**SALADS $7.95**
served with your choice of dressing

- **ASI AN 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

**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

**SANDWICHES:**

- **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
## Breakfast

**Egg Mid Muffin** $4
- Served with choice meat. Substitute eggs for egg whites

**Bacon**
- 312 cal/33g carb/18g pro/8g fat

**Canadian Bacon**
- 268 cal/34g carb/16g pro/3g fat

**Chicken Maple Sausage**
- 297 cal/34g carb/16g pro/6g fat

**Chorizo**
- 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/79g 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

## 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

## 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
- Raisins
- Dried cranberries
- Almonds
- Walnuts
- Brown sugar

## Smoothies

**Strawberry** SMALL $3.25  LARGE $4.50

**Mango**

**Banana**

**Wild Berry**

**Pineapple**