



Soup

White Bean Turkey Chili

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

Cup \$ 2.95/ Bowl \$ 4.95/ Quart \$ 11.00

Salads

Mandarin Chicken

6.25

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

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

Turkey BLT

5.50

turkey bacon, lettuce, tomato, light mayo, mustard on whole wheat bread
add grilled chicken 1.00

Turkey Roll-Up

6.25

roasted turkey, pesto, provolone, craisins, 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

Tuna Salad Wrap

6.25

tuna, onion, celery, light mayo, & select spices, spring mix

Stuffed Burger

7.50

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

Regular Burger

6.50

grilled lean beef, onion, tomato, ketchup, mustard, on whole wheat bun
add cheese .50

Rice Bowls

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

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

Breakfast

Full Tank

5.95

2 eggs, 2 pieces of turkey bacon, plain bagel or toast & small coffee

Bagel Sandwich

5.95

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

Omlet

5.95

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

Oatmeal

3.95

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

extra egg .50

extra turkey bacon .75

Performance Shakes

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| 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

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| Soy or Whey Protein | 1.00 |
| 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, Coconut) | .50 |

Smoothie

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| Strawberry Classic | 4.25 |
| strawberry puree, banana, whole strawberries | |
| 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 | |