

Breakfast

Club Wrap					\$4.95
Whole Wheat Tortilla, Egg Whites, Cheese & Salsa					
Club Sandwich					\$4.95
Whole Wheat English Muffin, Egg Whites & Cheese					
Calcium Crunch Parfait					\$3.50
Oatmeal					\$4.95
Bagels					
Wheat, Plain or Cinnamon Raisin					
Plain & Light Cream Cheese					
	Small	Med	Large	Kids	
Frozen Yogurt	\$1.75	\$2.25	\$3.00	\$1.25	

Smoothies & Protein Shakes

Competitor					\$4.95
Blueberries, Banana, Honey, Skim or Soy Milk					
Explosion					\$4.95
Blueberries, Pineapple, Banana, Orange Juice, Vanilla Frozen Yogurt & Whey Protein Blend					
Health Nut					\$4.95
Banana, Natural Peanut Butter, Whey Protein Blend & Skim & Soy Milk					
Berry Burst					\$4.95
Strawberries, Banana, 100% Orange Juice & Vanilla Frozen Yogurt					
Add Whey Protein					\$1.25

Kid's Menu

Build Your Own					\$5.99
Main Choices:					
All White Meat (No Trans Fat) Chicken Nuggets (4-Piece - \$2.00)					
All Natural Peanut Butter & Jelly on White or Whole Grain Bread (\$2.50)					
Whole Grain Pizza Bagel with Marinara & Mozzarella Cheese (\$2.75)					
The All-Beef Hot Dog with Sauce on the side (\$2.00)					

Sides:

Goldfish					
Sugar Free Jello					
Natural Applesauce					
Tortilla or Potato Chips					
Sliced Apples with Caramel Yogurt Dip or Peanut Butter					
Carrot Sticks with High Calcium Ranch Dip					
Sugar Snap Peas with High Calcium Ranch Dip					

Juice: Organic Apple Juice (\$1.50)

Juice Box (\$1.00), Milk (\$1.25)

Sides

Protein Bars

Luna				\$2.25
Promax				\$2.50
Oadwalla				\$2.25

Snacks

Whole Fruit				\$1.00
Granola Bars				\$1.25
String Cheese				\$1.00
Hard Boiled Eggs				\$0.75
LF Corrage Cheese				\$2.50
Hummus & Pita Bread				\$3.75
Activa & Light N' Fit Yogurts				\$2.00
Salsa & Tortilla Chips				\$3.25
Cereal				\$1.50
-with Milk				\$2.25
Chips				\$1.25
Pop Chips				\$1.50
Pita Chips				\$1.50
Cookies				\$1.25
Kids Snacks				\$1.00

Drinks

Orange Juice				\$2.25
Milk				\$1.00
Izze				\$2.50
Propel				\$2.50
Go Girl				\$3.50
Monster				\$3.20
Snapple				\$2.25
Iced Tea				\$2.00
Capri Sun				\$1.00
Gatorade				\$2.75
Muscle Milk				\$4.00
Muscle Milk Light				\$2.50
Vitamin Water				\$2.75
Crystal Geyser - Regular				\$2.00
Crystal Geyser - Large				\$2.25
Odwalla Juice				\$2.25
Red Bull - Regular or Sugar Fee				\$3.25
Soda - Can				\$1.50
Coke, Diet Coke, Sprite, Rootbeer, Orange				

Wine Taste Glass

Cabernet Sauvignon	\$3.00	\$8.00
Chardonnay	\$3.00	\$8.00
Merlot	\$2.00	\$6.00

Beer Glass Pitcher

Domestic	\$3.50	\$12.50
Imported	\$5.00	\$17.00

Lunch

Salads

All Greens				\$4.95
Mixed Greens, Carrots, Tomatoes, Sprouts, Feta Cheese				
Sunflowers Seeds & Homemade Vinaigrette				
Caesar				\$4.95
Romaine Lettuce, Croutons, Parmesan Cheese & Caesar Dressing				
Daily Salad Special				\$6.95

Small Large

Fruit Salad	\$2.25	\$3.75
Chicken Salad	\$3.50	\$4.00
Tuna Salad	\$3.50	\$4.00

Sandwiches

Daily Sandwich Special	\$6.95
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Build Your Own Sandwich \$5.99

Bread or Wrap Choices:

French Baguette Rosemary Flatbread
Multigrain Whole Wheat

Main Choices:

Black Forest Ham Roasted Turkey
Egg Salad Albacore Tuna Salad Grilled Chicken Salad
Vegetarian Hummus Cheese

Toppings:

Lettuce Tomato Red Onions Pickles
Mustard (Yellow or Dijon) Low Fat Mayonnaise
Marinated Red Peppers 2% cheddar, Jack or Swiss
Sprouts Spinach Cucumber

Additional Spreads:

Avocado / Spinach Pesto / Sun-Dried
Tomato & Garlic Roasted Red Bell Pepper /
Spicy Chipotle /
Dill, Feta & Garlic

Wraps

Daily Wrap	\$5.99
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Soup Small Large

Daily Soup	\$3.00	\$4.00
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