



CREATE YOUR OWN MEALS

Fuel Your Body Café
 196 West Old Country Road
 Hicksville NY 11801
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

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
Price	PROTEIN (4 oz) \$9.50										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
Price	PROTEIN (6 oz) \$10.50										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
Price	PROTEIN (8 oz) \$11.50										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
	CARBOHYDRATE										
	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										
	VEGETABLES										
	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	5.95		Buffalo Chicken Salad	10.95		Healthy Hulk	12.95	
Protein Pancake Combo	11.95		Super Protein Quesadilla Ⓢ	13.75		The Spartan	12.95	
Turkey Bacon, 4 Egg Whites & Cheese	9.95		Southwest Quesadilla Ⓢ	10.95		The Rocky Fuel	13.95	
Diesel 10 Egg Whites	12.95		Veggie Quesadilla Ⓢ	9.95		The Power Parmigiana	12.95	
Meat Chili Ⓢ	7.95		Chicken and Spinach Quesadilla Ⓢ	10.95		Mediterranean Tilapia Ⓢ	16.95	
Vegetarian Chili Ⓢ	5.95		Body Fuel Ⓢ	12.95		The Ninth Hour	19.95	
Fuel Salad Ⓢ	7.95		Power Bison Ⓢ	12.95		Grilled Shrimp	16.95	
Simple Quinoa Salad	11.95		Power Play	12.95		Cajun Shrimp	16.95	

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	2.25	
Quinoa Pudding Made with Bananas & Skim Milk	5.95	
Flourless Chocolate Cake	4.95	



MEALS FROM OUR RESTAURANT MENU

- Oatmeal Bowl**..... 5.95
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** 11.95
6 Egg Whites over 2 Protein Pancakes
Calories: 918 • Carbs: 157 • Protein: 81 • Fat: 4
- Turkey Bacon, 4 Egg Whites & Cheese** 9.95
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**..... 5.95
Calories: 252 • Carbs: 54 • Protein: 15 • Fat: 1.5
- Fuel Salad** 7.95
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** 11.95
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** 10.95
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**..... 13.75
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**..... 10.95
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** 9.95
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** 10.95
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** 12.95
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** 12.95
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** 12.95
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**..... 12.95
Grilled Chicken with Sautéed Spinach, Mushrooms & Fresh Garlic over Brown Rice
Calories: 512 • Carbs: 51 • Protein: 57 • Fat: 11
- The Spartan**..... 12.95
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** 13.95
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** 12.95
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** 16.95
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** 19.95
Grilled Salmon over Shepherd Salad & Brown Rice
Calories: 595 • Carbs: 56 • Protein: 57 • Fat: 15.5
- Grilled Shrimp** 16.95
Served over Whole Wheat Penne alla Vodka
Calories: 1056 • Carbs: 145 • Protein: 75 • Fat: 22.5
- Cajun Shrimp** 16.95
Served over California Blend Veggies
Calories: 300 • Carbs: 21 • Protein: 48 • Fat: 3.75