



GLUTEN FREE MENU

Breakfast

Diesel 10 Egg Whites w/Fresh Sliced Deli Turkey & Tomatoes.....	12.95
Fresh Fruit Salad Bowl cut & prepared on the spot!	5.95
Fuel Meat & 5 Egg Whites	9.95
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	10.95
Fuel Western 6 Egg White Omelette w/Onions, Green Peppers & Tomatoes.....	9.95
Greek 6 Egg White Omelette w/Feta Cheese, Tomatoes, Green Peppers & Onions.....	10.95
Fuel Veggie 6 Egg White Omelette	9.95
w/any 2 choices: Spinach, Broccoli, Peppers, Onions, Tomatoes or Mushrooms	

Create Your Own Omelette, Platter, or Sandwich on a Gluten Free Roll (1.50)

- Choose How Many Egg Whites** 1.50 each **OR Whole Eggs** 1.25 each
- Choose Veggies** .75 each: Broccoli, Cucumber, Eggplant, Green Peppers, Mushroom, Onion, Spinach, Tomato, Avocado (2.50)
- Choose Meat** 2.50 each: Turkey or Pork Sausage , Sliced Deli Turkey, Grilled Chicken, Turkey Bacon, Regular Bacon, Turkey Burger, Lean Bison (3.50)
- Choose Low Fat Cheese** .75 each: American, Cheddar, Feta, Mozzarella, Swiss

Breakfast Side Orders

4 strips of Regular Bacon.....	3.50
4 strips of Turkey Bacon.....	3.75
4 links of Sausage (Pork or Turkey).....	3.75

Soups/Chili

Chicken and Veggies (with GF Noodles for 6.50 or Rice)	5.50
Chicken Chili Soup	6.95
Meat Chili Soup (Bison or Turkey) (Add 1.00 for Bison).....	7.95
Vegetable Lentil Soup	5.50
Vegetarian Chili	5.50

Salads

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

Fuel Salad Romaine, Tomatoes, Cucumbers & Onions.....	6.95
Avocado Salad w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions.....	9.95
Crazy Quinoa Salad	11.95
Quinoa, Romaine, Walnuts, Strawberries, Cranberries, Oranges & Feta Cheese	
Fresh Spinach Salad w /Tomatoes, Cucumbers & Onions.....	8.95
Hummus & California Blend Veggies over Fuel Salad.....	9.95
Nutty Fruity Salad Romaine, Cucumbers & Tomatoes topped w/Cranberries & Walnuts.....	8.95
Shepherd Salad Cucumbers, Tomatoes, Olives, Green Peppers, Onions & Parsley (add Feta Cheese .75)	8.95
Mediterranean Quinoa Salad	10.95
a protein packed Salad with Quinoa, Cucumbers, Tomatoes, Olives, Onions & Feta Cheese, served with our homemade EVOO & Lemon Dressing	
Strawberry Spinach Salad	9.95
Baby Spinach with Fresh Strawberries, Almonds & Goat Cheese	
Kale and Quinoa Salad	11.95
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.....	14.95

Add Avocado (2.50)

Grilled Chicken, Veggie Burger or Turkey Burger (3.25)

Bison Burger (4.50)

Shrimp (5.95)

Salmon (6.95)

Power Pitas & Sandwiches

All Sandwiches Served on a Gluten Free Roll

Add Low Fat Cheese or a Scoop of Hummus to any Sandwich 75¢ Extra

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

Bison Pizza Style	11.50
Bison Burger Patty prepared w/Low Fat Mozzarella Cheese & Low Sodium Tomato Sauce	
Chicken & Spinach Grilled Chicken w/Grilled Spinach & Low Fat Mozzarella Cheese.....	8.95
Tuna Salad Tuna w/ Romaine Lettuce, Tomato & Onions.....	8.50
Double Choice Meat Sandwich	11.95
choose 2 from Turkey Burger, Grilled Chicken or Bison Burger, served w/Romaine Lettuce, Tomatoes & Onions (Bison add 1.00 each)	
Grilled Chicken Sandwich	8.95
Grilled Chicken served w/Romaine Lettuce, Tomatoes, Cucumbers & Onions	
Mediterranean Sandwich	9.50
choice of Grilled Chicken, Turkey Burger or Veggie Burger, served w/Romaine Lettuce, Tomatoes, Cucumbers & Onions, Topped w/Hummus	

Burgers

All Burgers Served on a Gluten Free Roll
w/ Air Baked Sweet Potato Fries, Lettuce, Tomato & Onion

Bison Burger	13.95
100% Pure Heart Healthy Canadian Buffalo Meat	
Salmon Burger	15.95
Turkey Burger	12.95
Veggie Burger	11.95
Veggie Patty made w/Carrots, Corn, Red & Green Peppers, Green Beans, Peas & Onions	
*****NEW***** The Beyond Burger	14.95
“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).....	10.95
Cheeseburger (add Bacon 1.50).....	11.95
BLT	10.95

Small Plates

Tomatoes Stuffed with Spinach and Feta Cheese	5.50
Grilled Shrimp Skewers 2 skewers of shrimp with Peppers, Onions & Tomatoes.....	10.95

Power Platters

Substitute Chicken for Bison \$2.50 Extra

Add to any POWER PLATTER: Chicken (3.25) Turkey or Veggie Burger (5.50) Bison Burger (6.50)
Any Substitutions Subject to Additional Charge

Body Fuel	10.95
Grilled Chicken w/choice of Vegetable Lentils or Vegetarian Chili, served w/choice of Brown Rice or Gluten Free Pasta (2.00 additional)	
Fuel Fitness	10.95
Grilled Chicken w/Grilled California Blend Veggies served over Brown Rice	
Power Bison	10.95
Grilled Bison Burger topped w/Vegetable Lentils or Vegetarian Chili served w/Brown Rice	
Power Play	10.95
Grilled Chicken w/Tomatoes & Onions, Baked w/Tahini Sauce served w/Spinach & Brown Rice... 10.95	
The Diesel Mix	14.95
combo plate of Grilled Bison Burger, Turkey Burger & Grilled Chicken served over Brown Rice	
Top Choice Fuel	10.95
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)	
Vegetarian Fuel	10.95
Veggie Burger topped w/Vegetable Lentils or Vegetarian Chili served w/Brown Rice	
Fuel Chicken Kebab	10.95
Grilled Chicken served w/Brown Rice & Shepherd Salad w/choice of Tahini or Tzatziki Sauce	

The Healthy Hulk	10.95
Grilled Chicken served w/Sautéed Spinach, Mushrooms & Fresh Garlic over Brown Rice	
The Spartan	11.95
Grilled Chicken & Eggplant served w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese over Brown Rice	
Balanced Fuel Grilled Chicken served over Vegetarian Chili.....	10.95
Protein Power Grilled Chicken baked w/Onions, Tomatoes & Tahini Sauce.....	10.95
Pure Power	10.95
Grilled Chicken w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese (Parmigiana Style) served w/Egg Whites	
Rocky Fuel	12.95
Lean Ground Bison & Grilled Chicken, cooked w/ Tomatoes, Onions, Peppers & our exclusive “Spicy Fuel” Sauce	
The Lean and Green Grilled Chicken served w/ Steamed Spinach	10.95
The Workout	10.95
Grilled Chicken w/Onions, Peppers & Tomatoes, served over Sautéed Spinach & Vegetarian Chili	
The Power Parmigiana	12.95
Grilled Chicken w/Low Sodium Tomato Sauce & Low Fat Mozzarella Cheese served over Gluten Free Pasta	

Seafood Platters

Energy Surf and Turf	18.95
Grilled Salmon & Lean Bison Burger served w/Brown Rice	
Fuel From the Sea	15.95
Grilled Salmon w/Grilled Broccoli, Brown Rice & Mango Sauce	
Turbo Tilapia	13.95
Grilled Tilapia w/choice of Hummus, Baba Ghanoush, Broccoli, Spinach or California Blend Veggies	
Fuel Salmon Grilled Salmon served w/Brown Rice & Vegetarian Chili.....	15.95
The Ninth Hour Grilled Salmon over Shepherd Salad & Brown Rice.....	15.95
Sweet & Spicy Tilapia served over Roasted Carrots & Broccoli	13.95
Cajun Salmon served w/Burnt Broccoli over Brown Rice.....	15.95
Shrimp Scampi	14.95
Shrimp sautéed w/Fresh Garlic, Olive Oil & Parsley served over Steamed Asparagus	

Rotisserie Chicken Meals

Half Chicken w/2 small sides.....	11.95
Whole Chicken w/2 large sides.....	16.95

Sides

California Blend Veggies	4.95
Broccoli, Cauliflower & Carrots	
Air Baked Sweet Potato Fries	4.50

Avocado (1/2).....	2.50
Avocado (Whole).....	4.75
Brown Rice.....	4.00
Hummus (16 oz.).....	5.50
Grilled or Burnt Broccoli	5.50
Steamed Asparagus	5.50
Sautéed Spinach	5.50
String Beans.....	5.50
Sweet Corn	5.50
Bison Burger Patty	6.50
Turkey or Veggie Burger Patty.....	5.50
Grilled Chicken.....	6.00
Salmon	9.95
Shrimp or Tilapia.....	9.25

Create your Own Pizza

Made with Low Fat Mozzarella Cheese and Low Sodium Tomato Sauce

10 inch Cauliflower Crust.....	10.50
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**Add Meat (2.95): Deli Turkey, Grilled Chicken, Turkey Burger, Bison Burger(+2.00),
Turkey Bacon, Turkey Sausage**

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

Desserts

Almond Butter Cups.....	5.00
Peanut Butter Cups.....	5.00
Chocolate Chip Cookies (2).....	4.75
Blondies.....	4.75
Sweet Potato Brownie.....	4.75
Triple 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