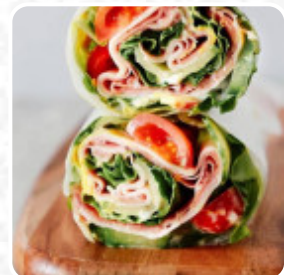
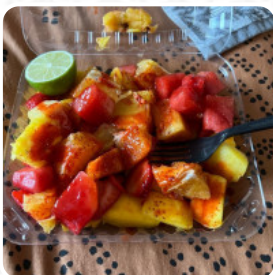




Fresheria Menu

<https://menulist.menu>

1750 E Palomar St Ste 2, Chula Vista, United States
+16198630021 - <http://www.lafresheria.com/>



The restaurant from Chula Vista offers **221** different **dishes and drinks** on [the menu](#) for an average price of \$9.2.

Fresheria Menu



Pizza

PINEAPPLE FRESCA

Main Courses

NACHOS \$7.0

Vegetarian

VEGGIE SANDWICH \$12.5

Salad

APPLE SALAD \$11.5

Appetizer

CEVICHE

Dessert

FRUIT SALAD

Starters

CAULIFLOWER TOSTADA \$9.0

Indian

CHAI LATTE

Cocktails

STRAWBERRY FRESCA

Vegetarian Dishes

VEGGIE SINCRONIZADA \$10.0

Main Course

SMOKED SALMON BAGEL \$12.0

Mexican Dishes

CHILAQUILES

Wrap

TURKEY WRAP \$10.5

Specialties

BAGEL BREAKFAST \$9.0

Kids

BEAN CHEESE BURRITO \$8.0

Dipping Sauces

CHIPOTLE MAYO \$1.5

Juices

WELLNESS SHOT \$4.0

Especialidades

TEJUINO

Seafood

FISH CEVICHE TOSTADA \$9.0

Smoothie

CHOCO BANANA SMOOTHIE

Heiße Getränke

CAPPUCCINO

Bubble Tea

FRESH SMOOTHIE

Fresheria Menu



Desserts & Beverages

ICED CARAMEL MACCHIATO

Sweets & Desserts

FRUIT CUP \$8.0

Soups And Salads

CAESAR'S SALAD \$11.5

Breakfast Special

PANCAKES BREAKFAST SPECIAL \$15.0

Corn Cups

CORN CUP \$7.0

Cold Beverages

GINGER ELIXIR SHOT \$4.0

Juju Cleanse

MEXICAN MOCHA

Fruits

ESCAMOCHA \$9.0

Most Popular

TOSTILOCOS \$10.0

Kids Breakfast

CHOCOLATE PANCAKES \$10.0

Hearty Breakfasts

CHICKEN TOSTADA \$9.0

Featured Items

GREEN CHILAQUILES \$12.0

American Pancakes

STRAWBERRIES CREAM \$9.0

Featured Item

TOSTI-ELOTE \$9.8

Sandwiches On Pita Bread

HUMMUS SANDWICH \$12.5

Egg Sandwiches And Wraps

POWER WRAP \$10.0

Breakfast Specialties

BERRY BANANA BOWL \$10.5

Our Favorites

VEGGIE TORTA \$12.5

Chilaquiles

RED CHILAQUILES \$12.0

Breakfasts

ACAI BOWL \$12.0

Gourmet Toast

ALMOND BUTTER TOAST \$7.5

Fresheria Menu



Organic Smoothies

MAKE YOUR OWN SMOOTHIE

Hot Drink

HOT CHOCOLATE

Cold Plates

CRAB SALAD \$11.5

Fruits & Cereals

BANANAS CREAM \$8.0

Flavors

MEXICAN CHOCOLATE

Fresh Wraps

SPINACH WRAP \$10.0

Protein Bowl

GREEK BOWL \$10.5

Beverages/Soda

SODA GLASS BOTTLE \$4.3

Cravings

CUERILOCOS \$8.0

N/A Beverages

WATERMELON FRESCA

Mod - Options 2

THOUSAND ISLAND DRESSING \$1.5

Energy Bowls

MANGO WAVE BOWL \$12.0

Sincronizada

CHICKEN SINCRONIZADA \$10.0

Sunrise Sides

SIDE AVOCADO \$3.0

Speciality Beverages

ESPRESSO SHOT \$4.3

Breakfast Croissants

BREAKFAST CROISSANT \$9.0

Frozen & Granola Bowls

BLUE MAGIC BOWL \$12.0

Sope

VEGGIE SOUP \$6.0

Ceviche Tostada

AGUACHILE TOSTADA \$10.0

Cucumber Wrap

CRAB WRAP \$10.5

Delicious Wraps And Sandwiches

TINGA WRAP \$10.5

Fruit Dishes

PICO DE FRUIT

Fresheria Menu



Energy Bowl

PITANUT BOWL \$13.0

Korean Rice Bowl

GRILL SHRIMP BOWL \$14.0

Wraps & Bagels

SALMON WRAP \$13.5

New New New Fresh Juice

EVERGREEN JUICE

Hot Mexican Sandwiches

CHEESESTEAK TORTA \$13.5

Re-Frescas

MANGO FRESCA

Mighty Milkshake

CHOCOLATE FREEZY

Fluffy

OATMEAL PANCAKES \$10.0

Bien Venido

TEPACHE

Our Special Wraps

DELUXE WRAP \$10.5

Toasts & Bagels

BAGEL AND CREAM \$5.0

Breakfast Wraps & Burritos

SOY CHORIPAPAS BURRITO \$10.0

Restaurant Category

VEGETARIAN

All In A Cup

PITAYA BOWL \$12.0

10 Most Popular

SHRIMP WRAP \$13.0

CAESARS WRAP \$11.0

Extras

BALSAMIC VINAIGRETTE DRESSING \$1.5

GREEN SALSA \$1.3

Toast

AVOCADO TOAST \$8.5

TOAST

Soft Drinks

ORANGE JUICE

LEMONADE \$4.8

Fresh Juices

RECHARGE JUICE

CLEAN JUICE

Tostadas

TINGA TOSTADA \$9.0

Fresheria Menu



PIERNA TOSTADA \$9.0

Hot Drinks

HOT TEA

COFFEE

Fresh Juice

DETOX JUICE

MAKE YOUR OWN JUICE

Energy Shots

LIME GINGER SHOT \$3.8

HOT DETOX SHOT \$4.0

Omelettes & More

FRESH OMELETTE \$12.5

KALE OMELETTE \$11.5

Uncategorized

VAMPIRE JUICE

GRILLED CHEESE MELT \$8.0

Soups

SHRIMP CEVICHE TOSTADA \$10.0

LENTIL SOUP \$6.0

LENTIL SOUP

Side Dishes

CORN STICK \$5.0

SIDE CHICKEN \$5.0

TOSTITO CHIPS \$4.0

Omelettes

HAM OMELETTE \$11.5

HEALTHY OMELETTE \$13.5

MEAT LOVER OMELETTE \$14.5

Pancakes

HOUSE FRENCH TOAST PANCAKES \$11.0

NUTELLA FRENCH TOAST PANCAKES \$12.0

CAJETA FRENCH TOAST PANCAKES \$12.0

Beverages

CAFÉ DE OLLA

SODA CAN \$3.0

JUICES

Drinks

COLD BREW

COCONUT WATER \$4.0

SPARKLING WATER PERRIER \$4.0

SMOOTHIES

Snack

CHAMANGO \$9.0

CHAWATERMELON \$9.0

FRUITOLOCOS \$10.5

TOSTI-CEVICHE \$11.0

Sincronizadas

HAM SINCRONIZADA \$10.0

TURKEY SINCRONIZADA \$10.0

LOMO SINCRONIZADA \$10.0

Fresheria Menu



TINGA SINCRONIZADA \$10.0

Dressings

RASPBERRY WALNUT DRESSING \$1.5
CAESAR'S DRESSING \$1.5
1/2 OZ. OF MAPLE SYRUP \$1.5
1/2 OZ. OF HONEY \$1.5

Popular Items

VEGAN CHORIZO BURRITO \$10.0
LOMO TORTA \$12.5
POWER ACAI BOWL \$13.0
SNAPPLE JUICE \$4.8

Non Alcoholic Drinks

GREEN POWER SMOOTHIE
ICED TEA
BOTTLED WATER \$2.8
GATORADE \$4.0
KOMBUCHA \$6.5

Coffee

MOCHA
WHITE MOCHA
CARAMEL FREEZY
LATTE
MATCHA LATTE

Smoothies



WATERMELON MIX SMOOTHIE
VERY BERRY SMOOTHIE
BLUE KALE SMOOTHIE

ENERGY SMOOTHIE
P.B. BANANA SMOOTHIE
STRAWBERRY BANANA SMOOTHIE

Side Orders

SIDE MEXICAN SALSA PICO DE GALLO \$3.0
SIDE CAESAR'S SALAD \$4.0
SIDE SALAD SPRING MIX WITH FRUIT \$4.0
SIDE SALMON \$6.0
SIDE SHRIMP \$6.0
SIDE STEAK \$6.0

Power Smoothies

AÇAÍ SMOOTHIE POWER
PITAYA SMOOTHIE POWER
MANAGUA SMOOTHIE POWER
BANANA FLAX SMOOTHIE POWER
THE KING SMOOTHIE POWER
BRAIN SMOOTHIE POWER

Natural Juices

HIGH C JUICE
REHYDRATE JUICE
RADIANT JUICE
HI FRESH JUICE
COOLCUMBER JUICE
HARMONY JUICE

These Types Of Dishes Are Being Served

CHICKEN WRAP \$10.5

Fresheria Menu

CHICKEN

SALAD

SOUP

TOSTADAS

WRAP

Bowls

APPLE CRISP OATMEAL BOWL \$9.0

LOADED OATMEAL BOWL \$10.0

FRUIT AND NUT QUINOA BOWL \$10.0

SUNSHINE PARFAIT BOWL \$10.0

CHICKEN TERIYAKI BOWL \$13.0

GRILL TOFU BOWL \$13.0

CHIA PUDDING BOWL \$10.5

Aguas Frescas

CANTALOUPE FRESCA

CUCUMBER FRESCA

PAPAYA FRESCA

LIME FRESCA

CUCUMBER LIME FRESCA

CUCUMBER LIME W/ CHIA SEEDS
FRESCA

MAKE YOUR OWN FRESCA

Ingredients Used

PESTO \$1.5

FRUIT

QUINOA

CORN

AVOCADO

MANGO

SHRIMP

Wraps



AVOCADO WRAP \$10.0

HAM WRAP \$10.5

CAESAR'S WRAP \$10.5

QUINOA WRAP \$10.5

VEGGIE WRAP \$10.5

FRESH WRAP \$10.5

TUNA WRAP \$10.5

FISH TILAPIA WRAP \$10.5

Breakfast



FRESH TOAST \$6.5

P.B. SANDWICH \$8.0

BACON BURRITO \$10.5

STEAK EGG BURRITO \$10.5

WAKE UP SANDWICH \$9.0

BUTTERMILK PANCAKES \$10.0

BREAKFAST SINCRONIZADA \$10.0

SIDE FRUIT \$4.0

CHILAQUILES BREAKFAST
SPECIAL \$15.0

Tortas



CHICKEN TORTA \$12.5

HAM TORTA \$12.5

TINGA TORTA \$12.5

PIERNA TORTA \$12.5

SPECIAL TORTA \$13.5

TUNA TORTA \$12.5

CRAB TORTA \$12.5

SALMON TORTA \$13.5

HAWAIIAN TORTA \$12.5

SHRIMP TORTA \$12.5

Fresheria Menu



Salads



TUNA SALAD	\$11.5
TURKEY SALAD	\$11.5
MEXICAN SALAD	\$11.5

FRESH SALAD	\$11.5
CHICKEN SALAD	\$11.5
QUINOA SHRIMP SALAD	\$13.0
SALMON SALAD	\$14.0
CAESAR SALAD	
CHICKEN CAESAR SALAD	
CHICKEN CAESAR	
CAESARS SALAD	\$13.0

Sandwiches



TURKEY TORTA	\$12.5
TURKEY SANDWICH	\$12.5
HAM SANDWICH	\$12.5

CHICKEN SANDWICH	\$12.5
LOMO SANDWICH	\$12.5
PIERNA SANDWICH	\$12.5
TINGA SANDWICH	\$12.5
CRAB SANDWICH	\$12.5
TUNA SANDWICH	\$12.5
SALMON SANDWICH	\$13.5
ZUCCHINI SANDWICH	\$12.5

PESTO SANDWICH

\$12.5

Fresheria Menu



Fresheria

1750 E Palomar StSte 2, Chula
Vista, United States

Opening Hours:
Monday 06:30-22:00
Tuesday 06:30-22:00
Wednesday 06:30-22:00
Thursday 06:30-22:00
Friday 06:30-22:00
Saturday 06:30-22:00
Sunday 06:30-22:00

Made with [Menu](#)

Salmon	\$12.95
Beef	\$14.95
Chicken	\$10.95
Vegetarian	\$11.95
Pasta	\$13.95
Salad	\$8.95
Beverages & Desserts	
Coffee	\$2.50
Tea	\$2.50
Soda	\$2.50
Ice Cream	\$3.50
Cake	\$4.50