

Sandwiches

ADD A SCOOP OF HUMMUS OR CHEESE TO ANY SANDWICH - \$1.00
All Sandwiches Are Stuffed w/ Salad Into A Whole Wheat Pita

Deluxe w/
Air Baked Fries
& Water

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| 78. GRILLED CHICKEN SANDWICH (Deluxe \$12.00)
Chunks of chicken breast in lemon & spices. | \$7.00 |
| 79. CHICKEN & SPINACH SANDWICH IN A POCKET (Deluxe \$12.00)
Chunks of chicken w/grilled spinach & low-fat mozzarella (No Salad). | \$7.50 |
| 80. TURKEY BURGER (Deluxe \$12.00)
Lean & delicious turkey burger w/ salad. | \$7.50 |
| 81. TURKEY BURGER PIZZA STYLE (Deluxe \$12.00)
Prepared w/ low-fat mozzarella & tomato sauce w/basil (No salad). | \$7.50 |
| 82. BISON BURGER (Deluxe \$12.00)
100% pure heart healthy Canadian buffalo meat (Less fat than chicken). | \$7.50 |
| 83. BISON BURGER PIZZA STYLE (Deluxe \$12.00)
Prepared w/ low-fat mozzarella & low-sodium tomato sauce(No Salad). | \$7.50 |
| 84. BISON HOT DOG (Deluxe \$9.50) | \$4.50 |
| 85. BISON CHILLI DOG (Deluxe \$9.50) | \$4.50 |
| 87. MEDITERRANEAN SANDWICH (Deluxe \$12.00)
Choice of chicken breast, turkey burger or veggie burger w/ hummus & salad. | \$7.50 |
| 88. TUNA SALAD (Deluxe \$10.00)
Prepared w/ low-fat yogurt & low-fat mayo stuffed in a pita. | \$6.50 |
| 89. FALAFEL (ADD Hummus- \$1.00) (Deluxe \$11.00)
Baked chick peas patties w/ herbs & spices. | \$6.50 |
| 90. TEXAS STYLE BISON OR TURKEY BURGER (Deluxe \$12.00)
W/ grilled onions, pepper, mushrooms, BBQ sauce, American cheese on a whole wheat pita | \$7.50 |
| 91. VEGGIE BURGER (Deluxe \$12.00)
Made w/ carrot, corn, red & green peppers, green beans, peas & onions. | \$7.50 |
| 92. FISH CAKE SANDWICH (Deluxe \$11.00)
W/ lettuce, tomatoes, onion and low-fat Tartar sauce | \$7.50 |
| 93. SALMON BURGER (Deluxe \$12.00)
Lettuce, tomatoes & onion | \$7.50 |
| 94. TUNA BURGER (Deluxe \$12.00)
Lettuce, tomatoes & onion | \$7.75 |
| 95. CHICKEN BURGER (Deluxe \$12.00)
Lettuce, tomatoes & onion | \$7.50 |
| 96. PORTABELLO SANDWICH (Deluxe \$12.00)
Grilled vegetables, Portabello burger topped w/ grilled peppers, tomatoes & low-fat Mozzarella cheese. | \$7.50 |
| 97. BEEF BURGER (Deluxe \$12.00)
Lettuce, tomatoes, onion, pickles, American cheese & wheat bun | \$7.50 |



Salads w/ Light or Fat Free Dressing

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| 98. SALMON SALAD - Fresh grilled salmon served w/ broccoli over large salad w/ oil & vinegar | \$14.00 |
| 99. FUEL SALAD <small>SMALL \$6.00</small>
Romaine lettuce, tomatoes, cucumbers & onions w/ toasted whole wheat pita. | \$ 9.00 |
| 100. AVOCADO SALAD (Avocado & Chicken - \$13.00)- Avocado, romaine lettuce, tomatoes, cucumbers, sweet red onions w/ choice of fat-free dressing. | \$10.00 |
| 101. GRILLED CHICKEN OVER SALAD - Romaine lettuce, tomatoes, cucumbers & onions, 99% fat-free salad. | \$11.00 |
| 102. TUNA, FALAFEL, VEGGIE OF TURKEY BURGER OVER SALAD. | \$11.00 |
| 103. MEDITERRANEAN SALAD - A scoop of hummus, baba ghahouj & falafel w/ Tahini sauce over green salad. | \$13.00 |
| 104. FALAFEL WITH HUMUS - Served over green salad. | \$11.00 |
| 105. HUMMUS & VEGGIE BURGER SERVED OVER GREEN SALAD | \$12.00 |
| 106. MEDITERRANEAN APPETIZER PLATTER - Whole wheat spinach pie, hummus & baba ghahouj over green salad. | \$13.00 |
| 107. FRESH SPINACH SALAD (With Chicken - \$12.00)- Served w/ spinach, tomatoes, cucumbers, olives & onion w/ pita bread. | \$10.00 |
| 108. CHEF SALAD - Turkey & roasted beef over fresh spinach of FUEL salad. | \$11.00 |
| 109. FUEL CEASAR SALAD - Lettuce, turkey bacon, parmesan cheese, w/ light Caesar dressing & croutons. | \$11.00 |
| 110. FUEL CHICKEN CEASAR SALAD | \$11.00 |
| 111. WHOLE WHEAT DIJON PAST SALAD - Organic whole wheat penne tossed w/ 8 oz. diced grilled chicken breast w/ light Dijon sauce. | \$11.00 |
| 112. SHEPHERD SALAD (Add feta cheese- \$1.00) (Add chicken- \$13.00) | \$ 9.00 |
| 113. FUEL COMBO SALAD - Grilled chicken, turkey burger, avocado over green salad topped w/ pineapple. | \$13.00 |

LARGE SALADS ARE SERVED W/ ROMAINE LETTUCE, TOMATOES, CARROTS, RED ONION & CUCUMBER ALONG W/ A TOASTED WHOLE WHEAT PITA BREAD & YOUR CHOICE OF DRESSING.

DELICIOUS HEALTHY DRESSINGS: HONEY MUSTARD, TAHINI, BALSAMIC VINEGAR, CARROT & GINGER, HOT SAUCE, YOGURT SAUCE. LIGHT RASPBERRY VINAIGRETTE. OIL & VINEGAR W/ HERBS, ITALIAN, RANCH CAESAR



Plain Food

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| 70. GRILLED CHICKEN OVER SLICED GRILLED POTATOES. | \$11.00 |
| 71. GRILLED CHICKEN OVER BROWN RICE. | \$11.00 |
| 75. ORGANIC WHOLE WHEAT PASTA with Low-Sodium Tomato Sauce. | \$ 9.00 |

Breakfast Egg Plates, Pancakes & Muffins

All Omelette's & Sandwiches are made w/ 6 Egg whites & are Served w/ a Toasted Whole Wheat Pita.
All Dishes are Reduced Calories & are Baked w/ NO Oil. Add turkey bacon to breakfast - \$2.00

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| 115. FOUR EGG WHITES - W/ sautéed spinach on pita or 7 grain bread. | \$ 5.50 |
| 116. BACON, EGGS & CHEESE - 4 egg whites w/ 97% fat-free turkey bacon, and American cheese in a flax wrap. | \$ 7.00 |
| 117. THE SPA BREAKFAST - 5 egg whites w/ lightly grilled mix vegetables in a fat-free spinach wrap. | \$ 7.00 |
| 118. FUEL STEAK & EGGS - 5 egg whites w/ lean bison steak topped w/ low-fat mozzarella cheese served in a whole wheat wrap or a plate w/ pita. | \$ 9.50 |
| 119. EGG SANDWICH - 6 baked egg whites baked in a whole wheat pita. (Any addition of vegetables extra \$0.50) | \$ 5.50 |
| 120. THE FUEL VEGGIE OMELETTE - 6 egg whites w/ any two choices: spinach, broccoli, peppers, onions, tomato, mushrooms or low-fat mozzarella. Served w/ sweet potato. | \$10.00 |
| 121. FUEL EGG-N-MEAT OMELETTE - 6 baked add whites baked with choice of grilled chicken, turkey or bison. | \$10.00 |
| 122. PROTEIN PANCAKE COMBO - 6 baked egg whites w/ whole wheat protein pancakes. | \$10.00 |
| 123. PANCAKE HEAVEN - Two "six inch" banana protein pancakes topped w/ berries & banana. | \$ 7.50 |
| 124. FUEL WESTERN WRAP - Egg whites cooked with onions, peppers, tomatoes, chicken sausage & low-fat American cheese in a whole wheat wrap | \$ 8.00 |
| 125. FUEL WESTERN OMELETTE PLATE - Served w/ chicken sausage & grilled potatoes | \$10.00 |
| 126. FETA CHEESE OMELETTE - 4 egg white or regular eggs, spinach, tomatoes, avocado, feta cheese | \$10.00 |



Individual Low-Carb (High Fiber) Pizza

All Pizzas are Made w/ Low-Fat Mozzarella, Low-Sodium Tomato sauce & Low-Carb Flat Crust.
Extra Toppings On Any Pie \$.50 Each.

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| 128. TRADITIONAL PERSONAL PIE - Healthy low-carb, low-sodium, low-fat pizza. | \$ 5.50 |
| 129. VEGGIE PERSONAL PIE - Your choice of two of the following: Onions, peppers, broccoli, spinach, tomatoes of mushrooms. | \$ 6.50 |
| 130. PERSONAL MEAT PIE - Served w/ grilled chicken breast or turkey. Bison - Add \$0.50 extra | \$ 8.00 |
| 131. 12" THIN CRUST PIZZA - W/ grilled chicken & pineapple | \$10.00 |
| 132. 12" THIN CRUST PIZZA | \$ 7.00 |
| 133. 12" THIN CRUST PIZZA - W/ onions & bison. W/ chicken \$10.00 | \$10.00 |
| 134. LOW-CARB PIZZA ROLL - W/ light dipping sauce. W/ spinach | \$ 5.00 |
| 135. 12" THIN CRUST PIZZA - Topped w/ low-fat turkey bacon | \$10.00 |
| 136. 12" SALMON STEAK PIZZA - Chopped salmon, broccoli, spinach, avocado & pepper | \$13.00 |
| 137. 12" BISON HOT DOG PIZZA - Bison hot dog, onion, pepper & mushrooms | \$10.00 |



Healthy Additions

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| 138. FAT FREE FROZEN YOGURT - Topped with fresh mix berries & peaches |
| 141. DAILY FRESH BARED LOW - Fat Protein Muffins
Strawberry, Banana, Blueberry, Carrot, Bran, Pistachio. |
| 142. DAILY FRESH BAKED LOW - Fat Protein Brownies |
| 143. LOW-FAT VANILLA YOGURT CUP WITH FRUITS - Low-fat, low sugar |
| 144. SOY CHIPS, KETTLE CHIPS & MORE |



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