

Catering includes delivery or curbside pickup.

- Reward your team or celebrate with smoothie, freshi, and/or smoothie bowls
- Keep your team healthy with juice
- Feed your team with lunch boxes
- Have a salad during meetings
- Supply office snacks of hummus, veggies, and pita chips



Order today at:
319-519-9022



LOCAL PRODUCERS

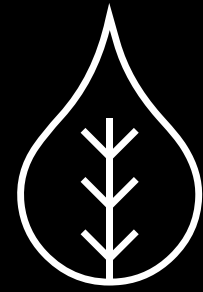
Country View Dairy
Hansen's Dairy
Buffalo Ridge
Garden Oasis
Organic Greens
Rolling Hills
The Local Crumb
Big Timber Maple
Turkey Creek Orchard
Urban Greens
Ebert Honey
& more

Policies

- Orders must be placed 48-hours in advance. Larger orders require more notice.
- Free delivery for orders \$350 or more.
- Orders \$250 or more require a 50% deposit.
- Free basic set up (15 minutes or less)



Get Fresh Cafe
109 Iowa Ave, Iowa City
319-519-9022
get-fresh.co f @



get fresh

CATERING MENU

319-519-9022



www.getfresh.co

meal options

LUNCHBOXES \$16

Choose 1 sandwich, wrap or salad, 2 sides, sparkling water included

SANDWICH & WRAPS

- cashew chicken salad croissant or wrap
- BLT sandwich or wrap (+\$1 for tempeh bacon)
- veggie wrap (+\$1 for tempeh bacon)
- chicken bacon ranch wrap
- buffalo chicken wrap
- chicken caesar wrap
- classic ham (or turkey) & cheese
- thai peanut wrap (+\$1 for chicken)
- turkey club sandwich or wrap

SALAD

- spinach salad (+\$1 for chicken/tempeh)
- chef salad
- chicken bacon ranch salad
- chicken caesar salad

SIDES

- green salad
- fruit salad
- red lentil hummus
- pita chips
- potato chips
- cookie
- apple
- veggies

OTHER OPTIONS

- fresh pressed lemonade, iced tea, or Arnold Palmer (+\$1)
- additional sandwich or wrap (+\$7)

GRAIN BOWL BAR

(25 people or more, call for pricing & more options)

- thai peanut
- mediterranean
- mexican
- oatmeal

OTHER OFFERINGS

- coffee
- pastries & desserts
- & more
- fruit salad
- breakfast burritos

smoothies & freshies

FRUIT SMOOTHIES \$7

Local yogurt, local milk, sugar, fruit (vegan substitutions available)

- mango/pineapple
- strawberry/tripleberry
- strawberry/banana
- mango/pineapple/banana
- cherry/pineapple
- banana/peanut butter

GOURMET SMOOTHIES \$9

BREAKFAST: almond milk, dates, oats, banana, peanut butter, pea protein, chia seeds, vanilla

PB&J: yogurt, milk, sugar, strawberry, blackberry, raspberry, blueberry, oats, peanut butter

GREEN: spinach, kale, pineapple, green juice

PRE-WORKOUT: spinach, orange, banana, mango, oats, coconut water, flax & chia seeds

POST-WORKOUT: greek yogurt, dates, banana, peanut butter, chocolate protein, almond mylk

FRESHIES \$5.50

(fruit, ice, sugar)

- strawberry/watermelon
- lemon/lime
- mango/pineapple
- triple berry/strawberry
- blueberry/lime mango/ pineapple/orange

smoothie bowls

SMOOTHIE BOWLS \$12

Smoothie bowls consist of a bottom layer of granola, thick frozen smoothie, topped with fresh fruit and other toppings included.

ACAI: almond butter, agave, acai, raspberry, blueberry, strawberry, blackberry (toppings: blueberries, blackberries, raspberries)

DRAGON POWER: pitaya, strawberry, pineapple, coconut mylk, almond butter, agave (toppings: mango, strawberry, coconut)

GREEN ENERGY: kale, spinach, banana, dates, flax seeds, coconut mylk (toppings: banana, kiwi, goji berries)

CHOCOLATE PEANUT BUTTER: chocolate protein, peanut butter, banana, cocoa, almond mylk, hemp, agave (toppings: Nutella, banana, strawberry)

cold-pressed juice

JUICE BOTTLES 17oz: \$12 | 34oz: \$22 (includes \$2/\$4 bottle deposit)

Our raw, cold-pressed juice is highly nutrient dense. It is pure fruit and vegetable juice that is never pasteurized without any additional fillers.

THE GREEN: kale, spinach, celery, apple

CLEAN GREEN: kale, spinach, celery, apple, zucchini

MORNING DEW: kale, celery, lemon, lime, pineapple, green apple, & ginger

IMMUNITY: beet, carrot, orange, lemon, apple, garlic, & ginger

OH GINGERSNAP: pears, apples, lemons, ginger & turmeric



CALL GET FRESH AT 319-519-9022