



TAKE-OUT MENU



Wicked Fresh.
Wicked Good.

Wicked Fresh Cafe
Just for the Health of it.
1345 Hartford Ave., Johnston

401.273.7374
401.27.FRESH

BREAKFAST

The Eggcellance- Sweet Potato Toast, Classic Hummus, and Sliced Hard Boiled Egg drizzled with Franks Red Hot Sauce. 11.00 (378 cal.)

Avocado Slider- Sweet potato toast, sliced avocado, cherry tomato, feta cheese and cilantro. 11.00 (249 cal.)

Peanut Butter Crunch- Sweet potato toast, Hanks protein Peanut butter, banana slices, cinnamon, honey and topped with almonds or granola. 11.00 (296 cal.)

Overnight Oats- Fresh Oats Steeped in our delicious ingredients overnight. Variety of flavors offered ask server for available options. 7.00 (100 cal.)

Savory Quinoa Breakfast Bowl- Red organic quinoa, tomatoes, onions, peppers, spinach, brussel sprouts, garlic, salt/pepper, lemon juice. Add an egg \$2 Add avocado \$2. 10.00

Protein Muffins- 3.50

CREATE YOUR OWN WICKED COMBO \$10.99

Step One- Pick your base:

Sweet potatoes, quinoa, brown rice, non-GMO whole grain pasta, savory quinoa, cauliflower mashed or sautéed, leafy greens.

Step Two- Choose your protein:

Grilled marinated chicken, buffalo pulled chicken, roasted turkey, salmon (+ \$5), turkey meatballs, veggie burger, baked breaded chicken.

Step Three- Choose your vegetable:

Broccoli, green beans, brussel sprouts, carrots, steamed cauliflower, spinach, asparagus.

ACAI BOWLS

Knockout- acai, bananas, coconut milk blended and topped with granola, chopped green apples, and hanks protein peanut butter. \$10.99 (325 cal., 90g carbs.)

Longevity- acai, bananas, coconut milk blended and topped with granola, strawberry slices, shredded coconut. \$10.99 (345 cal., 80g carbs.)

Basic Bowl- acai, bananas, strawberries, blueberries, coconut milk, and almond milk blended. Topped with granola, strawberry slices, banana slices, and shredded coconut. \$10.99

WELLNESS BOWLS

Rejuvenate- Coconut milk, avocado, pitaya, frozen banana, medjool dates, vegan vanilla protein, chia seeds, collagen blended and topped with shredded coconut, crunchilina, granola, blueberries and a drizzle of honey. 11.99 (360 cal., 118g carbs.)

Reset- Matcha green tea, avocado, spinach, mangoes, banana, coconut milk, almond milk, blended topped with chia seeds, granola, shredded coconut and blueberries. 11.99 (325 cal., 77g carbs.)

Renew- Coconut milk, almond milk, bananas, pineapple, mangoes, vanilla vegan protein, Turmeric, blended and topped with coconut, granola, blueberries and walnuts. 11.99

Food Allergy Warning:

Our food may contain peanut, dairy, egg or shellfish products. Please disclose your allergy upon ordering.

WRAPS

Made with fresh ingredients per order.

Select from a wheat, tomato, spinach, garlic or gluten free wrap. (+ \$1.50) (310 cal.)

Wicked Fresh Wrap- Add Avocado \$2.00. Add Extra Hummus \$1.50.

House made veggie burger, kale, beets, tomatoes, cucumbers, onions, house made hummus, with a tangy peanut Sauce. 10.00 (255 cal.)

Turkey Bacon Avocado Wrap- House roasted turkey, turkey bacon, avocado, lettuce, tomato, red onion. 10.75

Avocado Chicken Salad- House made avocado chicken salad, onion, lettuce and tomato. 10.75 (190 cal.)

Grilled Chicken Wrap- House marinated and grilled chicken, lettuce, tomato, onion, Balsamic vinaigrette. 10.00 (117 cal.)

SALADS

Made with fresh ingredients per order.

Wicked Fresh Salad- 256 calories.

House-made veggie burger, romaine, kale, beets, tomatoes, cucumbers, Onions, Side of house made hummus with a tangy peanut dressing. 12.25

Asian Sesame Chicken Salad- Kale, Romaine lettuce, grilled chicken, edamame, quinoa, peanuts, sesame seeds, Asian sesame dressing. 12.25

Greek Chicken Salad- Romaine lettuce, grilled chicken, black olives, feta, cheese, red onion, roasted red peppers and Greek dressing. 12.25

SIGNATURE BOWLS

Islander- Pineapples, bananas, strawberries, coconut milk blended and topped with granola and shredded coconut. 10.99
(305 cal., 81 carbs.)

New Englander- Coffee protein powder, bananas, coconut milk blended and topped with granola and chocolate chips. 10.99
(340 cal., 42 carbs, 23g protein, 20g sugar.)

Chunky Monkey- Chocolate protein power, Hank's protein peanut butter, coco powder, bananas, coconut milk blended and topped with granola, chocolate chips and banana slices. 10.99 (365 cal., 92 carbs.)

Chunky Monkey- Banana, Hank's protein peanut butter, almond milk. Sm. 7.75 / Lg. 9.75
(315 cal., 345 carbs.)

PB&J- Strawberries, blueberries, banana, Hank's protein peanut butter and coconut milk. Sm. 7.75 / Lg. 9.75 (225 cal., 255 carbs.)

Energizer- Amino acids, banana, strawberries, blueberries, orange juice. Sm. 7.75 / Lg. 9.75 (175 cal., 195 carbs.)

Can't Be Beeten- Beets, strawberries, Greek yogurt, Hank's Protein peanut butter, chocolate protein, coco powder, cinnamon. Sm. 7.75 / Lg. 9.75 (330 cal., 362 carbs.)

Apple Crisp- Apple juice, almond milk, vegan vanilla protein, apples, granola, banana, honey, cinnamon. Sm. 7.75 / Lg. 9.75
(380 cal., 440 carbs.)

Lean Green- Water, lime, green apples, spinach, banana, mangoes. Sm. 7.75 / Lg. 9.75
(85 cal., 115 carbs.)

WELLNESS SMOOTHIES 16 Oz.

Dragon Fruit- Pitaya, orange juice, water, banana, blueberries, ginger, spinach. Sm. 7.75 / Lg. 9.75 (250 aacal., 270 carbs.)

The Keto Way- Avocado, spinach, almond milk, coconut milk, lime, vanilla whey protein. Sm. 7.75 / Lg. 9.75 (340 cal., 350 carbs.)

Green Goodness- Kale, pineapple, mangoes, banana, and pineapple juice. Sm. 7.75 / Lg. 9.75 (235 cal., 255 carbs.)

The Healthy Hank- Banana, blueberries, Hanks Protein peanut butter, spinach, almond milk, vegan protein. Sm. 7.75 / Lg. 9.75
(378 cal., 80 carbs.)

The California Way- Kale, spinach, cucumbers, pineapple, mango, blueberries, strawberries, coconut water and a splash of pineapple. Sm. 7.75 / Lg. 9.75
(320 cal., 350 carbs.)

ACAI SMOOTHIES

Mango Blueberry- Acai, pineapple and orange juice, mangoes, blueberries. and orange juice, mangoes, blueberries. (325 cal., 235 carbs.)

WICKED SANDWICH \$5.99

Step 1: Choose your bread
sweet bread
plain / wheat bagel
english muffin
crossant

Step 2: Choose your style egg
egg
egg whites

Step 3: Choose your bacon
bacon
turkey bacon

Step 4: Choose your cheese
american cheese
cheddar cheese