGER \$8.75

spinach, kale, lemon, ginger, apple | 125 cal

BEET CARROT GINGER \$8.75

beet, carrot, ginger, apple, lemon | 130 cal

GINGER APPLE CAYENNE \$8.75

apple, lemon, ginger, cayenne | 150 cal

WATERMELON \$8.75

watermelon, lemon | 120 cal

GRAPEFRUIT GINGER CAYENNE \$7

grapefruit, cayenne | 60 cal

ALOE WATER \$3

aloe, alkalized water | 8 cal

SPRING WATER \$2

natural spring water

MATCHA & COFFEE

SERVED COLD OR HOT. ADD HONEY, AGAVE, CINNAMON

MATCHA TEA/LATTE \$3

COLD BREW COFFEE/LATTE \$3