

**Salads**.....\$3.00

- Caesar                      Fruit salad
- Chef                         Green salad
- Pasta salad

**Sandwiches**.....\$4.00

- Breads: white, whole wheat, whole grain, rye, sourdough
- Meats: Turkey, ham, roast beef, chicken, pastrami
- Cheeses: cheddar, swiss, provolone

*Toppings:* lettuce, tomato, pickles, onions (to be offered separate from sandwich)

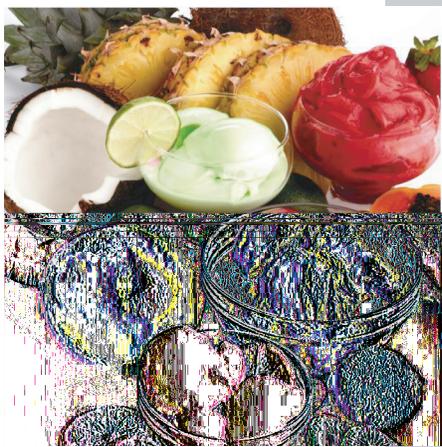
*Condiments:* mayo, mustard, ranch, vinaigrette (packaged and offered separately)



**Soups:** "soup of the day".....\$3.00

**Snacks:**

- Energy bars: Cliff bars, Luna bars, Balance, Power bars.....\$2.00
- Muffins.....\$1.75
- Bagels with cream cheese.....\$1.75
- Mini Veggie Trays.....\$3.00
- Fresh fruit.....\$1.50



**Convenience drinks:**

- Zenmaster.....\$2.00
- Odwalla juices.....\$2.25
- Vitamin Water.....\$2.00
- Red Bull.....\$2.00
- Bottled Water.....\$1.00
- Milk.....\$1.50

**Teas**.....\$1.25

- Black tea                      Green tea
- Raspberry tea (decaffeinated)

**Juices**.....\$2.00

- Grape                         Apple
- Cranberry                      Orange
- Grapefruit                      Lemonade
- Tomato

**Fresh Fruit Drinks**.....\$3.00

(made with real frozen fruit instead of fruit syrup)  
*add supplements \$ .50 half scoop, \$1.00 full scoop*



**Smoothies**.....\$3.50

(mixture of frozen fruit, splash of fruit juice, and yoghurt or milk)  
*add supplements \$ .50 half scoop, \$1.00 full scoop*

**\*Island Banana:** banana, strawberry and pineapple.

**\*Banana and Mango Delish**

**\*Blackberry and Honeydew Melon**

**\*Mixed Berry Madness:**

blackberries, strawberries, blueberries, raspberries

**\*Blueberry and Pineapple**

**\*Fruit Combustion:** kiwi, banana, strawberries, raspberries

**\*Jungle Power:** mango, papaya, banana

**\*Orange Fruity:** banana, peach, fresh squeezed orange juice

**\*Summer:** strawberry, raspberry, apple, banana, pineapple

**\*Create-your-own**

**NutraFuel Supplement List**

**Sports Nutrition Supplements:**

**\*Amplify Whey Protein:** a 100% Cold-Filtered Whey Protein containing essential amino acids and 20 grams of protein per serving. It is low in calories, carbohydrates and lactose suitable for anyone with milk allergies. It is known to be the superior whey protein in its class.

**\*NO-Xplode:** is the world's first and only pre-workout supplement that produces immediate results in energy, size, strength, pumps, performance, mental focus, and training intensity. It has the unique ability to get you dailed in and pumped up for every single workout by inducing the strongest and most advanced nitric oxide, creatine, and body-mind stimulating surge ever developed in a supplement.

**\*PPN Glutamine:** Research has confirmed that Glutamine is one of the most significant contributing factors to muscle protein synthesis while inhibiting muscle protein breakdown. It has anabolic and anti-catabolic (muscle protein sparing) effects, promotes nitrogen retention, and enhances muscle glycogen synthesis

**\*Serious Mass:** The ULTIMATE in weight gain formulas. Serious Mass supplies you with the tools you need to pack on the pounds and develop the physique you've always wanted. 50g of high quality protein per serving, Glutamine and Creatine enhanced, Complete Vitamin/Mineral Formula.