



# CREATE YOUR OWN MEALS

**Fuel Your Body Café**  
 196 West Old Country Road  
 Hicksville NY 11801  
[www.fuelyourbodycafe.com](http://www.fuelyourbodycafe.com)

### CUSTOMER INFORMATION

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Cell:** (\_\_\_\_) \_\_\_\_\_

### ORDER INFORMATION

**PICK UP**

**DELIVERY**  
 (10.00 charge)  
 We deliver Sundays and Wednesdays between 3-9

**REQUESTED DATE/TIME**  
 \_\_\_\_\_

**SPECIAL INSTRUCTIONS**  
 \_\_\_\_\_

### PAYMENT INFORMATION

**VISA/MC/AMEX/DISCOVER**

**EXP** \_\_\_\_\_ **CVC** \_\_\_\_\_

**NAME ON CARD**  
 \_\_\_\_\_

**SIGN**  
 \_\_\_\_\_

**CALL ME FOR PAYMENT**

**Today's Date** \_\_\_\_\_

**PLEASE EMAIL YOUR ORDER SHEET TO:**

[info@fuelyourbodycafe.com](mailto:info@fuelyourbodycafe.com)

**WE WILL SEND YOU A CONFIRMATION EMAIL**

## CHOOSE A PROTEIN, CARBOHYDRATE AND VEGETABLE AND QUANTITY

		QUANTITY ->	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY
<b>Price</b>	<b>PROTEIN (4 oz) \$9.00</b>										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
<b>Price</b>	<b>PROTEIN (6 oz) \$10.00</b>										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
<b>Price</b>	<b>PROTEIN (8 oz) \$11.00</b>										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
	<b>CARBOHYDRATE</b>										
	Brown Rice 1 cup										
	Basmati Rice 1 cup										
	Baked Potato 8 oz										
+.50	Sweet Potato 8 oz										
	Whole Wheat Penne 1 cup										
	Grilled Sliced Potatoes 8 oz										
	Mashed Potato 1 cup										
+.50	Sweet Mashed Potato 1 cup										
	<b>VEGETABLES</b>										
	Broccoli 1 cup Steamed or Burnt (circle one)										
	Spinach 1 cup										
+.50	Asparagus 1 cup										
	String Beans 1 cup										
	California Blend Veggies 1 cup (Broccoli, Cauliflower & Carrots)										

### MEALS FROM OUR RESTAURANT MENU (descriptions on back) Ⓢ =(circle choice on back)

Menu Item	Price	QTY	Menu Item	Price	QTY	Menu Item	Price	QTY
Oatmeal Bowl	4.95		Buffalo Chicken Salad	9.95		Healthy Hulk	10.95	
Protein Pancake Combo	10.95		Super Protein Quesadilla <span style="color: red;">Ⓢ</span>	11.95		The Spartan	10.95	
Turkey Bacon, 4 Egg Whites & Cheese	8.95		Southwest Quesadilla <span style="color: red;">Ⓢ</span>	9.95		The Rocky Fuel	12.95	
Diesel 10 Egg Whites	12.95		Veggie Quesadilla <span style="color: red;">Ⓢ</span>	8.95		The Power Parmigiana	10.95	
Meat Chili <span style="color: red;">Ⓢ</span>	7.95		Chicken and Spinach Quesadilla <span style="color: red;">Ⓢ</span>	9.95		Mediterranean Tilapia <span style="color: red;">Ⓢ</span>	13.95	
Vegetarian Chili <span style="color: red;">Ⓢ</span>	4.95		Body Fuel <span style="color: red;">Ⓢ</span>	10.95		The Ninth Hour	14.95	
Fuel Salad <span style="color: red;">Ⓢ</span>	6.95		Power Bison <span style="color: red;">Ⓢ</span>	10.95		Grilled Shrimp	14.95	
Mediterranean Quinoa Salad	10.95		Power Play	10.95		Cajun Shrimp	14.95	

QTY	EXTRAS	QTY	EXTRAS
	Avocado 1.75		Spicy Fuel .75
	Hot Sauce .50		Teriyaki .50
	Balsamic .50		Marinara .50
	BBQ .50		Honey Mustard .50
	Chipotle .50		Tahini .75

ADD ONS:		
Menu Item	Price	QTY
Protein Brownie Walnuts or Plain (circle one)	3.50	
Protein Oatmeal Cookie	2.25	
Quinoa Pudding Made with Bananas & Skim Milk	5.95	
Flourless Chocolate Cake	4.95	

**Oatmeal Bowl..... 4.95**

Calories: 400 • Carbs: 68 • Protein: 13 • Fat: 7.5

**With Cinnamon, Raisins & Brown Sugar**

Calories: 561 • Carbs: 94 • Protein: 14 • Fat: 7.5

**Protein Pancake Combo ..... 10.95**

6 Egg Whites over 2 Protein Pancakes

Calories: 918 • Carbs: 157 • Protein: 81 • Fat: 4

**Turkey Bacon, 4 Egg Whites & Cheese ..... 8.95**

4 Egg Whites with 2 Strips of 97% Fat Free Turkey Bacon and Low Fat American Cheese on a flax wrap

Calories: 270 • Carbs: 14 • Protein: 29 • Fat: 12

**Diesel 10 Egg Whites ..... 12.95**

With Fresh Sliced Deli Turkey and Tomatoes

Calories: 298 • Carbs: 9 • Protein: 57 • Fat: 2

**Meat Chili ..... 7.95**

Topped with Tahini and Red Onions or No Topping (circle one)

Choice of Bison, Turkey or Chicken (circle one)

**Bison:** Calories: 568 • Carbs: 54 • Protein: 35 • Fat: 22

**Turkey:** Calories: 412 • Carbs: 54 • Protein: 36 • Fat: 10

**Chicken:** Calories: 352 • Carbs: 54 • Protein: 35 • Fat: 4.5

**Tahini and Red Onions, add:** Calories: 74 • Carbs: 3 •

Protein: 1.5 • Fat: 6

**Vegetarian Chili..... 4.95**

Calories: 252 • Carbs: 54 • Protein: 15 • Fat: 1.5

**Fuel Salad ..... 6.95**

Romaine Lettuce, Tomatoes, Cucumbers & Onions

Circle Dressing: Italian, Caesar, Balsamic, Blue Cheese, 1000 Island, Honey Mustard, Raspberry Vinaigrette, Oil & Vinegar

Calories: 120 • Carbs: 19 • Protein: 6.5 • Fat: .5

**Mediterranean Quinoa Salad ..... 10.95**

A Protein Packed Salad with Quinoa, Cucumbers, Tomatoes, Olives, Red Onion and Feta Cheese.

Served with Homemade Lemon & Olive Oil Dressing

Calories: 491 • Carbs: 62 • Protein: 21 • Fat: 18

**Buffalo Chicken Salad ..... 9.95**

Buffalo Chicken, Romaine Lettuce, Cucumbers, Tomatoes & Crumbled Blue Cheese

Served with Blue Cheese Dressing

Calories: 460 • Carbs: 19 • Protein: 54 • Fat: 10

**Super Protein Quesadilla..... 11.95**

Bison Burger, Grilled Chicken, Low Fat Cheddar Cheese & Chipotle Sauce

Sour Cream: Yes or No (circle)

Calories: 761 • Carbs: 35 • Protein: 88 • Fat: 31

**Southwest Quesadilla..... 9.95**

BBQ Chicken, Grilled Peppers, Onions & Low Fat Cheddar Cheese

Sour Cream: Yes or No (circle)

Calories: 650 • Carbs: 51 • Protein: 76 • Fat: 13

**Veggie Quesadilla ..... 8.95**

Mixed Veggies, Low Fat Cheddar Cheese & Chipotle

Sour Cream: Yes or No (circle)

Calories: 411 • Carbs: 52 • Protein: 37 • Fat: 13

**Chicken and Spinach Quesadilla ..... 9.95**

Grilled Chicken, Spinach & Low Fat Mozzarella Cheese

Sour Cream: Yes or No (circle)

Calories: 573 • Carbs: 40.5 • Protein: 76 • Fat: 19.5

**Body Fuel ..... 10.95**

Grilled Chicken with Lentils or Chili (circle one)

Brown Rice or Pasta (circle one)

**Chicken:** Calories: 220 • Carbs: 0 • Protein: 46 • Fat: 5

**Lentils:** Calories: 182 • Carbs: 20 • Protein: 8 • Fat: 6.5

**Chili:** Calories: 252 • Carbs: 53.5 • Protein: 15 • Fat: 1.5

**Rice:** Calories: 214 • Carbs: 44 • Protein: 5 • Fat: 1.75

**Pasta:** Calories: 630 • Carbs: 140 • Protein: 40 • Fat: 5

**Power Bison ..... 10.95**

Bison Burger with Brown Rice & Lentils or Chili (circle one)

**Bison & Rice:** Calories: 530 • Carbs: 44 • Protein: 31 • Fat: 21.75

**Lentils:** Calories: 182 • Carbs: 15 • Protein: 8 • Fat: 6.5

**Chili:** Calories: 252 • Carbs: 53.5 • Protein: 15 • Fat: 1.5

**Power Play ..... 10.95**

Grilled Chicken with Tomatoes, Onions, Spinach and Brown Rice

Served with Tahini Sauce on the Side

Calories: 489 • Carbs: 50.5 • Protein: 56 • Fat: 8.75

**Healthy Hulk..... 10.95**

Grilled Chicken with Sautéed Spinach, Mushrooms & Fresh Garlic over Brown Rice

Calories: 512 • Carbs: 51 • Protein: 57 • Fat: 11

**The Spartan..... 10.95**

Grilled Chicken and Eggplant with Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese over Brown Rice

Calories: 787 • Carbs: 79 • Protein: 71 • Fat: 22

**The Rocky Fuel ..... 12.95**

Bison and Grilled Chicken with Tomatoes, Onions & Peppers

Served with Spicy Fuel Sauce on the Side

Calories: 550 • Carbs: 10 • Protein: 59 • Fat: 24

**The Power Parmigiana ..... 10.95**

Grilled Chicken with Low Sodium Tomato Sauce & Low Fat

Mozzarella Cheese served over Whole Wheat Pasta

Calories: 1060 • Carbs: 150 • Protein: 87 • Fat: 22

**Mediterranean Tilapia ..... 13.95**

Grilled Tilapia served over Couscous with Roasted Potatoes & Parsley

Substitute Sweet Potato for 2.00 (circle)

Calories: 355 • Carbs: 36 • Protein: 46 • Fat: 4.25

**The Ninth Hour ..... 14.95**

Grilled Salmon over Shepherd Salad & Brown Rice

Calories: 595 • Carbs: 56 • Protein: 57 • Fat: 15.5

**Grilled Shrimp ..... 14.95**

Served over Whole Wheat Penne alla Vodka

Calories: 1056 • Carbs: 145 • Protein: 75 • Fat: 22.5

**Cajun Shrimp ..... 14.95**

Served over California Blend Veggies

Calories: 300 • Carbs: 21 • Protein: 48 • Fat: 3.75