

Wraps

- All Wraps **\$7.50**
 Choice of Wrap: Spinach Herb,
 Jalapeño Cheese, Tomato Basil,
 Pressed Flour or Whole Wheat
 Add Double Meat or Cheese \$1.00
- Pulled Pork-n-Slaw (occasional)
 Shredded Pork and Creamy Cole Slaw
- The Big D (occasional)
 BBQ Beef, Broccoli Slaw and Cheese
- California Club
 Bacon, Chicken, Lettuce, Tomatoes,
 Cheese and Mayo
- Greek Chicken
 Chicken Breast, Cucumbers, Tomatoes,
 Olives and Feta Cheese
- Crunch Time Veggie
 "Rake it Through the Garden" All Veggies
- BLT
 Bacon, Lettuce, Tomato, Cheese
 and Mayo
- Tuna-n-Lettuce
 Tuna Salad, Lettuce and Tomatoes
- Ham-n-Swiss
 Ham, Swiss, Lettuce, Tomatoes
 and Mayo
- Turkey-n-Colby
 Turkey, Colby, Lettuce, Tomatoes
 and Mayo
- Fiesta Turkey
 Turkey, Salsa and Pepper Jack Cheese
- Buffalo Chicken
 Chicken, Tomatoes, Green Peppers,
 Shredded Cheese, French Fried Onions,
 Buffalo Sauce and Ranch

Salad Bar

- Small Salad Bar **\$4.25**
 Plus Meat **\$5.25**
- Large Salad Bar **\$5.25**
 Plus Meat **\$6.25**



À la carte

- Fruit Parfait **\$2.25**
- Fruit Bowls **\$3.25**
- Chips **\$1.00**
- Crackers **\$1.00**
- Avacado Toast **\$5.00**
- Monkey Toast **\$5.00**
- FFF Signature Wrap **\$6.50**
 Egg, Avacado, Onion, Tomato,
 Pepperjack Cheese, and FFF
 Signature Sauce

Serving Up Smoothies & Sunshine



209 South Sandusky Avenue
 Bucyrus, Ohio 44820
 419-562-0090

Fresh Fruit Smoothies

	CALORIES PER SMALL
Don't "B Blue" Berry Bliss Blueberries and Bananas	145
My Main Squeeze Oranges, Bananas and Strawberries	110
My Docs X2 Strawberries, Peaches, Pineapple and Oranges	95
Triple Berry Blast Strawberries, Raspberries, and Blueberries	105
Sweet Sunrise Mango, Pineapple and Peaches	125
Tropical "M" Pineapple, Mango and Bananas	140
Bananaberry Bananas and Strawberries	110
Fruit Bowl Every Fruit Imaginable	110
Strawberry Lemonade Strawberries, Sherbet and Lemon	145
Peachy Keen Peaches	98

Smoothie Size Large \$5.00
Small \$3.00

Add 1 scoop of Protein Powder (25 grams) \$2.50



Let's Talk Green Smoothies

	CALORIES PER SMALL
Green Goddess Spinach, Cucumber, Oranges and Strawberries	90
Green Machine Spinach and Peanut Butter	105
Green Fusion Mango, Bananas, Apples, Pineapple, and Spinach	95

Satisfy that Sweet Tooth Smoothies

PB&J Peanut Butter and Strawberries
The Terminator Chocolate, Oreos and More Chocolate
The Brutus Chocolate and Peanut Butter
Chunky Monkey Peanut Butter and Bananas
Coffee Break Coffee, Chocolate and Ice Cream
Birthday Cake Ice Cream and Birthday Cake
Strawberry Cheesecake Cheesecake and Strawberries

Other Beverages

Bottled Water	\$1.00
Soda	\$1.00
Sweet Tea / Iced Tea	\$1.00

Protein Shakes

Chocolate Protein Shake	\$4.00
Vanilla Protein Shake	\$4.00
Peanut Butter Protein Shake	\$4.00
Strawberry Protein Shake	\$4.00
Chocolate Peanut Butter Protein Shake	\$4.00
Birthday Cake Protein Shake	\$4.00



Jammin' Java Cart Featuring Kiro Coffee

Regular Coffee (Hot or Over Ice)	
Small (12 oz)	\$1.50
Large (16 oz)	\$2.50
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Latte (16 oz)	\$4.50
Cappuccino (12 oz)	\$3.50
Pour Over Coffee	\$3.00