



## GLUTEN FREE MENU

**\*\*PLEASE INFORM OUR STAFF WHEN ORDERING FROM THIS MENU\*\***

### *Fresh Squeezed Juices*

**Small (16 oz) 6.00 Large (24 oz) 8.00**

**Add Kale, Ginger, Chia Seeds or Flax Seeds .75**

<b>Fresh Apple</b> .....	Fresh Squeezed Apples
<b>Apple Berry</b> .....	Apple & Strawberry
<b>Beauty Spa</b> .....	Carrot, Apple, Spinach & Celery
<b>Clear Skin</b> .....	Carrot, Spinach & Celery
<b>Cold Killer</b> .....	Carrot, Beet, Cucumber & Ginger
<b>Diabetes Helper</b> .....	Carrot, Celery & Cucumber
<b>Diesel Energy</b> .....	Carrot, Celery, Spinach & Tomato
<b>Fresh Greens</b> .....	Broccoli, Celery, Spinach, Lettuce & Cucumber
<b>Fuel Your Body</b> .....	Carrot, Beet, Cucumber & Tomato
<b>Hangover Helper</b> .....	Apple, Carrot, Orange, Celery & Tomato
<b>Headache Reducer</b> .....	Cucumber, Tomato & Celery
<b>Hulk</b> .....	Spinach, Kale, Parsley, Cucumber, Apple, Celery, Ginger & Lemon
<b>Immune Booster</b> .....	Carrot, Celery, Orange & Ginger
<b>Liver Cleanse</b> .....	Beet, Carrot, Lemon, Ginger Parsley & Turmeric
<b>Muscle Fuel</b> .....	Carrot, Spinach, Pineapple & Banana
<b>Orangeade</b> .....	Fresh Squeezed Oranges
<b>Rejuvenator</b> .....	Carrot, Apple, Beet, Ginger, Lemon & Kale
<b>Romeo &amp; Juliet</b> .....	Strawberry & Banana
<b>Seduction</b> .....	Strawberry, Apple, Banana & Mango
<b>Summer Breeze</b> .....	Apple, Strawberry & Orange
<b>Super 7</b> .....	Beet, Celery, Carrot, Apple Tomato, Cucumber & Strawberry
<b>The ABC</b> .....	Apple, Banana & Carrot
<b>The Youth Fountain</b> .....	Apple, Carrot & Beet

### *Wheatgrass/Ginger Shots*

<b>Wheatgrass Shot</b> .....	(1 oz.) 2.50.....	(2 oz.) 4.75
<b>Ginger Shot</b> .....	(1 oz.) 2.50.....	(2 oz.) 4.75

## Smoothies

**Small (16 oz.) 5.00 Large (22 oz.) 7.00**

**Substitute Skim Milk for Almond or Soy Milk .50**

**Add Vanilla, Chocolate or Strawberry Whey Protein 1.00**

**Add Vanilla, Chocolate or Cookies & Cream Isopure Protein 1.00**

**Add Vegan Vanilla Protein 1.50**

<b>Bahama Mama</b> .....	Pineapple, Orange, Coconut & Skim Milk
<b>Banana Berry</b> .....	Strawberry, Banana, Honey & Skim Milk
<b>Berry Apple Berry</b> .....	Blueberry, Raspberry, Strawberry & Apple Juice
<b>Berry Banana Shock</b> .....	Raspberry, Banana, Strawberry & Skim Milk
<b>Berry Berry Fuel</b> .....	Blueberry, Strawberry, Raspberry, Honey & Skim Milk
<b>Caribbean Cruz</b> .....	Mango, Coconut, Banana, Honey & Fruit Juice
<b>Coco Beach</b> .....	Coconut, Mango, Pineapple, Orange & Fruit Juice
<b>Cocoa Nuts</b> .....	Peanut Butter, Chocolate Syrup, Chocolate Chips & Skim Milk
<b>Funky Monkey</b> .....	Banana, Coconut, Mango, Peach & Skim Milk
<b>Fuzzy Navel</b> .....	Peach, Banana, Pineapple, Orange & Fruit Juice
<b>Heaven</b> .....	Strawberry, Mango, Coconut, Honey & Skim Milk
<b>Jamaican Me Crazy</b> .....	Coconut, Pineapple, Strawberry & Skim Milk
<b>Mango Delight</b> .....	Mango, Banana, Honey & Skim Milk
<b>Nutty Banana</b> .....	Banana, Peanut Butter & Skim Milk
<b>Pina Colada</b> .....	Pineapple, Banana, Coconut & Honey
<b>S.O.B.</b> .....	Strawberry, Orange, Banana & Fruit Juice
<b>Sunset</b> .....	Strawberry, Raspberry, Pineapple, Orange, Coconut & Skim Milk
<b>Sweet Temptation</b> .....	Banana, Raspberry, Honey & Skim Milk
<b>The Kimmy Gibbler</b> .....	Blueberry, Peanut Butter, Strawberry, Chocolate Chip & Skim Milk
<b>Tropical Breeze</b> .....	Banana, Peach, Strawberry & Skim Milk

## Protein Shakes

**Large (24 oz.) 7.00**

**All Protein Shakes are made with a choice of Water or Skim Milk**

**Almond Milk or Soy .50**

### **Choose From:**

**Designer Whey:** Vanilla, Chocolate or Strawberry

**Lean Body:** Vanilla or Chocolate

**Isopure:** Vanilla, Chocolate or Cookies & Cream

**Vegan Protein:** Vanilla Cream

**Add: Glutamine, Creatine, Peanut Butter .75**

**Add: Strawberry, Banana, Blueberry, Chia or Flax Seeds .75**

**Add: Almond Butter 1.25**

## **Acai & Pitaya Bowls**

**16 oz. Bowl – 9.50**

**Acai Bowl:** Pure Acai Berry blended with Almond Milk, Banana, Frozen Blueberries & Strawberries. Topped with Gluten Free Granola, Strawberries, Blueberries, Bananas & Honey.

**Pitaya Bowl:** Dragon fruit blended with Almond Milk, Frozen Pineapples & Bananas. Topped with Gluten Free Granola, Strawberries, Bananas & Honey.

**Add: Coconut, Chia Seeds, Flax Seeds (.75)**

**Add: Protein, Peanut Butter (1.00)**

**Add: Nutella, Almond Butter (1.25)**

## **Breakfast**

**Avocado Toast** served with Chopped Tomatoes on Gluten Free Udi's White Toast.....8.45

**Diesel 10 Egg Whites** w/Fresh Sliced Deli Turkey & Tomatoes.....12.95

**Fresh Fruit Salad Bowl** cut & prepared on the spot! .....6.95

**Fuel Meat & 5 Egg Whites** .....10.95

w/choice of Grilled Chicken, Turkey Burger or Lean Bison (add 1.00)

**Fuel Lean Bison & 5 Egg Whites** topped with Low Fat Mozzarella Cheese .....12.95

**Fuel Western 6 Egg White Omelette** w/Onions, Green Peppers & Tomatoes..... 10.95

**Greek 6 Egg White Omelette** w/Feta Cheese, Tomatoes, Green Peppers & Onions..... 11.95

**Fuel Veggie 6 Egg White Omelette**..... 10.95

w/any 2 choices: Spinach, Broccoli, Peppers, Onions, Tomatoes or Mushrooms

**Gluten Free & Vegan Pancakes** served with fresh fruit on top.....12.50

**Create Your Own Omelette, Platter, Sandwich or Wrap:**

**GF Roll (1.50) or GF Toast (1.75) or GF Wrap (1.75)**

**1.Choose How Many Egg Whites:** 1.50 each **OR Whole Eggs** 1.25 each

**2.Choose Veggies:** .75 each: Broccoli, Cucumber, Eggplant, Green Peppers, Mushroom, Onion, Spinach, Tomato, Jalapenos, Avocado (2.50)

**3.Choose Meat:** 2.95 each: Turkey or Pork Sausage, Sliced Deli Turkey, Grilled Chicken, Turkey Bacon, Regular Bacon, Turkey Burger, Lean Bison (3.95)

**4.Choose Low Fat Cheese:** .75 each: American, Cheddar, Feta, Mozzarella, Swiss

## **Breakfast Side Orders**

4 strips of Regular Bacon.....3.95

4 strips of Turkey Bacon.....4.25

4 links of Sausage (Pork or Turkey).....4.25

## **Soups/Chili**

<b>Chicken and Veggies</b> (Gluten Free Noodles or Rice) (Add 1.00 for Gluten Free Noodles).....	5.95
<b>Chicken Chili Soup</b> .....	6.95
<b>Meat Chili Soup</b> (Bison or Turkey) (Add 1.00 for Bison).....	7.95
<b>Vegetable Lentil Soup</b> .....	5.95
<b>Vegetarian Chili</b> .....	5.95

## **Salads**

**Choice of Low Fat Dressings: Balsamic, 1000 Island, Ranch, Oil & Vinegar, Oil & Lemon**

**Add Avocado (2.50)**

**Grilled Chicken, Veggie Burger or Turkey Burger (4.50)**

**Bison Burger (5.95) Shrimp (5.95) Beyond Burger (6.50) Salmon (7.95)**

<b>Fuel Salad</b> Romaine, Tomatoes, Cucumbers & Onions.....	7.95
<b>Greek Salad</b> Romaine, Tomatoes, Cucumbers, Onions, Olives & Feta Cheese.....	10.50
<b>Avocado Salad</b> w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions.....	10.95
<b>Crazy Quinoa Salad</b> .....	11.95
Quinoa, Romaine, Walnuts, Strawberries, Cranberries, Oranges & Feta Cheese	
<b>Fresh Spinach Salad</b> w/ Tomatoes, Cucumbers & Onions.....	9.95
<b>Hummus &amp; California Blend Veggies</b> over Fuel Salad.....	10.95
<b>Nutty Fruity Salad</b> Romaine, Cucumbers & Tomatoes topped w/ Cranberries & Walnuts.....	9.95
<b>Shepherd Salad</b> Cucumbers, Tomatoes, Olives, Green Peppers, Onions & Parsley (add Feta Cheese .75) .....	9.95
<b>Simple Quinoa Salad</b> .....	11.95
a protein packed Salad with Quinoa, Cucumbers, Tomatoes, Olives, Onions & Feta Cheese, served with our homemade EVOO & Lemon Dressing	
<b>Strawberry Spinach Salad</b> .....	10.50
Baby Spinach with Fresh Strawberries, Almonds & Goat Cheese	
<b>Kale and Quinoa Salad</b> .....	11.95
Quinoa and Kale chopped and mixed together with Cranberries, Almonds & Tomatoes, served with our homemade EVOO & Lemon Dressing	
<b>Salmon Salad</b> Fresh Grilled Salmon w/ Broccoli over Fuel Salad.....	16.95
<b>Quinoa Lovers Salad</b> .....	11.95
Quinoa & Romaine w/ Cucumbers, Olives & Tomatoes, topped w/ Avocado	
<b>Fiesta Quinoa Salad</b> .....	13.95
Quinoa & Kale w/ Oranges, Corn, Black Beans, Brown Rice, Vegan Mozzarella & Avocado	
<b>Broccoli &amp; Kale Salad</b> .....	11.95
Kale & Chopped Broccoli w/ Quinoa, Onions, Cucumbers & Almonds	
<b>Mexican Chipotle Chicken Salad</b> Spicy Chipotle Chicken with Kale, Spinach, Tomatoes, Beans, Onions, Corn, Avocado & Mango Salsa.....	13.95

## **Create your Own Bowl – \$8.50**

**First:** Choose Quinoa, Brown Rice or Basmati Rice

**Next:** Pick any 4 ingredients, each additional .50

Spinach, Kale, Romaine, Green Peppers, Black Beans, Guacamole, Broccoli, Carrots, Chickpeas, Cilantro, Corn, Jalapenos, Mushrooms, Black Olives, Red Onions, Tomatoes, Pico de Gallo, String Beans, Cranberries, Cucumbers, Almonds, Mango Salsa, Feta Cheese, Avocado (1.75)

**Last:** Add Protein: Grilled Chicken, Veggie Burger, Turkey Burger (4.50)  
Bison Burger, Beyond Burger, Shrimp (5.95) Salmon (7.95)

## **Sandwiches**

**All Sandwiches Served on a Gluten Free Roll**

**Add Low Fat Cheese or a Scoop of Hummus to any Sandwich .75**

**“Deluxe It” w/Air Baked Sweet Potato Fries or Grilled Vegetables & Bottled Water or Soda 3.50**

**Bison Pizza Style**.....12.45

Bison Burger Patty prepared w/Low Fat Mozzarella Cheese & Low Sodium Tomato Sauce

**Chicken & Spinach** Grilled Chicken w/Grilled Spinach & Low Fat Mozzarella Cheese..... 11.45

**Chicken Gyro** .....11.45

Grilled Chicken served w/ Romaine Lettuce, Tomatoes, Onions, Cucumbers & Tzatziki Sauce

**Tuna Salad Sandwich** Tuna w/ Romaine Lettuce, Tomato & Onions..... 10.75

**Double Choice Meat Sandwich**..... 14.45

choose 2 from Turkey Burger, Grilled Chicken or Bison Burger, served w/Romaine Lettuce, Tomatoes & Onions (Bison add 1.00 each)

**Grilled Chicken Sandwich**..... 10.75

Grilled Chicken served w/Romaine Lettuce, Tomatoes, Cucumbers & Onions

**Mediterranean Sandwich** .....11.25

choice of Grilled Chicken, Turkey Burger or Veggie Burger, served

w/Romaine Lettuce, Tomatoes, Cucumbers & Onions, Topped w/Hummus

## **Wrap-n-Roll**

**All Wraps served on a Gluten Free Wrap**

**“Deluxe It” w/Air Baked Sweet Potato Fries or Grilled Vegetables & Bottled Water or Soda 3.50**

**Eggplant with Hummus Wrap**

Grilled Eggplant, Hummus, Green Peppers & Feta Cheese.....12.25

**Diesel Tahini Wrap**.....11.70

Grilled Chicken w/ Onions, Peppers, Tomatoes & Tahini Sauce

**Fancy Fuel Wrap**.....11.50

Grilled Chicken topped w/ Balsamic Vinegar, Romaine Lettuce, Tomatoes & Onions

<b>Fuel Fajita</b> .....	12.25
Choice of Grilled Chicken or Turkey Burger, w/ Brown Rice, Chili, Romaine Lettuce, Tomatoes, Onions, Salsa & Low Fat Mozzarella	
<b>Fuel Mango Chicken Wrap</b> .....	11.50
Grilled Chicken, Romaine Lettuce, Tomatoes, Onions & Mango Salsa	
<b>Holy Guacamole Wrap</b> Grilled Chicken ,Romaine Lettuce, Tomatoes, Onions, Cucumbers & Guacamole.....	11.50
<b>Latin Fuel Wrap</b> .....	11.70
Grilled Chicken, Brown Rice, Chili, Avocado, Romaine Lettuce & Tomatoes	
<b>Low Carb Lovers Wrap</b> .....	11.50
Grilled Chicken, Romaine Lettuce, Tomatoes & 1000 Island Dressing	
<b>Popeyes Choice Wrap</b> .....	11.70
Choice of Grilled Chicken or Turkey Burger, w/ Sautéed Spinach & Low Fat Mozzarella Cheese	
<b>Power Chicken BLT Wrap</b> .....	11.70
Grilled Chicken, Turkey Bacon, Romaine Lettuce, Tomatoes, Low Fat Mozzarella Cheese & Low Fat Mayo	
<b>Veggie Power Wrap</b> .....	11.70
Grilled Veggie Burger w/ Grilled Peppers, Mushrooms & Tomatoes, topped with Low Fat Mozzarella Cheese	
<b>Spicy Austin Wrap</b> .....	12.25
Grilled Chicken, Avocado, Grilled Onions, Brown Rice & Chipotle	
<b>Captains Choice Wrap</b> .....	15.25
Grilled Salmon, Romaine Lettuce, Tomatoes, Onions & Mango Salsa	
<b>Cheesy Tuna Melt Wrap</b> .....	11.00
Tuna Salad w/ Melted Low Fat Mozzarella Cheese & Tomatoes	
<b>Greek Wrap</b> .....	11.50
Choice of Grilled Chicken or Turkey Burger, w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions, w/ choice of Hummus or Tzatziki	
<b>Italian Stallion Wrap</b> .....	11.50
Grilled Chicken, Grilled Mushrooms, Low Fat Mozzarella Cheese & Low Sodium Tomato Sauce	
<b>Lite Turkey Club Wrap</b> .....	11.50
Fresh Sliced Deli Turkey, Turkey Bacon, Romaine Lettuce, Tomatoes & Lite Mayo	
<b>Little Italy Wrap</b> .....	11.70
Grilled Chicken w/ Grilled Eggplant, Low Fat Mozzarella Cheese & Low Sodium Tomato Sauce	
<b>Mexican Quinoa Wrap</b> Quinoa, Onions, Peppers, Black Beans, Avocado & Cajun Seasoning.....	12.70
<b>Protein Happy Quinoa Wrap</b> Quinoa, Hummus, Baby Spinach, Tomatoes & Carrots.....	11.70
<b>Vegan Power Wrap</b> Veggie Burger with Peppers, Mushrooms, Tomatoes & Vegan Mozzarella.....	12.50
<b>Protein Choice Wrap</b> .....	12.70
Lean Ground Bison w/ choice of Grilled Chicken or Turkey Burger w/ Grilled Onions & Peppers	
<b>Tilapia Thunder Wrap</b> .....	12.25
Grilled Tilapia, Romaine Lettuce, Cucumbers, Onions, Tomatoes & choice of our “Spicy Fuel “ Sauce, Tahini or Lemon Juice	
<b>Veggie Monster Wrap</b>	
Mushrooms, Spinach, Tomatoes, Onions, Romaine Lettuce & Hummus .....	10.70

<b>Winners Choice Wrap</b> .....	11.70
Choice of Grilled Chicken or Turkey Burger, w/ steamed California Blend Vegetables & Low Fat Mozzarella Cheese	
<b>Salmon Lovers Wrap</b> .....	15.25
Grilled Salmon w/ Grilled California Blend Veggies and Goat Cheese	
<b>City Island Wrap</b> .....	13.70
Grilled Shrimp, Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese	
<b>Veggie Monster Wrap</b> .....	10.70
Mushrooms, Spinach, Tomatoes, Onions, Romaine Lettuce & Hummus	

### **Burgers**

**All Burgers Served on a Gluten Free Roll**

**w/ Air Baked Sweet Potato Fries, Lettuce, Tomato & Onion**

**Add Bacon 1.50, Turkey Bacon 2.00**

**Add Low Fat Cheese: American, Mozzarella, Cheddar or Swiss .75**

**Shredded Vegan Mozzarella 1.50**

**Bison Burger** .....15.00

100% Pure Heart Healthy Canadian Buffalo Meat

**Salmon Burger**.....17.45

**Turkey Burger**.....14.00

**Veggie Burger**..... 13.45

Veggie Patty made w/Carrots, Corn, Red & Green Peppers, Green Beans, Peas & Onions

**The Beyond Burger**.....16.00

“The Veggie Burger that Bleeds”

A New Breed of Burger made entirely from plants. The worlds first plant-based burger patty that looks, cooks and satisfies like fresh ground beef

**Hamburger** (add Bacon 1.50)..... 12.45

**Cheeseburger** (add Bacon 1.50)..... 13.25

**BLT**.....12.45

### **Quesadillas**

**All Quesadilla Served with Sour Cream**

**Guacamole or Mango Salsa .75**

**Chicken Parmigiana Quesadilla**.....12.70

Grilled Chicken, Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese

**Chicken and Spinach Quesadilla**..... 12.70

Grilled Chicken, Spinach & Low Fat Mozzarella Cheese

**Veggie Quesadilla**..... 11.70

California Blend Veggies, Low Fat Cheddar Cheese & Chipotle

<b>Chicken Palacios Quesadilla</b> Cajun Style Chicken, Low Fat Cheddar Cheese, Onions, Avocado, Red Beans, Rice & Chipotle.....	14.70
<b>Super Protein Quesadilla</b> .....	15.25
Lean Ground Bison, Grilled Chicken, Low Fat Cheddar Cheese & Chipotle	
<b>Grilled Shrimp Quesadilla</b> .....	15.70
Grilled Shrimp, Sautéed Onions, Green Peppers & Low Fat Cheddar Cheese	
<b>Grilled Salmon Quesadilla</b> .....	16.70
Grilled Salmon, Sautéed Onions, Mushrooms & Low Fat Cheddar Cheese	
<b>Chicken Guacamole Quesadilla</b> Grilled Chicken, Low Fat Cheddar Cheese, Guacamole & Low Fat Mozzarella Cheese.....	14.25
<b>Vegan Quesadilla</b> Beyond Burger, Vegan Mozzarella, Mushrooms, Onions & Peppers.....	16.70

### **Small Plates**

<b>Tomatoes Stuffed with Spinach and Feta Cheese</b> .....	6.50
<b>Cajun Grilled Shrimp Skewers</b>	
2 skewers of shrimp with Peppers, Onions & Tomatoes.....	12.95

### **Power Platters**

**Substitute Chicken for Bison \$2.50 Extra**

**Add to any POWER PLATTER: Chicken (4.50) Turkey or Veggie Burger (5.50)**

**Bison Burger (6.50) Beyond Burger (6.50)**

**Avocado (2.50)**

**Any Substitutions Subject to Additional Charge**

<b>Body Fuel</b> .....	12.95
Grilled or Cajun Style Chicken w/choice of Vegetable Lentils or Vegetarian Chili, served w/choice of Brown Rice or Gluten Free Pasta (Pasta is 2.00 additional)	
<b>Country Fuel</b> Grilled or Cajun Style Chicken served with Grilled Seasoned Potatoes over Brown Rice.....	12.95
<b>Fuel Fitness</b> .....	12.95
Grilled or Cajun Style Chicken w/Grilled California Blend Veggies served over Brown Rice	
<b>Power Bison</b> .....	12.95
Grilled Bison Burger topped w/Vegetable Lentils or Vegetarian Chili served w/Brown Rice	
<b>Power Play</b> .....	12.95
Grilled Chicken w/Tomatoes & Onions, Baked w/Tahini Sauce served w/Spinach & Brown Rice	
<b>The Diesel Mix</b> .....	15.95
combo plate of Grilled Bison Burger, Turkey Burger & Grilled Chicken served over Brown Rice	
<b>Top Choice Fuel</b> .....	12.95
Grilled Chicken w/ Tomatoes, Onions, Peppers & choice of our Low Sodium Tomato Sauce or Spicy Fuel Sauce, over Brown Rice or Gluten Free Pasta (additional 2.00)	
<b>Vegetarian Fuel</b> .....	11.95
Veggie Burger topped w/Vegetable Lentils or Vegetarian Chili served w/Brown Rice	



<b>Comfort Fuel</b> Grilled Chicken served with Grilled Seasoned Potatoes, Mushrooms, Peppers & Onions.....	11.95
<b>Fuel Chicken Kebab</b> .....	12.95
Grilled Chicken served w/Brown Rice & Shepherd Salad w/choice of Tahini or Tzatziki Sauce	
<b>The Healthy Hulk</b> .....	12.95
Grilled Chicken served w/Sautéed Spinach, Mushrooms & Fresh Garlic over Brown Rice	
<b>The Spartan</b> .....	12.95
Grilled Chicken & Eggplant served w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese over Brown Rice	
<b>Balanced Fuel</b> Grilled Chicken served over Vegetarian Chili.....	11.95
<b>Protein Power</b> Grilled Chicken baked w/Onions, Tomatoes & Tahini Sauce.....	11.95
<b>Pure Power</b> .....	12.95
Grilled Chicken w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese (Parmigiana Style) served w/Egg Whites	
<b>Rocky Fuel</b> .....	13.95
Lean Ground Bison & Grilled Chicken, cooked w/ Tomatoes, Onions, Peppers & our exclusive “Spicy Fuel” Sauce	
<b>The Lean and Green</b> Grilled or Cajun Style Chicken served w/ choice of Steamed Spinach, Grilled Broccoli or Asparagus.....	11.95
<b>The Workout</b> .....	12.95
Grilled Chicken w/Onions, Peppers & Tomatoes, served over Sautéed Spinach & Vegetarian Chili	
<b>The Power Parmigiana</b> .....	14.95
Grilled Chicken w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese served over Gluten Free Pasta	

## **Seafood Platters**

**Add a Side Salad 2.00**

<b>Energy Surf and Turf</b> .....	22.95
Grilled Salmon & Lean Bison Burger served w/Brown Rice and Chipotle Sauce for Dipping	
<b>Fuel From the Sea</b> .....	19.95
Grilled Salmon w/Grilled Broccoli, Brown Rice & Mango Sauce	
<b>Turbo Tilapia</b> .....	16.95
Grilled Tilapia w/choice of 2: Hummus, Broccoli, Spinach or California Blend Veggies	
<b>Fuel Salmon</b> Grilled Salmon served w/Brown Rice & Vegetarian Chili.....	19.95
<b>Classic Salmon</b> Grilled Salmon served over Asparagus and Garlic Mashed Potatoes.....	19.95
<b>The Ninth Hour</b> Grilled Salmon over Shepherd Salad & Brown Rice.....	19.95
<b>Sweet &amp; Spicy Tilapia</b> served over Roasted Carrots & Broccoli .....	16.95
<b>Cajun Salmon</b> served w/Burnt Broccoli over Brown Rice.....	19.95
<b>Cajun Shrimp</b> served over California Blend Veggies.....	16.95
<b>Shyla Salmon</b> Honey Dijon Glazed Salmon with California Blend Veggie & Sweet Potato...	21.95
<b>Shrimp Scampi</b> .....	16.95
Shrimp sautéed w/Fresh Garlic, Olive Oil & Parsley served over Quinoa & Steamed Asparagus	

**Rotisserie Chicken Meals**

<b>Half Chicken</b> w/2 small sides.....	13.95
<b>Whole Chicken</b> w/2 large sides.....	18.95

**Sides**

<b>California Blend Veggies</b> .....	5.95
Broccoli, Cauliflower & Carrots	
<b>Air Baked Sweet Potato Fries</b> .....	4.95
<b>Avocado (1/2)</b> .....	2.50
<b>Avocado (Whole)</b> .....	4.75
<b>Brown Rice</b> .....	4.00
<b>Hummus (16 oz.)</b> .....	5.50
<b>Grilled Seasoned Potatoes</b> .....	5.50
<b>Grilled or Burnt Broccoli</b> .....	5.95
<b>Steamed Asparagus</b> .....	5.95
<b>Sautéed Spinach</b> .....	5.95
<b>String Beans</b> .....	5.95
<b>Sweet Corn</b> .....	5.95
<b>Bison Burger Patty</b> .....	6.50
<b>Beyond Burger Patty</b> .....	6.50
<b>Turkey or Veggie Burger Patty</b> .....	5.75
<b>Grilled Chicken</b> .....	6.50
<b>Salmon</b> .....	12.95
<b>Shrimp or Tilapia</b> .....	9.25

**Create your Own Pizza**

**Made with Low Fat Mozzarella Cheese and Low Sodium Tomato Sauce**

<b>12 inch Thin Crust</b> .....	8.75
<b>10 inch Cauliflower Crust</b> .....	10.50

**Add Meat (2.95): Deli Turkey, Grilled Chicken, Turkey Burger, Turkey Bacon, Turkey Sausage  
Bison Burger(5.95), Beyond Burger (6.50)**

**Add Veggies (1.95): Broccoli, Cucumber, Eggplant, Green Peppers, Mushrooms, Onions,  
Spinach, Jalapenos, Tomato**

**Desserts**

Chocolate Chip Cookie.....	4.75
Sweet Soul Blondies.....	4.75
Sweet Soul Brownies.....	4.75
Chocolate Cheesecake.....	5.50
Raspberry Cheesecake.....	5.50
Flourless Chocolate Cake.....	4.95
Apple Delight.....	5.95
Quinoa Pudding .....	5.95
Sweet Grilled Peaches.....	4.95