



GLUTEN FREE MENU

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

Fresh Squeezed Juices

Small (16 oz) 6.50 Large (24 oz) 8.50

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

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

Wheatgrass/Ginger Shots

Wheatgrass Shot	(1 oz.) 3.00.....	(2 oz.) 5.75
Ginger Shot	(1 oz.) 3.00.....	(2 oz.) 5.75

Smoothies

Small (16 oz.) 5.50 Large (22 oz.) 7.25

Substitute Skim Milk for Almond, Soy or Oat Milk .50

Add Vanilla, Chocolate or Strawberry Whey Protein 1.50

Add Vanilla, Chocolate or Cookies & Cream Isopure Protein 1.50

Add Vegan Vanilla Protein 1.75

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

Protein Shakes

Large (24 oz.) 8.00

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

Almond, Soy or Oat Milk .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 1.00

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

Add: Almond Butter 1.25

Acai & Pitaya Bowls

16 oz. Bowl – 11.00

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: Peanut Butter (1.00)

Add: Nutella, Almond Butter (1.25)

Add: Protein (1.50)

Breakfast

Avocado Toast served with Chopped Tomatoes on Gluten Free Udi's White Toast.....9.45

Add Eggs, Any Style 1.50 each, Egg Whites 1.75 each

Udi's French Toast 2 pieces of Udis White Bread topped with fresh fruit.....8.95

Diesel 10 Egg Whites w/Fresh Sliced Deli Turkey & Tomatoes.....13.95

Fresh Fruit Salad Bowl cut & prepared on the spot!6.75

Fuel Meat & 5 Egg Whites11.95

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

Fuel Lean Bison & 5 Egg Whites topped with Low Fat Mozzarella Cheese13.95

Fuel Western 6 Egg White Omelette w/Onions, Green Peppers & Tomatoes..... 11.95

Greek 6 Egg White Omelette w/Feta Cheese, Tomatoes, Green Peppers & Onions..... 12.95

Fuel Veggie 6 Egg White Omelette..... 11.50

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

Gluten Free & Vegan Pancakes served with fresh fruit on top.....12.75

Create Your Own Omelette, Platter, Sandwich or Wrap:

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

1.Choose How Many Egg Whites: 1.75 each **OR Whole Eggs** 1.50 each

2.Choose Veggies: .95 each: Broccoli, Cucumber, Eggplant, Green Peppers, Mushroom, Onion, Spinach, Tomato, Jalapenos, Avocado (2.50)

3.Choose Meat: 3.95 each: Turkey or Pork Sausage, Sliced Deli Turkey, Grilled Chicken, Turkey Bacon, Regular Bacon, Turkey Burger, Lean Bison (4.95)

4.Choose Low Fat Cheese: .75 each: American, Cheddar, Feta, Mozzarella, Swiss, Shredded Vegan Mozzarella (1.75)

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
Udis Gluten Free White Toast.....	1.75

Soups/Chili

Chicken and Veggies (with GF Noodles for 7.50 or Rice)	6.50
Chicken Chili Soup	7.50
Meat Chili Soup (Bison or Turkey) (Add 1.00 for Bison).....	8.50
Vegetable Lentil Soup	5.95
Vegetarian Chili	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 (5.25)

Bison Burger (6.50) Shrimp (6.50) Beyond Burger (6.75) Salmon (8.95)

Fuel Salad Romaine, Tomatoes, Cucumbers & Onions.....	8.95
Greek Salad Romaine, Tomatoes, Cucumbers, Onions, Olives & Feta Cheese.....	11.50
Avocado Salad w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions.....	11.95
Crazy Quinoa Salad	12.95
Quinoa, Romaine, Walnuts, Strawberries, Cranberries, Oranges & Feta Cheese	
Fresh Spinach Salad w/ Tomatoes, Cucumbers & Onions.....	10.95
Hummus & California Blend Veggies over Fuel Salad.....	11.95
Nutty Fruity Salad Romaine, Cucumbers & Tomatoes topped w/ Cranberries & Walnuts.....	10.25
Shepherd Salad Cucumbers, Tomatoes, Olives, Green Peppers, Onions & Parsley (add Feta Cheese .75)	10.25
Simple Quinoa Salad	12.95
a protein packed Salad with Quinoa, Cucumbers, Tomatoes, Olives, Onions & Feta Cheese, served with our homemade EVOO & Lemon Dressing	
Strawberry Spinach Salad	11.25
Baby Spinach with Fresh Strawberries, Almonds & Goat Cheese	
Kale and Quinoa Salad	12.95
Quinoa and Kale chopped and mixed together with Cranberries, Almonds & Tomatoes, served with our homemade EVOO & Lemon Dressing	
Salmon Salad Fresh Grilled Salmon w/ Broccoli over Fuel Salad.....	17.95
Quinoa Lovers Salad	12.50
Quinoa & Romaine w/ Cucumbers, Olives & Tomatoes, topped w/ Avocado	

Fiesta Quinoa Salad	14.50
Quinoa & Kale w/ Oranges, Corn, Black Beans, Brown Rice, Vegan Mozzarella & Avocado	
Broccoli & Kale Salad	12.95
Kale & Chopped Broccoli w/ Quinoa, Onions, Cucumbers & Almonds	
Mexican Chipotle Chicken Salad Spicy Chipotle Chicken with Kale, Spinach, Tomatoes, Beans, Onions, Corn, Avocado & Mango Salsa.....	15.25

Create your Own Bowl – \$9.95

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, Shredded Vegan Mozzarella (1.75) Avocado (1.75)

Last: Add Protein: All for 4.95: Grilled Chicken, Veggie Burger, Turkey Burger
All for 6.50: Bison Burger, Beyond Burger, Shrimp
For 7.95: Salmon

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	13.25
Bison Burger Patty prepared w/Low Fat Mozzarella Cheese & Low Sodium Tomato Sauce	
Chicken & Spinach Grilled Chicken w/Grilled Spinach & Low Fat Mozzarella Cheese.....	12.25
Chicken Gyro	12.25
Grilled Chicken served w/ Romaine Lettuce, Tomatoes, Onions, Cucumbers & Tzatziki Sauce	
Tuna Salad Sandwich Tuna w/ Romaine Lettuce, Tomato & Onions.....	11.50
Double Choice Meat Sandwich	15.70
choose 2 from Turkey Burger, Grilled Chicken or Bison Burger, served w/Romaine Lettuce, Tomatoes & Onions (Bison add 1.00 each)	
Grilled Chicken Sandwich	12.25
Grilled Chicken served w/Romaine Lettuce, Tomatoes, Cucumbers & Onions	
Mediterranean Sandwich	12.25
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.....12.50

Diesel Tahini Wrap.....12.25

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

Fancy Fuel Wrap.....12.25

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

Fuel Fajita.....12.50

Choice of Grilled Chicken or Turkey Burger, w/ Brown Rice, Chili, Romaine Lettuce, Tomatoes, Onions, Salsa & Low Fat Mozzarella

Fuel Mango Chicken Wrap12.00

Grilled Chicken, Romaine Lettuce, Tomatoes, Onions & Mango Salsa

Holy Guacamole Wrap Grilled Chicken ,Romaine Lettuce, Tomatoes, Onions,

Cucumbers & Guacamole.....12.00

Latin Fuel Wrap.....12.00

Grilled Chicken, Brown Rice, Chili, Avocado, Romaine Lettuce & Tomatoes

Low Carb Lovers Wrap.....12.00

Grilled Chicken, Romaine Lettuce, Tomatoes & 1000 Island Dressing

Popeyes Choice Wrap.....12.25

Choice of Grilled Chicken or Turkey Burger, w/ Sautéed Spinach & Low Fat Mozzarella Cheese

Power Chicken BLT Wrap..... 12.00

Grilled Chicken, Turkey Bacon, Romaine Lettuce, Tomatoes, Low Fat Mozzarella Cheese & Low Fat Mayo

Veggie Power Wrap.....12.25

Grilled Veggie Burger w/ Grilled Peppers, Mushrooms & Tomatoes, topped with Low Fat Mozzarella Cheese

Spicy Austin Wrap..... 12.70

Grilled Chicken, Avocado, Grilled Onions, Brown Rice & Chipotle

Captains Choice Wrap16.70

Grilled Salmon, Romaine Lettuce, Tomatoes, Onions & Mango Salsa

Cheesy Tuna Melt Wrap..... 11.50

Tuna Salad w/ Melted Low Fat Mozzarella Cheese & Tomatoes

Greek Wrap12.00

Choice of Grilled Chicken or Turkey Burger, w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions, w/ choice of Hummus or Tzatziki

Italian Stallion Wrap..... 12.00

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

Lite Turkey Club Wrap11.70

Fresh Sliced Deli Turkey, Turkey Bacon, Romaine Lettuce, Tomatoes & Lite Mayo

Little Italy Wrap..... 12.25

Grilled Chicken w/ Grilled Eggplant, Low Fat Mozzarella Cheese & Low Sodium Tomato Sauce

Mexican Quinoa Wrap Quinoa, Onions, Peppers, Black Beans, Avocado & Cajun Seasoning.....	13.25
Protein Happy Quinoa Wrap Quinoa, Hummus, Baby Spinach, Tomatoes & Carrots.....	12.50
Vegan Power Wrap Veggie Burger with Peppers, Mushrooms, Tomatoes & Vegan Mozzarella.....	12.70
Protein Choice Wrap	13.70
Lean Ground Bison w/ choice of Grilled Chicken or Turkey Burger w/ Grilled Onions & Peppers	
Tilapia Thunder Wrap	12.50
Grilled Tilapia, Romaine Lettuce, Cucumbers, Onions, Tomatoes & choice of our “Spicy Fuel “ Sauce, Tahini or Lemon Juice	
Veggie Monster Wrap	
Mushrooms, Spinach, Tomatoes, Onions, Romaine Lettuce & Hummus	11.70
Winners Choice Wrap	12.25
Choice of Grilled Chicken or Turkey Burger, w/ steamed California Blend Vegetables & Low Fat Mozzarella Cheese	
Salmon Lovers Wrap	16.70
Grilled Salmon w/ Grilled California Blend Veggies and Goat Cheese	
City Island Wrap	14.70
Grilled Shrimp, Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese	
South of the Border Wrap	13.70
Bison Burger, Black Beans, Corn, Brown Rice, Jalapenos & Guacamole	

Burgers

All Burgers Served on a Gluten Free Roll

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

Add Bacon 2.00, Turkey Bacon 2.50 Add Pickles .75

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

Shredded Vegan Mozzarella 1.75

Bison Burger16.50

100% Pure Heart Healthy Canadian Buffalo Meat

Salmon Burger.....19.00

Turkey Burger.....15.25

Veggie Burger..... 15.00

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

The Beyond Burger.....17.25

“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

Cheaters Options:

Hamburger 13.25

Cheeseburger 14.00

BLT (served on Udi’s White Bread).....11.45

Grilled Cheese (served on Udi’s White Bread).....11.45

Quesadillas

**All Quesadilla Served with Sour Cream
Guacamole or Mango Salsa .75**

Chicken Parmigiana Quesadilla	13.00
Grilled Chicken, Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese	
Chicken and Spinach Quesadilla	13.00
Grilled Chicken, Spinach & Low Fat Mozzarella Cheese	
Veggie Quesadilla	12.00
California Blend Veggies, Low Fat Cheddar Cheese & Chipotle	
Chicken Palacios Quesadilla Cajun Style Chicken, Low Fat Cheddar Cheese, Onions, Avocado, Red Beans, Rice & Chipotle.....	15.25
Super Protein Quesadilla	15.70
Lean Ground Bison, Grilled Chicken, Low Fat Cheddar Cheese & Chipotle	
Grilled Shrimp Quesadilla	16.00
Grilled Shrimp, Sautéed Onions, Green Peppers & Low Fat Cheddar Cheese	
Grilled Salmon Quesadilla	17.25
Grilled Salmon, Sautéed Onions, Mushrooms & Low Fat Cheddar Cheese	
Chicken Guacamole Quesadilla Grilled Chicken, Low Fat Cheddar Cheese, Guacamole & Low Fat Mozzarella Cheese.....	14.50
Vegan Quesadilla Beyond Burger, Vegan Mozzarella, Mushrooms, Onions & Peppers.....	17.00

Small Plates

Tomatoes Stuffed with Spinach and Feta Cheese	7.25
Cajun Grilled Shrimp Skewers 2 skewers of shrimp with Peppers, Onions & Tomatoes.....	13.50

Power Platters

Substitute Chicken for Bison \$2.50 Extra

Add to any POWER PLATTER: Chicken (5.25) Turkey or Veggie Burger (5.75)

Bison Burger (6.95) Beyond Burger (6.95)

Avocado (2.50)

Any Substitutions Subject to Additional Charge

Body Fuel	13.95
Grilled or Cajun Style Chicken w/choice of Vegetable Lentils or Vegetarian Chili, served w/choice of Brown Rice or Basmati Rice or Gluten Free Pasta (Pasta is 2.00 additional)	
Country Fuel Grilled or Cajun Style Chicken served with Grilled Seasoned Potatoes over Brown Rice.....	13.95
Fuel Fitness	13.95
Grilled or Cajun Style Chicken w/Grilled California Blend Veggies served over Brown Rice	

Power Bison	13.95
Grilled Bison Burger Patty topped w/Vegetable Lentils or Vegetarian Chili served w/Brown Rice	
Power Play	13.95
Grilled Chicken w/Tomatoes & Onions, Baked w/Tahini Sauce served w/Spinach & Brown Rice or Basmati Rice	
The Diesel Mix	17.50
combo plate of Grilled Bison Burger, Turkey Burger & Grilled Chicken served over Brown Rice	
Top Choice Fuel	13.95
Grilled Chicken w/ Tomatoes, Onions, Peppers & choice of our Low Sodium Tomato Sauce or Spicy Fuel Sauce, over Brown Rice or Basmati Rice or Gluten Free Pasta (additional 2.00)	
Vegetarian Fuel	13.50
Veggie Burger topped w/Vegetable Lentils or Vegetarian Chili served w/Brown Rice	
Comfort Fuel Grilled Chicken served with Grilled Seasoned Potatoes, Mushrooms, Peppers & Onions.....	13.50
Fuel Chicken Kebab	13.95
Grilled Chicken served w/Brown Rice & Shepherd Salad w/choice of Tahini or Tzatziki Sauce	
The Healthy Hulk	13.95
Grilled Chicken served w/Sautéed Spinach, Mushrooms & Fresh Garlic over Brown Rice or Basmati Rice	
The Spartan	13.95
Grilled Chicken & Eggplant served w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese over Brown Rice or Basmati Rice	
Balanced Fuel Grilled Chicken served over Vegetarian Chili.....	12.95
Protein Power Grilled Chicken baked w/Onions, Tomatoes & Tahini Sauce.....	12.95
Pure Power	13.95
Grilled Chicken w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese (Parmigiana Style) served w/Egg Whites	
Rocky Fuel	14.95
Chopped Bison Burger Patty & Grilled Chicken, cooked w/ Tomatoes, Onions, Peppers & our exclusive “Spicy Fuel” Sauce	
The Lean and Green Grilled or Cajun Style Chicken served w/ choice of Steamed Spinach, Grilled Broccoli or Asparagus.....	12.95
The Workout	13.95
Grilled Chicken w/Onions, Peppers & Tomatoes, served over Sautéed Spinach & Vegetarian Chili	
The Power Parmigiana	15.95
Grilled Chicken w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese served over Gluten Free Pasta	

Seafood Platters

Add a Side Salad 2.00

Energy Surf and Turf	23.95
Grilled Salmon & Lean Bison Burger Patty served w/Brown Rice and Chipotle Sauce for Dipping	
Fuel From the Sea	20.95
Grilled Salmon w/Grilled Broccoli, Brown Rice & Mango Sauce	
Turbo Tilapia	17.95
Grilled Tilapia w/choice of 2: Hummus, Broccoli, Spinach or California Blend Veggies	
Fuel Salmon Grilled Salmon served w/Brown Rice & Vegetarian Chili.....	20.95

Classic Salmon Grilled Salmon served over Asparagus and Garlic Mashed Potatoes.....	20.95
The Ninth Hour Grilled Salmon over Shepherd Salad & Brown Rice.....	20.95
Sweet & Spicy Tilapia served over Roasted Carrots & Broccoli	17.95
Cajun Salmon served w/Burnt Broccoli over Brown Rice.....	20.95
Cajun Shrimp served over California Blend Veggies.....	17.95
Shyla Salmon Honey Dijon Glazed Salmon with California Blend Veggie & Sweet Potato...	22.95
Shrimp Scampi	17.95
Shrimp sautéed w/Fresh Garlic, Olive Oil & Parsley served over Quinoa & Steamed Asparagus	

Rotisserie Chicken Meals

Half Chicken w/2 small sides.....	14.95
Whole Chicken w/2 large sides.....	19.50

Sides

California Blend Veggies	6.95
Broccoli, Cauliflower & Carrots	
Air Baked Sweet Potato Fries	5.50
Avocado (1/2)	2.75
Avocado (Whole)	4.95
Brown Rice	4.50
Hummus (16 oz.)	5.95
Grilled Seasoned Potatoes	5.75
Grilled or Burnt Broccoli	6.50
Steamed Asparagus	6.50
Sautéed Spinach	6.50
String Beans	6.50
Sweet Corn	6.50
Bison Burger Patty	6.95
Beyond Burger Patty	6.95
Turkey or Veggie Burger Patty	5.75
Grilled Chicken	7.95
Salmon	13.50
Shrimp or Tilapia	9.75

Create your Own Pizza

Made with Low Fat Mozzarella Cheese and Low Sodium Tomato Sauce

12 inch Thin Crust	8.75
10 inch Cauliflower Crust	10.50

Add Meat (3.95): 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, Tomatoes



Desserts by

Chocolate Chip Cookie.....	4.75
Blondies.....	6.00
Brownies.....	6.00
Peanut Butter Cups.....	5.50
Raspberry Crumb Bar.....	6.25

Desserts by Fuel Café

Flourless Chocolate Cake.....	5.95
Apple Delight.....	5.95
Quinoa Pudding	6.50
Sweet Grilled Peaches.....	5.95