

# BREAKFAST

Calories

70	\$0.99	<b>Boiled Eggs</b> hard boiled egg halved
160-200	\$0.99	<b>Toast</b> two slices-wheat or sourdough
80-200	\$0.99	<b>Cold Cereal</b> Total, Cheerios, Raisin Bran
150	\$1.25	<b>Oatmeal</b>
175	\$1.75	<b>Low Fat Yogurt</b>
270	\$3.50	<b>Spinach Quiche</b> Eggs, Spinach, Bell Pepper, Onions
310	\$3.50	<b>Turkey Sausage Quiche</b> Eggs, Turkey Sausage, Bell Pepper, Onions
250	\$2.50	<b>Breakfast Sandwich</b> Turkey Sausage, Swiss Cheese, English Muffin
230	\$1.80	<b>Bagels</b> Seven Grain, Wheat, Plain, Cinnamon Raisin
200-220	\$1.75	<b>Muffins</b> Banana Nut, Blueberry, Chocolate
15-170	\$0.99	<b>Raisins or Grapes</b> 2oz Serving
15-20	\$0.99	<b>Blueberries or Strawberries</b> 2oz Serving
70	\$1.25	<b>Sliced Almonds</b> 1oz Serving
60-120	\$0.75	<b>Fresh Fruit</b> Banana, Apple, Orange
200	\$2.00	<b>Cut Fruit</b> Honey Dew, Pineapple, Orange, Cantaloupe

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# LUNCH

Calories

410	\$5.50	<b>Low Fat Chicken Salad Wrap</b> Chicken Salad with Pecans, Grapes, Lettuce, Tomato
400	\$5.50	<b>Low Fat Tuna Fish Wrap</b> Tuna Salad with Capers, Sweet Pickles, Lettuce, Tomato
525	\$5.50	<b>Grilled Chicken Wrap</b> Grilled Chicken with Low Fat Mayo, Lettuce, Tomato
425	\$6.00	<b>Stuffed Tomato</b> Whole Tomato served with Tuna or Chicken Salad
360	\$5.50	<b>Turkey Sandwich</b> Sliced Turkey, Swiss Cheese, Tomato, Lettuce, Low Fat Mayo
320	\$5.00	<b>Low Sodium Taco Soup</b> cup \$3.00
220	\$5.00	<b>Low Sodium Chicken Stew</b> cup \$3.00
60	\$3.00	<b>Side Salad</b> lettuce, bell pepper, cucumber, tomato, cheese
200	\$7.00	<b>Chef Salad</b> egg, mushrooms, lettuce, bell pepper, cucumber, tomato, cheese
120	\$6.00	<b>Garden Salad</b> lettuce, bell pepper, cucumber, tomato, cheese
260	\$7.00	<b>Grilled Chicken Salad</b> grilled chicken, lettuce, bell pepper, cucumber, tomato, cheese
260	\$7.00	<b>Strawberry/Turkey Salad</b> turkey, baby spinach, sliced strawberries

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Poppyseed 240, Ranch 240, Italian 180, Raspberry Vinaigrette 150, Balsamic Vinaigrette 140, Dressing Serving Size: 3oz  
Thousand Island 270, Honey Mustard 510, Ranch 480, Blue Cheese 360

**\$8.00 Combo Meal#1**  
choice of wrap, choice of side, choice of tea, soda, or water

**\$7.50 Combo Meal#2**  
choice of half wrap, cup of soup, choice of tea, soda, or water

# SIDES

Calories

210	\$1.75	<b>Low Fat Three Bean Salad</b>
180	\$1.75	<b>Low Fat Pasta Salad</b>
130-230	\$1.00	<b>Baked Chips</b>
200	\$2.00	<b>Fresh Cut Fruit</b> Honey Dew, Pineapple, Orange, Cantaloupe

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# DESSERTS

Calories		
290-320	\$4.25	Sugar Free Jubilation Cheesecakes
150	\$1.50	Honey Brownies
250	\$1.25	Choc Chip Cookies

# DRINKS

Calories		
0	\$1.00	Bottled Water
0	\$1.75	0 Calorie Peach Tea
0	\$1.75	Unsweet Tea
420	\$1.75	Sweet Tea
300	\$1.75	Fruit Tea
0	\$1.75	Diet Soda
220	\$2.00	Orange Juice
160-300	\$1.75	Milk



# HOT DRINKS

Calories		16oz	20oz	24oz
0	Coffee	\$1.75	\$1.95	\$2.15
0	Flavored Coffee	\$1.75	\$1.95	\$2.15
80-300	Cappuccino	\$2.35	\$2.85	\$3.40
100-340	Latte	\$2.35	\$2.85	\$3.40
100-340	Sugar Free Vanilla Latte	\$3.45	\$3.95	\$4.70
100-340	Sugar Free Caramel Latte	\$3.45	\$3.95	\$4.70
100-340	Sugar Free Hazelnut Latte	\$3.45	\$3.95	\$4.70
275-490	Reg Vanilla Latte	\$3.45	\$3.95	\$4.70
275-490	Reg Caramel Latte	\$3.45	\$3.95	\$4.70
275-490	Reg Hazelnut Latte	\$3.45	\$3.95	\$4.70
275-490	Reg Almond Joy Latte	\$3.60	\$4.20	\$4.80
275-490	Reg Pumpkin Spice Latte	\$3.60	\$4.20	\$4.80
180-410	Sugar Free Mocha	\$3.60	\$4.20	\$4.80
300-640	Reg Mocha	\$3.60	\$4.20	\$4.80
300-640	Reg White Mocha	\$3.60	\$4.20	\$4.80
325-700	Frosty	\$3.60	\$4.20	\$4.80
325-700	Dirty Snowman	\$3.60	\$4.20	\$4.80
100-340	Sugar Free Hot Chocolate	\$2.80	\$3.35	\$4.70
275-490	Reg Hot Chocolate	\$2.80	\$3.35	\$4.70
275-490	Chai Tea	\$3.45	\$3.95	\$4.70
0	Hot Teas	\$1.75	\$1.90	\$2.25

Choice of Skim, Whole, Almond, or Soy Milk

Add **\$.30** for Soy or Almond Milk, Extra Shot **\$.30**, Extra Syrup **\$.25**, Steamed Half and Half **\$.30**



# FUEL DRINKS

Calories

360 Meal Replacement

20oz

\$5.25

310 Fat Burner

\$5.25

305 Lo-Carb

\$3.75

450 Lean Machine

\$5.25

350 Immune Booster

\$6.25

450 Re-fuel

\$5.25

700 Muscle Fuel

\$6.25

700 Muscle Mass

\$5.50

350 Energy Rush

\$5.25

HEALTH / PERFORMANCE		FAT LOSS		MUSCLE GAIN	
\$0.50	Echinacea (immune system)	\$0.75	Fat Burner	\$0.50	Creatine
\$0.50	X-Factor (anti-aging)	\$0.50	Fiber	\$0.50	L-Glutamine
\$0.50	Ginseng Pro	\$0.50	Multivitamin	\$0.50	BCAA
\$0.75	Joint Formula	\$0.50	Energy	\$0.75	Strength Formula
\$0.50	Calcium	\$0.50	Caffeine 101	\$0.50	Fiber
\$0.75	B12 (metabolism of carbs)	PROTEIN		TEXTURE / TASTE	
\$0.50	C-1000 (vitamin c)	\$1.00	Whey	\$0.75	Fruit Puree
\$0.50	Ginkgo Biloba (brain and memory)	\$1.50	Muscle Mass	\$0.50	Oatmeal
\$0.50	Omega 369 (reduces cholesterol)	\$1.50	Meal Replacer	\$0.75	Peanut Butter

# FRAPPES

Calories

170-260 Sugar Free Vanilla

16oz

\$3.85

20oz

\$4.20

24oz

\$4.80

170-260 Sugar Free Caramel

\$3.85

\$4.20

\$4.80

170-260 Sugar Free Mocha

\$3.85

\$4.20

\$4.80

170-260 Sugar Free Hazelnut

\$3.85

\$4.20

\$4.80

320-410 Dirty Snowman

\$3.85

\$4.20

\$4.80

320-410 Reg Mocha

\$3.85

\$4.20

\$4.80

320-410 Peppermint Mocha

\$3.85

\$4.20

\$4.80

320-410 Frosty Frappe

\$3.85

\$4.20

\$4.80

# SMOOTHIES

Calories

300-400 Strawberry

16oz

\$3.85

20oz

\$4.15

24oz

\$4.45

300-400 Peach

\$3.85

\$4.15

\$4.45

300-400 Pina Colada

\$3.85

\$4.15

\$4.45

300-400 Wildberry

\$3.85

\$4.15

\$4.45

300-400 Lemonade

\$3.85

\$4.15

\$4.45

Add Yogurt \$0.50