



ALL ITEMS ARE
GLUTEN AND DAIRY FREE

#GOINDIEFRESH | INDIEFRESH.COM

CRUNCH

(NOT) CRACKER | \$9

10G PROTEIN, 220 CALORIES
chia seed, pumpkin seed, flax seed, hemp protein, water, coconut oil, maple syrup

PALEO GRANOLA | \$9

25G PROTEIN, 660 CALORIES
fig puree, acai, pecan, almond, cashew, vanilla, date, coconut, coconut oil pepita

SOUPS

BISON BORSCHT | \$12

23G PROTEIN, 420 CALORIES
wild bison strip loin, onion, tuscan kale, black cabbage, savory cabbage, tarragon, olive oil, black chia seed, beet, chicken stock, red wine vinegar

BROCCOLI, COCONUT & HEMP CURRY | \$12

7G PROTEIN, 190 CALORIES
broccoli, coconut milk, almond milk, hemp protein, arborio, pumpkin seed, lemon, onion, garlic, curry powder, thyme, coriander, olive oil

SMOKED COD CHOWDER | \$12

22G PROTEIN, 330 CALORIES
wild cod, olive oil, carrot, celery, onion, clam juice, white mushroom, corn, coriander, almond milk, arborio rice, gluten free flour

MOROCCAN CARROT & RED PEPPER | \$12

8G PROTEIN, 290 CALORIES
quinoa, garlic, celery, onion, arborio rice, coconut oil, coriander, cinnamon bark, cumin, clove, flax seed, carrot, almond milk, red pepper, cashew puree, amaranth, salt

TOMATO, HEMP HEART & LENTIL | \$12

11G PROTEIN, 380 CALORIES
tomato, garlic, shallot, soubise, coriander, tahini, hemp heart, flax seed, almonds, arborio, raisins, tomato powder, olive oil, spanish lentil, sherry vinegar

TURKEY & BLACK BEAN CHILI | \$12

24G PROTEIN, 310 CALORIES
red pepper, carrot, black bean, morita, tomato, tamari, chicken stock, organic free range turkey, mexican oregano, bay leaf, cumin, olive oil, cashew puree, onions, raisin, garlic

CHILLED SHRIMP GAZPACHO | \$12

15G PROTEIN, 290 CALORIES
carolina shrimp, tomato, garlic, red pepper, carrot, shallot, lemon, olive oil, celery, onions, sherry vinegar, piquillo peppers, pimenton

CHILLED ZUCCHINI & CHICKEN | \$12

24G PROTEIN, 330 CALORIES
zucchini, onion, garlic, olive oil, chili flake, coriander, chicken stock, organic free range chicken, mexican oregano, lime juice, cumin, tamari, guajillo chile

BUTTERNUT SQUASH & CHICKEN | \$12

20G PROTEIN, 460 CALORIES
arborio rice, onion, jalapeno, olive oil, ginger juice, almond milk, butternut squash, almond, maca root powder, organic free range chicken, coconut vinegar, almond oil

BROTHS

GINGER CHICKEN | \$9

12G PROTEIN, 60 CALORIES
chicken stock, ginger juice, carrot, celery, bay leaf, thyme, onion, organic free range chicken bone

MUSHROOM DASHI | \$9

1G PROTEIN, 15 CALORIES
brown italian mushroom, cremini mushroom, tamari, onions, carrot, celery, garlic, hijiki, bonito, dashi kombu

PHO BEEF BONE BROTH | \$9

10G PROTEIN, 90 CALORIES
chicken stock, beef stock, carrot, onion, celery, bay leaf, thyme, coriander, fennel, fish sauce, black cardamom, szechuan pepper, star anise, canela, date, cold pressed ginger juice, organic chicken bone, grass fed beef bones, mint, cilantro

SMOKED VEGETABLE | \$9

1G PROTEIN, 20 CALORIES
sweet potato, carrot, shallot, celery, fennel, tamari, gluten free soy sauce

SALADS

WILD TASMANIAN SALMON SALAD | \$12

29G PROTEIN, 320 CALORIES
wild tasmanian salmon, organic green leaf, red oak, red romaine, baby romaine, baby frisee, radish, red beets, cucumbers, with IF apple black chia seed dressing (apple, olive oil, shallots, sherry vinegar, dijon, black chia seeds)

LEG OF LAMB & RED BEET | \$12

28G PROTEIN, 410 CALORIES
cumin marinated organic lamb, organic green leaf, red oak, red romaine, baby romaine, baby frisee, red beet, red bell peppers, apple, with IF thousand island dressing (egg yolk, olive oil, cornichon, tomato, onion, garlic, coconut oil, raisin)

POACHED CHICKEN BRUTUS | \$12

26G PROTEIN, 600 CALORIES
poached organic free range chicken, organic green leaf, red oak, red romaine, baby romaine, baby frisee, oyster mushrooms, walnuts, quinoa, with IF caesar dressing (lemon juice, olive oil, water, walnuts, flax seed, garlic, banyuls, dijon)

MUSHROOM SALAD | \$11

9G PROTEIN, 380 CALORIES
olive oil roasted oyster mushrooms, organic green leaf, red oak, red romaine, baby romaine, baby frisee, red beets, cucumber, radish, sunflower seed, with IF caesar dressing (lemon juice, olive oil, water, walnuts, flax seed, garlic, banyuls, dijon)

MASHES

BISON MEATBALLS, CREMINI MUSHROOM SAUCE & RED QUINOA | \$12

42G PROTEIN, 700 CALORIES

organic ground bison, onion, quinoa, cremini mushroom, curry powder, eggs, tomato, cashew, chicken stock, garlic, tamari, gluten free flour, rice cracker crumb, coriander, coconut oil, raisin

TURKEY MEATBALLS, CREMINI MUSHROOM SAUCE & RED QUINOA | \$12

37G PROTEIN, 650 CALORIES

organic wild ground turkey, onion, quinoa, cremini mushroom, curry powder, egg, tomato, cashew, chicken stock, garlic, tamari, gluten free flour, rice cracker crumb, coriander, coconut oil, raisin

CAULIFLOWER QUINOA GHOBHI | \$11

9G PROTEIN, 360 CALORIES

ghobi (cauliflower, onion, roma tomato, coconut oil, ginger, jalapeno, garlic, cumin, coriander, chili flakes, turmeric), IF dairy free coconut raita (coconut milk, cucumber, olive oil, cumin), quinoa

CAULIFLOWER QUINOA GHOBHI WITH LAMB | \$12

24G PROTEIN, 410 CALORIES

tandoori leg of lamb, ghobi (cauliflower, onion, roma tomato, coconut oil, ginger, jalapeno, garlic, cumin, coriander, chili flakes, turmeric), IF dairy free coconut raita (coconut milk, cucumber, olive oil, cumin), quinoa

BURGERS

WILD BISON BURGER ON MUSHROOM SALAD | \$14

38G PROTEIN, 570 CALORIES

ground wild bison, mixed greens, oyster mushroom, radish, cucumber, beet, red pepper, sunflower seed, IF caesar dressing

WILD BISON BURGER ON GLUTEN FREE ENGLISH MUFFIN | \$14

34G PROTEIN, 420 CALORIES

wild bison burger on gluten-free English muffin with agrodolce, onion, lettuce, and tomato

WILD TURKEY BURGER ON MUSHROOM SALAD | \$14

42G PROTEIN, 540 CALORIES

ground wild turkey, mixed greens, oyster mushroom, radish, cucumber, beet, red pepper, sunflower seed, IF caesar dressing

WILD TURKEY BURGER ON GLUTEN FREE ENGLISH MUFFIN | \$14

38G PROTEIN, 380 CALORIES

wild turkey burger on gluten-free English muffin with agrodolce, onion, lettuce, and tomato

BREAKFAST ALL DAY

RICE PROTEIN PUDDING | \$6

7G PROTEIN, 320 CALORIES

arborio rice, cooked quinoa, almond milk, chia seed, maple syrup, black cardamom, water, cashew puree, fig puree

MYLK AND CEREAL | \$12

25G PROTEIN, 900 CALORIES

paleo granola (fig puree, acai, pecan, almonds, cashews, vanilla, date, coconut, coconut oil, pumpkin seed, hemp protein), almond milk, almond butter

TURKEY SAUSAGE, EGG, AND GLUTEN FREE PANCAKES | \$12

24G PROTEIN, 540 CALORIES

ground turkey, tomato, cashew, rice cracker, coconut oil, raisin, coconut milk, pumpkin, egg, olive oil, cider vinegar, gluten free flour, baking powder, baking soda, acai, inulin, flax seed, maple syrup

THE BREAKFAST BURGER | \$12

32G PROTEIN, 470 CALORIES

all-natural chicken burger topped with avocado slices, avocado aioli, and an over easy egg on a gluten-free english muffin

ACAI BOWL | \$10

16G PROTEIN, 440 CALORIES

acai, almond milk, plant based protein, paleo granola (fig puree, acai, pecan, almonds, cashew, vanilla, date, coconut oil, pepita, hemp protein), stawberry, blueberry, banana, coconut

PROGRAMS NUTRITIONIST DESIGNED, CHEF PREPARED PROGRAMS FOR ONE DAY OR MORE

VEGAN PROGRAMS

SOUP & SHAKE | \$46 PER DAY

two soups - broccoli coconut, tomato hemp heart and lentil, two shakes - avocado mango matcha, almond cacao nib

SOUP, SALAD & SHAKE | \$46 PER DAY

one soup - broccoli coconut, two shakes - avocado mango matcha, almond cacao nib, one salad - mushroom salad

JUICE & SHAKE | \$62 PER DAY

four juices - super cider, green, red, watermelon, two shakes - avocado mango matcha, almond cacao nib

PALEO PROGRAMS

SOUP & SHAKE | \$46 PER DAY

two soups - shrimp gazpacho, chicken zucchini, two shakes - blueberry cayenne, almond cacao nib

SOUP, SALAD & SHAKE | \$46 PER DAY

one soup - shrimp gazpacho, one salad - poached chicken brutus two shakes - blueberry cayenne, almond cacao nib

SHAKES | ALL SHAKES ARE \$11 (16OZ) · \$3 (4.5OZ)

BLUEBERRY CAYENNE

28G / 8G PROTEIN, 690 / 190 CALORIES

whey protein, blueberry, banana, almond milk, paleo granola, almond butter, cold pressed ginger, coconut water, cinnamon, maple syrup

ALMOND CACAO NIB

20G / 5G PROTEIN, 690 / 170 CALORIES

almond butter, almond milk, coconut water, date, banana, cacao nib, plant based protein, paleo granola

AVOCADO, MANGO, MATCHA

8G / 2G PROTEIN, 310 / 80 CALORIES

coconut water, coconut milk, avocado, mango, plant based protein, matcha green tea powder, spinach

STRAWBERRY MACA ROOT & ACAI

17G PROTEIN / 9G, 710 / 170 CALORIES

almond milk, coconut water, cashew, date, banana, strawberry, maca root extract, acai, plant based protein, paleo granola

BY BETHANY BLACKBERRY

9G PROTEIN, 260 CALORIES

coconut water, vanilla almond milk, blueberry, avocado, blackberry, mango, banana, organic plant based protein, mint extract

JUICES

RED | \$11

3G PROTEIN, 130 CALORIES

carrot, celery, cucumber, beet, orange, lemon, spinach, parsley

GREEN | \$11

5G PROTEIN, 130 CALORIES

celery, cucumber, apple, lemon, spinach, swiss chard

GINGER APPLE | \$11

2G PROTEIN, 180 CALORIES

apple, carrot, lemon, ginger

WATERMELON | \$11

2G PROTEIN, 144 CALORIES

watermelon, lemon

GINGER | \$7

1G PROTEIN, 45 CALORIES

orange, ginger, lemon, oregano extract, himalayan salt