

SUPERFOOD BOWLS

16 OZ...10.95 24 OZ...12.95

CHOOSE YOUR BASE

ACAI (V) (GF)
High in antioxidants, heart health

COCONUT (V) (GF)
Immune booster

PITAYA (V) (GF)
Vitamin packed, energizer

KALE (V) (GF)
Detoxifying, anti-inflammatory

CHIA SEED PUDDING (GF) (GF)

BLUE SPIRULINA (V) (GF)
High in antioxidants, power anti-inflammatory

DRIZZLE

HONEY (+50¢), **NUTELLA** (+50¢), **AGAVE** (+50¢), **PEANUT BUTTER**, **ALMOND BUTTER** (+\$1), **COOKIE BUTTER** (+\$1)

FAT-FREE FROYO (GF) ORANGE SHERBERT (GF)

TOPPINGS:

Banana, Strawberry, Pineapple, Blueberry, Kiwi, Blackberry, Mango, Grapes, Coconut

EPIC TOPPINGS (ADD 75¢)

Flax Seeds, Cacao Nibs, Raw Hemp Seeds, Shaved Almonds, Goji Berries

CHIA SEED PUDDING

16 OZ...10.95

THE SESHER

Granola, strawberry, banana, coconut & Nutella

NUTTY BY NATURE

Granola, almonds, cinnamon & honey

PIPELINE

Granola, strawberry, blackberry, coconut & honey

TOASTS

AVO TOAST 8.49 (V)

Smashed avocado, tomato, crushed red pepper, salt & pickled red onion

EARTH TOAST 8.49 (V)

Hummus, chickpeas, cherry tomato, radish, paprika & lemon wedge

NUTELLA TOAST 6.25

Nutella, strawberry & banana

BANANA ALMOND

TOAST 6.50

Banana, almond butter, cacao nibs & honey

MUSHROOM & GOAT

CHEESE TOAST 8.49

Goat cheese & balsamic marinated mushrooms. Served w/ a side of balsamic vinaigrette

SMOOTHIES

16 OZ...6.49 24 OZ...8.49

IT TAKES 2 TO MANGO (GF)

Mango, white cranberry juice & orange sherbert

RISE & GRIND (GF) (N)

Coffee, almond milk, banana, cacao nibs, Nutella & fat-free froyo

ENERGIZER MONKEY (GF) (N)

Almond milk, peanut butter, banana, cacao nibs & fat-free froyo

ELECTRIC BERRY (GF)

White cranberry juice, strawberry, raspberry & orange sherbert

LEAN, MEAN DRINK

YOUR GREENS (V) (GF)

Coconut milk, kale, banana, mango, pineapple & agave

PARTY WAVE (V)

Coconut milk, strawberry, banana, agave & granola

THE ISLANDER (GF)

White cranberry juice, pineapple, mango, coconut flakes & orange sherbert

ADD INS

Avocado (+1.50), Protein Powder (+1.50), Blueberry, Mango, Blackberry, Strawberry (+.50)

SNACKS & SIDES

Seaweed Salad (8 oz.)...5.99

Kani Crab Salad (8 oz.)...5.49

Chia Seed Pudding Cup (5 oz.)...5.99

(Granola + 1 fruit & drizzle) (GF)

Ono Vegan Power Bites (4)...4.99 (GF)

Spicy Tuna (8 oz.)...9.99 (GF)

PROTEIN SMOOTHIES

16 OZ...7.75 24 OZ...9.75

ROCKET FUEL (V) (GF) (N)

Banana, peanut butter, chocolate protein & almond milk

POWER HOUSE VEGAN

Banana, almond butter, vanilla plant-based protein, agave & almond milk (V) (GF) (N)

PUMPED UP SMOOTHIES

16 OZ...7.49 24 OZ...9.49

ACAI BERRY BUZZ (V) (GF)

Organic acai, banana, coconut milk, strawberry & agave

PAID VACATION (V) (GF)

Organic coconut, banana, pineapple, agave & coconut milk

PARTY IN MY PITAYA (V) (GF)

Organic pitaya, pineapple, mango, coconut milk & agave

MINT CHIP (V) (GF)

Mint, blue spirulina, banana, cacao nibs & peanut butter

FRESH JUICES

12 OZ...6.49 16 OZ...8.49

REVITALIZER (GF)

Orange, pineapple, apple, kale, celery & cucumber

HEALTH KICK (GF)

Apple, beet, carrot & strawberry

GLOW GETTER (GF)

Orange, carrot & ginger

MORNING SUNSHINE (GF)

Beet, celery, carrot, ginger & lemon

BALI JUICE (GF)

100% celery juice

SUPER JUICE (GF)

Carrots, apple, cucumber, beet & mint

FRESH PRESSED LEMONADE

16 OZ...3.75 24 OZ...4.75

HOUSE FAVORITES:

Coconut Mint, Ginger, Pineapple, Pitaya, Blackberry, Ginger Mint, Blueberry Acai, Strawberry, Mango

ADD INS

Chia Seeds (+50¢), Ginger (+50¢), Mint (+50¢), Acai (+\$1), Pitaya (+\$1), Strawberry (+50¢), Blueberry (+50¢), Grape (+50¢), Kiwi (+50¢), Mango (+50¢), Coconut (\$+1), Pineapple (+50¢)

FRESH COAST

ORDER ONLINE AT:
WWW.EATFRESHCOAST.COM

1227 Raymond Blvd.
Newark, NJ 07102



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SIGNATURE POKE BOWLS

Small.....12.95 Biggie.....14.95

ALOHA BOWL

Ahi tuna, cucumber, white onion, scallions, red Hawaiian sea salt, ginger, chopped macadamia nuts, spicy ponzu, hawaiian sauce, and pineapple

MAUI WOWIE SALMON

Salmon, white onion, cucumber, edamame, mango, scallions, citrus ponzu, sriracha aioli, sesame seeds & tempura flakes

FRESH COAST BOWL

Ahi tuna, white onion, cucumber, jalapeño, cilantro, scallions, crispy onion, sesame seeds, wasabi aioli & hawaiian sauce

CALIFORNIA ROLL BOWL

Kani crab salad, white onion, cucumber, carrot, scallions, avocado, sesame seeds, crispy onion & sriracha aioli

SPICY ROLL BOWL

Minced ahi tuna or spicy salmon, white onion, cucumber, edamame, scallions, tempura flakes & sriracha aioli

SWEET SHRIMP BOWL

Garlic lemon shrimp, white onion, jalapeño, mango, cilantro, scallions, ginger, sesame seeds, citrus ponzu & sweet sesame

ZEN BOWL

Garlic lemon shrimp, cucumber, mango, radish, scallions, cilantro, jalapeño, sesame seeds, crispy fried onion & cilantro lime vinaigrette

UMAMI BOWL

Fresh ahi tuna, cucumber, scallion, cilantro, jalapeño, tempura flakes, sriracha aioli & spicy ponzu

SIGNATURE HONUWA BOWLS

MOTHER EARTH.....11.95

Hummus, kale, quinoa, cucumber, pickled red onion, tomato, avocado, cilantro, chickpeas, radish, lemon wedge & cilantro lime vinaigrette

TERIYAKI BOWL

Small.....11.95 Biggie.....13.95

Roasted chicken or tofu, sweet teriyaki, white onion, cucumber, carrot, edamame, scallions, pickled ginger sesame seeds, & crispy fried onions

TOFU GOCHU

Small.....11.95 Biggie.....13.95

Baked tofu, white onion, cucumber, gochujang, edamame, scallions, sesame seeds & crispy fried onion.

OMEGA BOWL.....15.95

Roasted salmon, tomato, cilantro, mango, avocado, radish, sesame seeds, lemon wedge & cilantro lime vinaigrette dressing. Served over quinoa & spring mix base

SKINNY CHICKEN.....12.49

Roasted chicken, scallions, tomato, radish, carrots, cilantro & cilantro lime vinaigrette. Served over quinoa & spring mix base

SIGNATURE SALADS

HIPSTER SHROOM 10.95

Spring mix, cherry tomato, parmesan cheese, marinated mushrooms, sweet potato crisps & balsamic vinaigrette

HAPPY HARVEST 12.49

Kale, almonds, goat cheese, grilled chicken breast, brown rice & sweet potato crisps. Served w/ balsamic vinaigrette

MEDI VEGGIE 11.25

Chopped kale, quinoa, red bell pepper, red onion, feta cheese, avocado, chickpeas & lemon wedge. Served w/ cilantro lime vinaigrette dressing

CAESAR PLEASER 10.95

A fresh take on a classic. Chopped Romaine lettuce, chopped kale, cherry tomato, parmesan cheese, avocado & sourdough croutons. Served w/ Caesar dressing

EPIC SALAD EXTRAS:

Add Avocado - 1.50
Add Grilled Chicken - 3.00
Add Shrimp - 4.00
Add Oven Roasted Tofu - 3.00
Add Oven Roasted Salmon - 5.00

BUILD YOUR POKE BOWL

SNACK POKE.....10.50

1 base, 1 protein, 2 mix-ins, 3 toppings & 1 crunch

PROTEIN FROM LAND Small.....11.95 Biggie.....13.95

PROTEIN FROM THE SEA Small.....12.95 Biggie.....14.95

BUILD YOUR BASE

White Rice, Brown Rice, Spring Mix, Quinoa (+\$1.25), Kale Crunch (+\$1.25), Zoodles (+1.25)

PROTEIN CHOICE

Ahi Tuna , Spicy Tuna , Spicy Salmon , Salmon , Garlic Lemon Shrimp, Chicken, Tofu , Kani Crab Salad

MIX-INS Cucumber, White Onion

TOPPINGS:

Jalapeño, Edamame, Scallions, Pickled Red Onions, Carrots, Radish, Shredded Red Cabbage, Mango, Cilantro, Ginger

EPIC TOPPINGS (+\$1.50)

Seaweed Salad, Kani Crab Salad, Avocado

SAUCES:

Citrus Ponzu , Spicy Ponzu , Cilantro Lime Vinaigrette , Sweet Teriyaki , Sriracha Aioli , Wasabi Aioli , Sweet Sesame , Gochujang , Hawaiian Sauce  

CRUNCH:

Up to 2 included, each additional 50¢
Crispy Fried Onion, Shredded Nori, Wonton Strips, Tempura Flakes, Sesame Seeds

LEGEND



Raw



Gluten-Free



Spicy



Contain Nuts



Vegan



Vegetarian