

FAIR-TRADE COFFEE & TEA

Regular Coffee 12oz \$2.15 / 16oz \$2.50

Iced Coffee 12oz \$2.50 / 16oz \$2.85

Hot Chocolate 12oz \$3.00 / 16oz \$3.50

Cinnamon-Cayenne Hot Chocolate 12oz \$3.00 / 16oz \$3.50

Espresso Single \$2.50 / Double \$3.25

Café Latte 12oz \$3.50 / 16oz \$4.25

Cappuccino \$3.75 / \$4.25

FREEFOODS

Delivery Menu

Visit Us at
The Cafe

18 West 45th St. (btw 5th & 6th)

New York, NY 10036

T (212) 302-7195

FREEFOODS SMOOTHIES \$9.50

Beelicious **V** **GF**

Banana, Peanut Butter, Hemp Seed, Bee Pollen, Raw Honey, Coconut Water

Apple Cheesecake **V** **GF**

Macintosh Apple, Macadamia Butter, Cinnamon, Clove, Nutmeg, Maple Syrup, Lemon, Almond Milk

Hawaiian Creamside **V** **GF**

Pineapple, Orange juice, Vanilla, Baby Banana, Soy Lecithin, Honey

Ginger Mango Chai **V** **GF**

Mango, Chai, Almond Milk, Ginger, Vanilla Bean

Strawberry Fields **GF**

Wild Strawberry, Fat Free Vanilla Yogurt, Raw Honey, Vanilla and Basil (gf)

Vitality Berry **V** **GF**

Sweet Cherry, Açai, Blueberry-Pomegranate Juice, Ginger-Agave

FreeFoods Green Smoothie **V** **GF**

Spinach, Young Coconut, Pineapple, Fresh Coconut Water, Agave

SMOOTHIE ENHANCERS \$2.50 ea

Super Green Food • Digestive Support **Peruvian Maca** • Sustained Energy

Spirulina • Complete Protein

Hemp Protein • Plant Protein

Bee Pollen • Total Nutrition

Açai • Antioxidants (3.00)

FRESH JUICE BLENDS \$8.75

FreeFoods Special Green Kale, Apple, Cucumber, Spinach, Lemon

Bloody Mary Beets, Apple, Lemon, Celery, Cayenne

7 Green Kale, Spinach, Parsley, Cucumber, Pear, Lime, Apple

Ginger Tonic Pineapple, Celery, Pear, Ginger

CREATE YOUR JUICE \$8.75

Choose a **Base** & **3 Kickers**. Additional Ingredients are \$1.50.

BASE

Cucumber Carrot
Apple Orange
Beet Pineapple
Pear Celery

KICKERS

Spinach Ginger
Kale Lemon
Basil Lime
Parsley

JUST JUICED \$7.00

Seasonal Orange

Fresh Young Coconut Water

Green Tea Lemonade

EVERLASTING SHOTS \$4.75

Wheatgrass

Super Detox & Balanced Nutrition

Ginger Lemon Cayenne

Strengthen Your Immune System

ORGANIC BAKERY

Macintosh Apple Bread, Cider Soaked Golden Raisins, Mesquite, Maple Sugar \$4.00

Caramelized Banana Bread, Cacao, Cinnamon-Sugar \$4.00

FreeFoods Spelt and Flax Chocolate Chip Cookie \$3.50

Mint Chocolate 'Oreo' \$3.50

Vanilla-Bean Hazelnut Blondie \$3.50

ORGANIC VEGAN or GLUTEN-FREE BAKERY

Vegan Candied Orange-Dark Chocolate Muffin \$3.75 **V**

Vegan Blueberry Muffin, Ginger, Vanilla, Almond Flour \$3.75 **V**

Vegan Raspberry Muffin, Miso, Buckwheat, Maple, Flaxseed \$3.75 **V**

Vegan Chocolate Macadamia Chip Cookie \$3.50 **V**

Vegan Chocolate Chip Brownie \$4.00 **V**

Gluten-Free Mexican Cacao Brownie \$4.00 **GF**

Gluten-Free Dark Chocolate Marzipan Budino \$5.00 **GF**

ORGANIC RAW & VEGAN DESSERTS

Chocolate Chip Cookie \$3.75

Cacao-Coconut Macaroon \$3.25

Vanilla Almond Macaroon \$3.25

PARFAITS \$6.50

Fat-Free Vanilla Yogurt, Mixed Berries
& Homemade Granola

FRUIT SALADS \$6.50

Fresh Mango with Mint & Agave

Antioxidant Berries with Citrus Honey

Order Delivery
Online



FreeFoods45thSt.com

