



# 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**

**CARD #**  
 \_\_\_\_\_

**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) \$9.50</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) \$10.50</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) \$11.50</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	6.50		Buffalo Chicken Salad	11.95		Healthy Hulk	14.95	
Protein Pancake Combo	12.50		Super Protein Quesadilla <span style="color: red;">Ⓢ</span>	14.95		The Spartan	14.95	
Turkey Bacon, 4 Egg Whites & Cheese	10.50		Southwest Quesadilla <span style="color: red;">Ⓢ</span>	12.25		The Rocky Fuel	15.95	
Diesel 10 Egg Whites	13.95		Veggie Quesadilla <span style="color: red;">Ⓢ</span>	11.25		The Power Parmigiana	14.95	
Meat Chili <span style="color: red;">Ⓢ</span>	8.50		Chicken and Spinach Quesadilla <span style="color: red;">Ⓢ</span>	12.25		Mediterranean Tilapia <span style="color: red;">Ⓢ</span>	18.95	
Vegetarian Chili <span style="color: red;">Ⓢ</span>	5.95		Body Fuel <span style="color: red;">Ⓢ</span>	14.95		The Ninth Hour	21.95	
Fuel Salad <span style="color: red;">Ⓢ</span>	8.95		Power Bison <span style="color: red;">Ⓢ</span>	14.95		Grilled Shrimp	18.95	
Simple Quinoa Salad	12.95		Power Play	14.95		Cajun Shrimp	18.95	

QTY	EXTRAS	QTY	EXTRAS
	Avocado 2.50		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)	3.75	
Protein Oatmeal Cookie	2.50	
Quinoa Pudding Made with Bananas & Skim Milk	6.50	
Flourless Chocolate Cake	5.95	