

## SANDWICHES \$7.95

*Served with a choice of Chips,  
Fresh Fruit, Carrots & Celery,  
or Side Salad*

*Add Soup \$1.50*

### BREAD CHOICES

#### WHEAT BREAD

180 cal/27 cal from fat/34g carb

#### PANINI BREAD

285 cal/9 cal from fat/59g carb

#### SPINACH TORTILLA

304 cal/62 cal from fat/50g carb

#### HONEY WHEAT TORTILLA

300 cal/72 cal from fat/49g carb

#### FLATBREAD

292 cal/41 cal from fat/54g carb

#### ASIAN CHICKEN SALAD

149 cal/6g carb/22g pro/4g fat

#### CALIFORNIA CHICKEN CLUB

338 cal/7g carb/26g pro/23g fat

#### TURKEY PANINI

293 cal/5g carb/22g pro/19g fat

#### TURKEY CLUB

321 cal/11g carb/21g pro/21g fat

#### SMOKEHOUSE CHICKEN

549 cal/5g carb/39g pro/41g fat

#### TUNA SALAD

145 cal/3g carb/23g pro/7g fat

#### CHICKEN SALAD

223 cal/9g carb/28g pro/8g fat

#### EGG SALAD

281 cal/6g carb/19g pro/20g fat

## SALADS \$7.95

*Served with your  
Choice of Dressing*

#### ASIAN CHICKEN

171 cal/11g carb/23g pro/4g fat

#### CAESAR

243 cal/5g carb/32g pro/10g fat

#### COBB

379 cal/10g carb/39g pro/20g fat

#### SPINACH

430 cal/14g carb/34g pro/30g fat

#### GARDEN

85 cal/16g carb/4g pro/0g fat

## QUESADILLAS

#### CHEESE \$6.45

809 cal/51g carb/39g pro/50g fat

#### CHICKEN & CHEESE \$7.45

898 cal/51g carb/63g pro/48g fat

#### CHICKEN & VEGGIE \$7.95

927 cal/56g carb/65g pro/49g fat

#### VEGGIE \$7.45

791 cal/58g carb/39g pro/46g fat



# BREAKFAST

## EGG MID MUFFIN \$4

Served with choice Meat. Substitute Eggs for Egg Whites.

BACON CHICKEN MAPLE SAUSAGE

312 cal/33g carb/16g pro/8g fat 297 cal/34g carb/16g pro/6g fat

CANADIAN BACON CHORIZO

268 cal/34g carb/16g pro/3g fat 294 cal/33g carb/14g pro/7g fat

## BREAKFAST QUESADILLA \$7.45

635 cal/72g carb/30g pro/18g fat

## BREAKFAST WRAPS \$7.45

612 cal/79 g carb/29g pro/9g fat

## BREAKFAST BOWL \$6.95

312 cal/30 carb/21g pro/2g fat

## BREAKFAST PIZZA \$7.45

627 cal/77 carb/39g pro/15g fat

## OATMEAL

Small \$2.50

150 cal/27g carb/5g pro/3g fat

Large \$3.95

300 cal/54g carb/10g pro/6g fat

## ADD MEAT

BACON

CHICKEN MAPLE SAUSAGE

CANADIAN BACON

CHORIZO

## ADD CHEESE

CHEDDAR

MOZZARELLA

SWISS

MUENSTER

AMERICAN

## OTHER ADDITIONS

PECANS

ALMONDS

WALNUTS

RAISINS

DRIED CRANBERRIES

BROWN SUGAR

# SMOOTHIES

Small \$3.25 Large \$4.50

STRAWBERRY WILD BERRY

MANGO PINEAPPLE

BANANA

# PROTEIN DRINKS

MYOPLEX LIGHT

\$3.50

POWER SHAKE \$5.75

Chocolate or Vanilla

PURE PRO \$5.50

Chocolate or Vanilla

## ADD-INS

FRESH FRUIT \$.50

PROTEIN \$1

PEANUT BUTTER \$.50

YOGURT \$.50

BOOST \$.75

ALMOND MILK \$.75

SPINACH \$.75

AVOCADO \$1

