

DELI WRAPS

On a multi-grain flax wrap with chips

SPICY SPRING CHICKEN

Buffalo chicken, provolone, romaine, tomato, onion 6.95

TURKEY AVOCADO

Roasted turkey, Swiss, avocado, romaine, tomato, light mayo 6.95

GREEK WRAP

Roasted chicken, hummus, feta, romaine, tomato, kalamata olives, with balsamic vinaigrette 6.95

THE SHAZAAM!

Roast beef, Swiss, romaine, tomato with a wasabi mayo kick! 6.95

LOVE SHACK

Coconut curry chicken, spinach, onion & roasted red peppers 6.95

CHICKEN SALAD WRAP

Rosemary chicken salad, romaine & tomato with light mayo 6.95

CAESAR CHICKEN WRAP

Roasted chicken, grated roma cheese, romaine & garlic crostini with Caesar dressing 6.95

FANCY PICNIC WRAP

Ham, Swiss, romaine, tomato, honey Dijon mustard sauce 6.95

HIPPY CHICK

Roasted chicken, tomato, basil & mozzarella with house balsamic 6.95

SWEET VEGGIE

Hummus, feta, roasted red peppers, onion, baby spinach 6.95

P.B.S. WRAP

Peanut butter, banana & strawberries 5.95

SURFER WRAP

Peanut Butter, banana & home made granola topped with honey 5.95

SALADS

SIGNATURE SALAD

Mixed greens, blueberries, green apples, dried cranberry, almonds & shredded carrot with lime vinaigrette 7.95

CALI COBB

Mixed greens, roasted chicken, bacon, grated Romano cheese, feta, tomato, & onion with house balsamic 7.95

CHICKEN CAESAR

Roasted chicken, romaine lettuce, garlic crostini, & fresh grated Romano cheese with Caesar dressing 7.95

IT'S ALL GREEK TO ME

Romaine, feta, tomato, cucumber, kalamata olives & onion with house balsamic and a peperoncini pepper 7.95

JUICE BAR

12oz-4.50 / 16oz-\$6 / 20oz-7.50 / 24oz-\$9
Fresh raw juice over a few ice cubes

TASI JUICE

Carrot, orange, ginger & beet

RED DRAGON JUICE

Cucumber, beet, celery, kale & cayenne

GREEN JUICE

Spinach, kale, romaine, celery, cucumber, green apple

BOTTOM JUICE

Carrot, apple, cucumber, lemon, ginger

BUILD-A-JUICE

Up to 2 of these:

Carrot, Apple, Celery, Cucumber

Up to 2 of these:

Lemon, Orange, Ginger, Beet, Kale, Romaine, Spinach

Add any additional veggies for \$1 each

ESPRESSO BAR

Micro-roasted by Charleston Coffee Exchange ~ become a coffee snob!

CLASSIC LATTE

Double shot of espresso with steamed milk 2.95

CARAMEL LATTE

Double shot of espresso with steamed milk & home made caramel 3.75

MOCHA LATTE

Double shot of espresso with steamed milk & a shot of chocolate 3.75

CAPPUCCINO

Double shot of espresso with frothed milk 2.95

ESPRESSO RISTRETTO

Double shot of espresso straight up! 1.95

MACCHIATTO

Espresso ristretto "marked" with micro-frothed milk 2.45

CAFÉ OLÉ

House brewed coffee with steamed milk 2.25

AMERICANO

Double shot of espresso topped with steaming hot water 2.25

DEPTH CHARGE

Double shot of espresso topped with a large house coffee... boom! 3.45

MOCHA

Frothed milk & chocolate
...delicious hot cocoa 3.45

SALTED CARAMEL MOCHA

Frothed milk & chocolate with home made caramel & sea salt 3.75

CHAI TEA LATTE

Oregon Chai Spiced Tea with frothed milk 2.50



SWEET&SAVORY CRÊPES

DELI WRAPS & SMOOTHIES

WINE & ESPRESSO BAR

843-856-4264

1948 Long Grove Drive #5

Mount Pleasant, SC
in the Shoppes at Seaside Farms

www.tasifresh.com

SWEET CRÊPES

THE EURO

Nutella & crushed berries 6.95

BERRY COOPER

Vanilla sweet cream whip & berries with crushed berry malbec drizzle & powdered sugar 7.95

BLACK & WHITE

Ghirardelli chocolate & vanilla sweet cream whip 5.95

NUTTY MONKEY

Bananas & peanut butter with nutella 6.95

THE SWEET TART

Two tart lemon crêpes topped with powdered sugar 6.95

HOAGIES

On fresh baked Italian loaves with chips

FRENCH DIP

Roast beef and sautéed onions served with au jus for dipping 7.95

CHICKEN PARM HOAGIE

Roasted chicken & tomato basil sauce with provolone & Roma cheeses 7.95

HAM AND CHEESE

Black forest ham & swiss or cheddar with lettuce & tomato 6.95

TURKEY PROVOLONE

Roasted turkey, provolone cheese, lettuce, tomato and mayo with honey Dijon sauce 6.95

ROASTED VEGGIE

Italian style roasted veggies with hummus, spinach & feta 7.95

SAVORY CRÊPES

HAM & SWISS DIJON

Black forest ham & Swiss cheese with honey Dijon sauce 6.95

ROSEMARY CHICKEN CREPE

Roasted Chicken, spinach, feta cheese & onions with honey dijon sauce 7.95

FRENCH CLUB

Roasted chicken, bacon, ham & swiss cheese, lettuce & tomato with honey dijon sauce 8.95

MONTE CRISTO

Roasted turkey, ham, Swiss, spinach with raspberry drizzle & powdered sugar 8.95

HAM 'N EGGER

Black forest ham, cheddar cheese & egg with spicy breakfast sauce 7.95

CHEESE EGG

Egg & choice of cheddar, feta, swiss, or provolone cheese 6.95

BUILD YOUR FAVORITE 6.95

1 meat:

Rosemary chicken, Roasted turkey, Black Forest Ham, Roast Beef

1 cheese:

Swiss, cheddar, feta, provolone

1 veggie:

Spinach, onion, tomato, red peppers

**Add any additional items
for \$1 each**

FRUIT SMOOTHIES

16oz-4.25 / 20oz-5.25 / 24oz-6.25

Whole fruit and juice blended with ice & a dash of honey

AM TRAK

Orange, strawberry & banana

TRIPLE BERRY BLAST

Blueberry, strawberry, raspberry & banana

POWERHOUSE

Mixed berries, pineapple & orange

TROPICAL DELIGHT

Strawberry, orange, peach & banana

THE RAZZLER

Raspberry, mango & strawberry

TRIPLE C

Peach, mango, strawberry

IMMUNE RESOLVER

Orange, peach & banana

THE HULK

Peanut butter & banana

MANGO PASSION

Mango, strawberry & banana

BREAKFAST BURST

Strawberry, banana & oatmeal with a dash of cinnamon & vanilla soy

BLU MOON

Mango, blueberry & banana

TASI SHOTS

WHEATGRASS COCKTAIL 6.00

Triple wheatgrass & mango juice over ice

SINGLE WHEATGRASS 2.00

DOUBLE WHEATGRASS 4.00

OTHER TASI SHOTS 2.00

May include (as available):

~Green Detox~ Green superfood blend

~VitaCell~ Super multi vitamin

~Pomegranate~ Anti-oxidant power!

POWER SMOOTHIES

16oz-4.75 / 20oz-5.75 / 24oz-6.75

Protein-packed smoothies blended with vanilla soy or skim milk

PROTEIN FUEL

Peanut butter & banana

ESPRESSO MUDSLIDE

Chocolate & a shot of espresso with a dash of cinnamon

OATMEAL RAISIN COOKIE

Oatmeal, raisin, cinnamon & a hint of banana... a healthy cookie in a cup!

ESPRESSO CHAI CHILLER

Frozen Chai Tea Latte with a shot of espresso and a dash of cinnamon

STRAWBERRY CREAM PUFF

Strawberry & banana power smoothie

ENERGY SMOOTHIES

16oz-5.95 / 20oz-6.50 / 24oz-6.95

RDA

Pineapple, green apple & banana with a shot of wheatgrass

BLUEBERRY GEM

Blueberry, banana, soy, Greens Plus Superfood

HANGOVER RELIEVER

Orange & banana blended with a shot of wheatgrass

LIQUID ENERGY

Pineapple, cucumber, apple & ginger blended with Greens Plus Superfood

REJUVENATOR

Carrot, apple, beet & ginger blended with Greens Plus Superfood

GREEN DRAGON

Mango, green apple, pineapple, kale & cayenne blended with Greens Plus