



Soup

.....
Soup of the Day Chef's Choice: fifteen bean or black bean

White Bean Turkey Chili

ground turkey, navy beans, Ro*Tel tomatoes, onion & spices

Cup 2.95/ Bowl 4.95/ Quart 11.00

Salads

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Café Salad 5.95

organic spring mix, raisins, apples, walnuts, feta cheese
 add chicken 2.00

Mandarin Chicken 6.25

grilled chicken, spring mix, toasted almonds, mandarin oranges, feta cheese

Chicken Salad 6.25

fresh chicken, celery, onion, & light mayo, spring mix
 cup 2.50 / bowl 5.00

Sandwiches & Wraps

.....
 (served with a banana or chips)

Chicken Quesadilla 7.99

grilled chicken breast, sautéed bell pepper & onion, cheese, wrapped in a flour tortilla & served with sour cream, salsa, & guacamole
 extra cheese .50

Blackened Tilapia 6.50

blackened tilapia, tomato, lettuce, cilantro lime mayo, on whole wheat bread

Chicken Pesto Panini 6.25

grilled chicken breast, pesto, sun dried tomatoes, pine nuts on whole wheat bread

BLT 5.50

turkey bacon, lettuce, tomato, light mayo, mustard on whole wheat bread
 add grilled chicken 2.00

Turkey Roll-Up 6.25

roasted turkey, pesto, provolone, raisins, organic greens, rolled in a spinach wrap

Chicken Salad Wrap 6.25

fresh chicken, celery, onion, & light mayo, spring mix, provolone, in a spinach or sun dried tomato wrap

Chicken Salad Sandwich 5.75

Tuna Salad Wrap 6.25

tuna, onion, celery, light mayo, provolone spring mix & select spices, in a sundried tomato wrap

Stuffed Burger 7.50

grilled non-gmo lean beef stuffed with mushrooms, onion, & cheese, lettuce, tomato, mayo on whole wheat bun

Simple Burger 6.50

grilled lean beef, onion, tomato, ketchup, mustard, on whole wheat bun

provolone or cheddar .50

Rice Bowls

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Tex Mex 6.00

black beans, corn, onions, tomato, brown rice, seasoned and stir fried
 add chicken 2.00

Fillin' Fried Rice 6.00

broccoli, bell pepper, onion, broccoli slaw, carrots, egg, brown rice, & seasoning
 add chicken 2.00

Quinoa Bowl 6.25

Carrots, spinach, onion, avocado, bell pepper, & balsamic Vinaigrette dressing

Breakfast

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Full Tank 5.95

two eggs, two pieces of turkey bacon, plain bagel or toast & small coffee

Bagel Sandwich 5.95

two eggs, onion, spinach, bell pepper, cheddar cheese

Omelette 5.95

two eggs, onion, spinach, bell pepper, cheddar cheese

Oatmeal 3.95

butter, brown sugar, cinnamon
 add raisins or pecans .25

add an egg .75

add extra slice turkey bacon .75

Kids Meals

(served with milk & chips)

Lil' Gobbler 3.75
turkey, provolone, mayo, mustard, on whole wheat bread

PB&J 3.25
all natural peanut butter, grape jelly, on whole wheat bread

Grilled Cheese 3.25
melted cheddar, on grilled whole wheat bread

Performance Shakes

Cardio Freeway 5.25
22g protein - vanilla protein, soy or skim milk, flaxseed oil, strawberries, honey, vanilla cream

Banana Nut Blast 5.75
40g protein - skim or soy milk, banana, all natural peanut butter

Body Builder 5.50
40g protein - skim or soy milk, creatine, banana

Peanut Butter Cup 5.75
40g protein - chocolate protein, soy milk, chocolate mocha, all natural peanut butter

Plain Protein Shake 3.00
20 g protein - vanilla, chocolate, or banana

Green Machine 5.25
pineapple puree, banana, vanilla yogurt, veggie meal

ADD-IN's

Soy or Whey Protein 1.00
Gluten-free Vanilla Protein 1.50
Creatine or L-Glutamine .75
Ultimate Recovery .75
Daily Essentials .50
Burn Fat Burn .75
Brainiac .50
Energizer .50
Sniffles B'Gone .75
Healthy Heart .75
Fiber Blend .50
Veggie Meal For Real 1.00
Peanut Butter .75

Extra Fruit
(banana, strawberry, blueberry, or coconut) .50

Beverages

Soda, Coffee/Espresso, Tea
Sports Drinks
Bottled Water
Juice

Smoothies

Strawberry Classic 4.25
strawberry puree, whole strawberries, banana

Berries A'More 4.50
blackberries, raspberries, blueberries, strawberries, banana

Hawaiian Harvest 4.50
pineapple puree, banana, coconut

Mango Tango 4.25
mango puree, banana

Acai For Me 4.50
acai puree, blackberries, pomegranate, strawberries

Blueberry Blitz 4.50
blueberries, banana, vanilla cream