

**Oatmeal Bowl.....6.50**

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 .....12.50**

6 Egg Whites over 2 Protein Pancakes

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

**Turkey Bacon, 4 Egg Whites & Cheese .....10.50**

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 .....13.95**

With Fresh Sliced Deli Turkey and Tomatoes

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

**Meat Chili .....8.50**

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..... 5.95**

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

**Fuel Salad .....8.95**

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

**Simple Quinoa Salad .....12.95**

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 .....11.95**

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.....14.95**

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.....12.25**

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 .....11.25**

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 .....12.25**

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 .....14.95**

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 .....14.95**

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 .....14.95**

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.....14.95**

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

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

**The Spartan.....14.95**

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 .....15.95**

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 .....14.95**

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 .....18.95**

Grilled Tilapia served over Couscous with Roasted Tomatoes & Parsley

Substitute Sweet Potato for 2.00 (circle)

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

**The Ninth Hour .....21.95**

Grilled Salmon over Shepherd Salad & Brown Rice

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

**Grilled Shrimp .....18.95**

Served over Whole Wheat Penne alla Vodka

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

**Cajun Shrimp .....18.95**

Served over California Blend Veggies

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