

# FRESH TWIST

## Juice Bar & Eatery

436 Main Street, Metuchen, NJ 08840 · 732.318.6281

### FOOD MENU

#### Toasts

Available all day. Add bacon +\$2.50, extra egg +\$1.25

<b>Avocado Toast 'n Eggs</b> Whole grain toast, avocado, poached, scrambled or fried eggs	\$7.25
<b>Greek Avocado Toast</b> Whole grain or white toast, cucumber, red onion, tomato, kalamata olives, feta cheese	\$10.25
<b>Crunchy Peanut Butter Toast</b> Homemade peanut butter, granola, banana, honey	\$10.00
<b>Grilled Spinach 'n Feta Avocado Toast</b> With sunny side up egg	\$10.25
<b>Tomato 'n Feta Avocado Toast</b> Cherry tomatoes, feta cheese, sunny side up egg	\$10.25
<b>Steak 'n Egg Avocado Toast</b>	\$12.75
<b>BLT With a Twist</b> Bacon, lettuce, tomato, cheddar cheese, avocado and poached egg on toast	\$13.25

#### Tacos

Served as 3 tacos

<b>Steak Tacos</b>	\$13.00
<b>Chicken Tacos</b>	\$13.00
<b>Roast Pork Tacos</b>	\$13.00
<b>Shrimp Tacos</b>	\$14.00
<b>Birria Tacos</b>	\$16.75
<b>Chick Peas Tacos</b>	\$11.25

#### Sandwiches

<b>Cuban Hero</b> Ham, swiss cheese, pickles, roast pork, mojito, mustard	\$13.75
<b>Ham 'n Swiss Hero</b>	\$8.25
<b>Chicken Sandwich</b> Grilled chicken breast, lettuce, tomato, onion, mayo, white or whole wheat	\$12.75
<b>Grilled Three Cheese</b> Mozzarella, swiss and cheddar white or whole wheat bread	\$8.00
<b>BLT</b> Bacon, lettuce, tomato, mayo, white or whole wheat toast	\$9.00
<b>Hungry Man Zay</b> Grilled chicken, lettuce, tomato, thick-cut bacon, avocado & chipotle mayo on a hero	\$14.25

## Wraps

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Served with sweet potato fries — \$15.75

### Purple Wrap

Garlic/herb tortilla, red cabbage, chicken or steak, romaine, cranberry vinaigrette

### Four Season Wrap

Spinach flour tortilla, chicken or steak, avocado, 4-power mixed salad, dijonaise dressing

### Cuban Wrap

Ham, swiss, pickles, roast pork, mojito, mustard

### Greek Wrap

Romaine, kalamata olives, red onion, tomato, feta cheese, cucumber, chicken

### Big Dawgs Wrap

Arugula, red cabbage, quinoa, red onion, black beans, avocado, tomato, lime dressing, grilled or BBQ chicken, spinach wrap, sweet potato fries

### Fresh Twist Wrap

Chicken, red onion, bacon, avocado, romaine, swiss cheese, avocado-jalapeño-lime dressing

\$16.75

## Fresh Twist Specialties

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### Patacón

Fried green plantain sandwich with chicken, beef or pork, lettuce, tomato, garlic mojito, ketchup/mayo sauce

\$14.00

### Avocado Twist

Fried green plantain, fresh avocado, spicy pico de gallo. Choose: chicken, beef, roast pork or mixed veggies. Add jumbo shrimp +\$4.75

\$14.00

### Cuban Hero

Ham, swiss cheese, pickles, roast pork, mojito, mustard

\$13.75

## Homemade Burgers

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Served with sweet potato or french fries or side salad, on a sesame seed bun

### Big Dawgs Burger

Two smashed burgers with cheddar cheese, shredded lettuce, tomato, raw onion and our popular "Big Dawg" sauce

\$12.75

### Papi Zay Burger

Cheddar cheese, bacon, lettuce, tomato, pickles, ketchup, mayo

\$17.75

### Create Your Own

Choose any three: lettuce, arugula, spinach, tomato, grilled or raw onions, pickles, cheddar, mozzarella, white American cheese, bacon +\$2, egg +\$1.25

\$17.00

## Specialty Salads

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Add chicken +\$6, shredded chicken +\$6.75, steak +\$7, jumbo grilled shrimp +\$7.75

### Greek Salad

Cucumber, tomato, onion, feta cheese, olive oil, red wine vinegar, salt & pepper, lemon juice, kalamata olives

\$11.00

### Mediterranean Salad

Feta cheese, cherry tomatoes, cucumber, romaine, kalamata olives, red onions, mediterranean sauce

\$11.00

### Fresh Twist Delight

Arugula, feta cheese, cherry tomatoes, walnuts, cranberries, raspberry honey vinaigrette

\$11.00

### Nacho Salad

Romaine, black beans, corn, jalapeños, tomato, cheddar cheese, w/avocado jalapeño dressing, topped with Fresh Twist-style ground beef

\$11.00

**Build Your Own Salad**

Base (arugula, baby spinach, or hearts of romaine) + 4 ingredients + protein + housemade dressing

\$11.00

## Stuffed Empanadas

*Made to order — \$4.50 each. Shrimp & Birria +\$5.25. Chipotle Mayo +\$0.75*

<b>Nutella (banana and/or strawberry topping +\$1)</b>	
<b>Romeo 'n Juliet (Guava 'n Cheese)</b>	\$4.50
<b>Chicken</b>	\$4.50
<b>Chicken 'n Cheese</b>	\$4.50
<b>Cheese</b>	\$4.50
<b>Beef</b>	\$4.50
<b>Beef 'n Cheese</b>	\$4.50
<b>Sweet Plantain 'n Cheese</b>	\$4.50
<b>Sweet Plantain, Beef 'n Cheddar</b>	\$4.50
<b>Sweet Plantain, Chicken 'n Cheese</b>	\$4.50
<b>Ham 'n Cheese</b>	\$4.50
<b>Bacon, Egg 'n Cheese</b>	\$4.50
<b>Roast Pork (slow-cooked roast pork 'n cheese)</b>	\$4.50
<b>Philly Cheesesteak</b>	\$4.50
<b>Veggie</b>	\$4.50
<b>Three Cheese (mozzarella, swiss, cheddar)</b>	\$4.50
<b>Shrimp — \$5.25</b>	
<b>Homemade Peanut Butter 'n Jelly</b>	\$4.50
<b>Birria — \$5.25</b>	

## Extras

<b>Three Cheese Quesadilla</b>	\$7.00
<small>Mozzarella, cheddar &amp; swiss. Add chicken +\$6, steak +\$7, shrimp +\$7.75</small>	
<b>Fried or Sweet Plantains</b>	\$4.75
<b>Sweet Potato Fries or French Fries</b>	\$4.75
<b>Guacamole</b>	\$8.00
<small>Add fresh homemade chips +\$2</small>	
<b>Side of Avocado</b>	\$4.00
<b>Pico de Gallo</b>	\$4.00

**LUNCH SPECIAL — \$14.00**

Two (2) Empanadas &amp; 16oz Smoothie (Shrimp or Birria empanadas not included) Tuesday–Friday 11am–5pm · Eat in &amp; Takeout

*@FreshTwist.Metuchen · freshtwistmetuchen.com**Consuming undercooked meat, poultry, eggs or seafood may increase the risk of foodborne illness.*