



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

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/16g 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

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
almonds dried cranberries
walnuts brown sugar

SMOOTHIES

SMALL **\$3.25**

LARGE **\$4.50**

STRAWBERRY

BANANA

PINEAPPLE

MANGO

WILD BERRY

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