

SPECIALTY BEVERAGES

	TALL	GRANDF	SUPFR
CF Buddy Brew		3.00	3.75
Decaf CF Buddy Brew		3.00	3.75
Olé		4.00	0.70
Espresso Hot or Iced		3.00	4.00
Americano Hot or Iced		3.75	4 75
Caffé Mocha		5.50	6.85
White Chocolate Mocha		5.75	7.00
Cappuccino Hot or Iced		5.00	6.25
Caffé Con Leche Hot or Iced		6.25	
Caffé Latte Hot or Iced	3.75	5.00	6.25
Honey Oat Vanilla Latte Hot or Iced		6.25	7.75
Flat White		5.75	
Hot Chocolate		4.00	5.00
Duddy Brew Cold Brew		4.75	5.95
Iced Decaf Buddy Brew		4.00	5.00
EXTRAS			
Add Monin Syrup Pump			
Add Espresso Shot	0.806	each	
Sub Almond, Coconut, Lactose Free, Oat			

SWEETS

*SPECIALTY PASTRIES AND CAKES PRICES MAY VARY
Chocolate Chip Cookie
1&M Cookie
Datmeal Raisin Cookie
F Peanut Butter Cookie
Sugar Cookie
Espresso Cookie
Brownies
Mikes Pies
IY Style Cheesecake
Base Culture Gluten & Dairy Free FROM 3.10



FRAPPÉS

	· ·
Mocha 4.95	Caramel 4.95
White Chocolate Mocha. 4.95	Almond Joy 4.95
Snickers 4.95	Vanilla Banana 5.45
Mocha Banana 5.45	Vanilla Banana 5.45
Caffé Vanilla (with espresso)	5.50
Creamy Salted Carmel (with esp	presso) 5.75
Salted Carmel Mocha (with espre	esso) 5.75
Add Espresso	0.80

CHILLED BEVERAGES

Soda Can	Dr. Pepper, Diet Dr.
,	2.75
Coke, Diet Coke, Coke Zero, & Cherry Coke	e Zero
Club Soda	1.30
Freshly Brewed Iced Tea	MED 2.25 LAR 3.50
Smart Water	
Zephyrhills Water 1.75 2.90	Natalies Lemonade 3.65
Perrier 2.25	V-8 1.75
San Pellegrino 2.75	Vitamin Water 2.50
Body Armor 2.75	Minute Maid Juice 2.75
Gatorade	Natalies Orange Juice 3.25
Monster 3.75	Reign 3.95
Red Bull 4.20	BANG Energy
Milk (2% or Skim) . FROM 1.65	Celsius 3.35
Chocolate Milk FROM 2.05	
Almond, Coconut Milk, Oat, Lactose Free Ava	ilable

HANDCRAFTED

Italian Sodas	20
Vanilla, raspberry, & blackberry, <i>Splash of Cream</i>	
Hibiscus Berry Fizz	20
Hibiscus, blackberry, and club soda	



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	GRANDE	SUPER
TeBella Fog		6.95
Earl Grey, Earl Grey Lavander, or Almor vanilla & pure cane sugar	nd shortbread tea with steam	ed milk,
TeBella Chai Latte Hot or Ic	ed 5.15	6.25
TeBella Tea Hot or Iced	4.00	5.00
White Tea - White Coconut D	ulce	
Green Tea - Orange Blossom, Len Pomegranate, Moroccan Mint, Oran		, , , , , , , , , , , , , , , , , , , ,
Black Tea - Earl Grey Lavend Breakfast Blend, Almond Sho Bark, Pumpkin Chai & Love P	ortbread, <i>Seasonal -</i> Pe	,
Maté Brio (Maté Blend) - High (Caffeine	
Herbal/Caffeine Free - Herba	al/Fruit Blend - Mango M	elange &
Tumeric Ginger. Rooibos - CF K	Key Lime Ginger & Carı	rot Cake

160Z FRESH SMOOTHIES MAKE ANY SMOOTHIE 3.50

MIX + MATCH	Pick	(2 - 5.50	Pick 3 - 6.00
Made with fresh cut fruit, Strawberries Pineapple	 Blueberries 	 Blackberrie 	
Engery Boost			
Tropical Paradise Pineapple, banana, mango			
Berry Blast Strawberries, blueberries,			5.95
Blue Bliss			5.95
Island Breeze Strawberries, pineapple, m			5.95

200Z ULTIMATE SMOOTHIES - 7.00

Super Boost (185 CAL) Green Goddess (125 CAL) Mega Berry Blitz (135 CAL) **Banana Nut Java** (315 CAL)

Coco-Pine Refresh (145 CAL)

Almond Butter Banana

Pineapple, Apple, Kale, Mango and Yogurt Strawberry, Blackberry, Blueberries, Acai, Almond, Milk and Yogurt Banana, Almonds, Pecans, Almond Milk, Vanilla Whey Protein and Espresso Pineapple, Coconut Flakes, Spinach, Coconut Milk and Yogurt Almond Butter, Banana, Cinnamon, 7.45 Agave, Organic Honey, Vanilla, Coconut Milk, & Plant Protein

Strawberry, Banana, Kale, Acai and Yogurt

SUB GREEK YOGURT 0.50 • **ADD** PLANT VANILLA PROTEIN 1.00

ADD WHEY VANILLA OR CHOCOLATE PROTEIN 0.50 **ADD** ENERGY SHOT 1.00 • **ADD** AVOCADO sm 1.50 lg 2.50

FEATURED DRINKS - 5.95

Dublin Irish Cream* Vanilla, Irish Cream, Espresso & Milk

Cupid's Nutty Delight* Hazelnut, Vanilla, Espresso & Milk

Irish Blessing* Caramel, Irish Cream, Espresso & Milk

Praline White Mocha* Praline, White Chocolate, Espresso & Milk

*AVAILABLE HOT, ICED OR AS A FRAPPÉ

White Chocolate Kiss* White Chocolate, Frosted Mint, Irish Cream. Espresso & Milk

Cocomint Mocha*

Chocolate, Frosted Mint, Coconut, Espresso & Milk

Spiced Irish TeBella Fog Earl Grey Tea, Vanilla, Irish Cream,

Love Potion #9 TeBella Fog Black Tea blend of chocolate covered strawberries. Vanilla. & Milk

CUPS & BOWLS

CUP	ROME
Soup of the Day from 5.75	7.25
Chili (WHEN AVAILABLE) from 6.50	8.50
Specialty Soup (when available) from 7.00	9.50

1/2 SANDWICH & SOUP COMBO

Half Sandwich & Soup from 11.00 12.50







Bank of America Building 101 E. Kennedy Blvd., Suite 360 Tampa, Florida 33602

PHONE: (813) 221-7570

CAFFÉ HOURS:

Monday-Friday, 6:45 am - 4 pm Closed on Weekends

CATERING AVAILABLE



ORDER ONLINE WWW.CAFFEFRESCOTAMPA.COM

BREAKFAST
BREAD, BAGELS & MORE
FRESH BAKED BREAD (French, 7 Grain, Sourdough or Rye)
Smoked salmon, cream cheese, onions, tomatoes & capers 8.25 Scones or Muffins (Daily Selections) FROM 3.00
Fresco's Cuban Toast & Cheese Toast Plain rustic, buttered and pressed
Fresco's Avocado Toast

Add Cream Cheese.						. 1.:	l5 / e	extra	0.85
Add Butter						. 0.	75 / e	extra	0.50
Add Peanut Butter .									1.25
Add Nutella									1.75
Add Almond Butter.									1.75
Add Hummus									2.50
Add Organic Honey.									1.50
Add Jelly & Preserves	s					. 0.7	75 / e	extra	0.50

Salmon Cream Cheese Avocado Toast 8.25

Breakfast Scrambler*	6.35
3 eggs, bacon or chicken sausage	
® BUILD YOUR OWN - 3 Egg Ome	elette
Shredded Cheddar 0.50	Ham 1.50
Sliced Cheddar, Swiss, Provolone,	Bacon 1.75
American or Pepper Jack 0.50	Tukey 2.00

EGGS, OMELETTES & MORE

Sliced Glieddal, Swiss, Plovololle,	Dacon 1./3
American or Pepper Jack 0.50	Tukey
Feta or Gorgonzola Cheese 1.00	Chicken Sausage 1.75
Goat or Mozzarella Cheese 1.25	Beyond Hot Italian Sausage 3.15
Chives or Basil 0.25	Tomatoes or Bell Peppers 0.50
Spinach or Arugula 0.50	Roasted Red Peppers 0.50
Extra Egg 1.60	Avocado sm 1.50 lg 2.50
k Build Your Own (BYO) Egg Sand	dwich * 4.35
Egg plus choice of Bagel, Specialty Br	read, English Muffin, Cheese Focaccia,
Plain Rustic, Wrap or Croissant 0.50	
® Build Your Own (BYO) NO Egg S	Sandwich ⁺ 2.50
Choice of Ragel Specialty Bread Eng	lish Muffin Cheese Foraccia Plain

K)	Build Your Own (BYO) NO Egg Sandwich 2.50
	Choice of Bagel, Specialty Bread, English Muffin, Cheese Focaccia, Plain
	Rustic, Wrap or Croissant 0.50
K)	Egg White Avocado Wran ⁺ 6.50

K)	Egg White Avocado Wrap* 6.50
	Egg white, chicken sausage, avocado, spinach, tomato, spinach wrap
K	Fresco's Savory Chicken Sausage Sandwich ⁺ 6.25
	Egg, chicken sausage, arugula, tomato, Greek yogurt dill
	sauce served on whole wheat English muffin

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K)	Hard Boiled Eggs										.1.35 ea

ACAI. YOGURT. OATMEAL & FRUIT

Fresco's Rolled Oats Rolled Oats, cranberries, pecans, brown s	
Build you own Oatmeal (PLAIN R Blueberry 1.50 Banana 0.70 Cherries 0.75 Brown Sugar & Cinnamon 0.50 Almonds 0.75	olled Oats) BASE 3.50
Caffé Greek Blend Yogurt Starwberries OR Blueberries and Granola	5.25
Fresco's Greek Blend Bowl Greek yogurt blend, banana, blueberries,	7.25
Fruit Bowl	
Large Fresh Seasonal Berry B Bananas 0.70	
Acai Bowl with Guarana Topped with Strawberries, Banana, Blueberries,	. snack \$8.50 regular \$11.75

AHI TUNA, SMOKED SALMON

K) Tuna Poké Bowl	11.50
	Cauliflower rice, Julienne cut Golden beets, broccoli, kohlrabi, brussel sprouts, carrots, k cucumbers, scallions, jalapeños, ahi tuna, ginger soy marinade, wasabi and cusabi dres:	
K	Salmon Poké Bowl	12.25
	Cauliflower rice, Julienne cut Golden beets, broccoli, kohlrabi, bruss carrots, green onions, kale and red cabbage, cucumbers, scallions, salmon avocado, ginger soy marinade, wasabi and cusabi dressing	jalapeños,
K	Ahi Tuna Plate	13.25
	Arcadian mix, cucumbers, bell peppers, Seared Ahi Tuna, low sodiu wasabi, pickled ginger and cusabi dressing	m soy sauce,
K	CFM Ultimate Ahi	16.75
_	Arcadian mix, spinach, cucumbers, bell peppers, chickpeas, edamame, avocado, ca onions, Seared Ahi Tuna, low sodium soy sauce, wasabi, pickled ginger and cusabi	rrots, green

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	CFM Beyond Vegan
	Lettuce, tomato, mustard, ketchup, onions, pickles served on a Brioche Bun
2	CFM Beyond Pesto
	Gorgonzola cheese, arugula, tomato, served on a Brioche Bun
)	CFM Beyond Cusabi
	Lettuce, tomato, cucumber wasabi, onions, avocado, pickles served on a Brioche Bui

Smoked salmon, cucumber, greek yogurt dill sauce, dill & capers

dorgonizora chieese, arugura, tomato, serveu on a brioche bun
CFM Beyond Cusabi
Lettuce, tomato, cucumber wasabi, onions, avocado, pickles served on a Brioche Bun
CFM Beyond Chipotle Platter
Chipotle aioli, jalapeños, fontina cheese with arugula, baby spinach, Arcadian mix, green onions, bell peppers, cucumber, tomatoes salad with chipotle ranch dressing.
CFM Beyond Sausage
Beyond hot Italian sausage, yellow mustard, tomatoes, pickles, jalapeño peppers and red onion served on a brioche hoagie bun.

Beyond hot Italian sausage, provolone cheese, roasted red peppers, fresh basil, tomatoes, arcadian mix, and our Mediterranean olive oil

Chips FROM 1.90 Miss Vickie's, Fritos, Lays, Baked Lays, Zapps, Stacy's Pita, Pretzel Crisps	Fresh Vegetables w/dressing 4.
Snack Size Trail Mixes Mixes FROM 1.90	Snack Packs 6.0 • HB Egg, Cheese & Almond • Cheese & Grapes
Cusabi Slaw 2.50 / 4.50	Bacon 4.0

SPECIALTY SALADS

	<u> </u>		
	DRESSINGS - Caesar, Balsamic Vinaigrette, Ranch, Honey Onion & Poppyseed, Raspberry White Balsamic Vinaigrette, Mediterranean Olive Oil, Dijon Vinaigrette		
K	Traditional House Salad	. 5.25	10.00
7	Mega Greens Salad	. 7.00 damame, al	13.00 monds,
9	Kale Arcadian		13.00 and
K	Kale Caesar	. 7.00 nesan chees	13.00 e,
	Cali-Fresco Salad	omatoes, cuc	12.00 sumbers,
K	Caprese Salad Fresh mozzarella, basil and Roma tomatoes served with balsamic vir		ing
	Baby Spinach & Pear Salad	ns, tomatoes	
	Southwest Salad		12.00 th corn

and black beans, corn chips and ranch dressing AVAILABLE ONLY - ON DAYS WE SERVE CHILI

Julienne cut Golden beets, broccoli, kohlrabi, brussel sprouts, carrots, kale & red cabbage, arcadian mix, cranberries, pecans, goat cheese and sweet onion poppyseed dressing Julienne cut Golden beets, broccoli, kohlrabi, brussel sprouts, carrots, kale & red cabbage, arcadian mix, cilantro, chives, tomatoes, cucumber, bell peppers, chickpeas and Mediterranean olive oil CHOOSE THREE - Chicken, Fruit, Tuna, Side, Egg, and/or Caesar Salad

ADD TO ANY SALA	AD.
All Natural Grilled Chicken	3.50 / 6.50
Premium Natural Turkey	4.00 / 7.50
Black Angus Roast Beef	4.00 / 7.50
Black Forest Ham	3.00 / 5.50
Chicken Salad	3.50 / 6.50
Tuna or Egg Salad	3.25 / 6.00
6 oz Beyond Burger	9.00
Beyond Sausage	6.25
Smoked Salmon	6.50
Seared Ahi Tuna	9.50

We	recommend 7 Grain, Sourdough or Rye Bread.	GFA
	ree Cheese Panini	3.50
All n chee	t le Italy Panini	
Pren	key Bruschetta Panini	
	eesy Tuna Panini	
Fres	prese Panini	0.50



	Bread — French, 7 Grain, Sourdough, Rye, Cheese Focaccia of Wran. Type to Chicotte Spinoch or Wheet	r Plain Ru	stic
	Wrap — Tomato, Chipotle, Spinach, or Wheat.	IALF	FULL
	Turkey Delight		
	Premium Natural Turkey breast, arugula, tomato, served with honey m	ustard sau	ce
	Chicken Pesto		
	Italian Classic		
)	Fresco's Club		
	Sliced premium natural turkey, ham, smoked bacon, cheddar chee tomatoes and chipotle aioli	se, arcadia	an mix,
)	Ultimate B.A.L.T		12.00

Fresco's Spicy Chicken		
All natural grilled chicken tossed with Cajun seasoning,	pepper jack ch	eese,
arugula, tomatoes and chipotle aioli		
Fresco's Savory Roast Beef	6.25	12.00
Black Angus roast beef, fontina cheese, arugula, tomatoes	and fresh basil	pesto aioli

SIGNATURE SANDWICHES



Bread — French, 7 Grain, Sourdough, Rye, Cheese Focaccia or Pla			n Rustic	
	Wrap — Tomato, Chipotle, Spinach, or Wheat.	HALF	FULL	
	Ham and Swiss	5.50	10.50	
	Black forest ham, swiss cheese, leaf lettuce, tomato and ou	ır sun-dried to	mato aioli	
	Veggie Delight	5.50	10.50	
	Hummus, arcadian mix, tomato, cucumber and feta chee	ese		
	Roasted Chicken	6.00	11.50	
	All natural grilled chicken breast strips, leaf lettuce, tom Caesar dressing	nato and our s	ignature	
	Hearty Roast Beef			

Caffe Fresco's Classic Combo (6 oz of meat)	12.5
Black Angus roast beef, preium natural turkey and black forrest ham lettuce, and tomato topped with our signature wasabi aioli	, leaf
Caffe Fresco's Chicken Salad 6.00	11.0

Catte Fresco's Unicken Salad	6.00
All natural grilled chicken breast mixed with celery, apples	s, red onion
and pecans, served with mayo, lettuce and tomato	

CLASSIC SANDWICHES & WRAPS (GEN)



Bread — French, 7 Grain, Sourdough, Rye, Cheese Focaccia or Plain Rustic	
Wrap — Tomato, Chipotle, Spinach, or Wheat.	FULL
Tuna Salad w/mayo, lettuce and tomato	10.50
€ Egg Salad w/mayo, lettuce and tomato	10.50
Peanut Butter & Jelly	6.50
Apple-wood Smoked "BLT" w/mayo 5.50	10.50
Tuscan Chicken Wrap	11.00
All natural grilled chicken breast strips, roasted red peppers, fonting	1
cheese, leaf lettuce, tomato with our signature lemon caper dill dres	sing
Turkey Avocado Wran	11 50

	Sliced premium natural turkey breast, mixed greens, tomatoes,
	avocado, cucumbers, pickles, with a non-fat yogurt dill sauce
K	Pineapple Pesto Chicken Wrap (Seasonal)

K Pineapple Pesto Chicken Wrap (Seasonal)	J
Julienne cut Golden beets, broccoli, kohlrabi, brussel sprouts, carrots, kale, red cabbagi	e,
arugula, pineapple, pesto, All natural grilled chicken, and spinach wrap	
Fire Roasted Chipotle Wrap	0
Julienne cut Golden beets, broccoli, kohlrabi, brussel sprouts, carrots, kale, red	
cabbage cilantro avocado fire roasted corn and penners chinotle aigli all	

(K) - KETO FRIENDLY ITEM

natural grilled chicken and Chipotle wrap

