



Sandwiches, Salads and More

Cran-Nut Happiness Salad

(organic cranberries and pecans, Asian dressing and goat cheese)

Caesar Salad with Grilled Chicken
Banana & Yogurt Parfait w/ Bakery Granola

Grilled and Roll Up Sandwiches

Tomato, Mozzarella, and Pesto
Peanut Butter, Honey, and Banana
Grilled Cheese
Grilled Cheese and Tomato
Turkey and Cheese *(with Tomato & Lettuce)*
Ham and Cheese *(with Tomato & Lettuce)*
Hummus, Taboule, Roasted Red Pepper
Cheese & Chicken Quesadilla

Pretzels

Chocolate Crumb
Cinnamon Bun
Jalapeno Cheddar
Spinach Feta
Herb and Cream Cheese
Breakfast Omelet
Cheesecake

Mini Pretzels:

Apple Cinnamon, Mozzarella Pizza
Grilled Cheese and Plain

Calzones: Spinach, Italian, Steak
Quiche: Lorraine, Broccoli, Spinach

Soup

Fresh from New York City, all natural made from scratch, ask us for today's selection

Meal Replacement Smoothies

Fitness Together
High Protein/Low Card
Energizer
Straw-bana Breakfast
Iron Man/Woman
Blueberry Flax
T.O.M (Time of the Month)
Fiber Fix
Stress Buster
Sniffles B' Gone
Green Living
Bridgewater Bears
Green Tea Breakfast

Smoothies

Pina Colada
Strawberry Sensation
Fabulous Four Berry
Ambrosia Nectar
Tropical Sunrise
Banana Berry Bonanza
Mobana
Acai Plus
Aloha
Mango Tropics
Strawbana
Citrus Blast
Kona Mocha Chill
Peanut Butter Cup
White Chocolate Symphony
Extreme Heath Bar
Oreo Mocha
Chocolate Decadence
Caramel
Creamsicle
Chocolate Caramel
Arctic Chai
Iced Latte
Mocha Frappe
Chocolate Banana

Hot Drinks

Mocha Fever
Kona Mocha

Green Tea Chai Tea
Decaf Chai Tea
Low Carb Chai Tea
Low Carb Hot Chocolate
Organic Fat Free Hot Chocolate
Chocolate Caramel

Coffee by Equal Exchange

Love Buzz
French Roast Decaf
French Vanilla
Hazelnut

Teas

Equal Exchange
Mighty Leaf
Mood Factory

We also have:
*Iced Coffee, Iced Tea,
Orange Juice, Apple Juice,
Milk, and Bottled Water*

Power Shots

Aloe
Antioxidant Blend
Brainiac
Burn Fat Burn
Complete Greens
Energizer
Fiber Blend
Ginseng
Healthy Heart
Immune Blend
Multi- Vitamin/Mineral
Performance Boost
Power Boost
Protein (Whey or Soy)
Spirulina
Stress Buster
Ultimate Recovery
Veggie Meal
Wheat Grass

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