

Grass Shot
\$2.00

Fuel's Fresh Squeezed Juices

Small(16oz) \$6.00
Medium (20oz) \$7.00
Add protein powder to your juice \$1.00

Large (24oz) \$8.00
X-Large (32oz) \$10.00
Add Ginger or Garlic - \$0.50

Power
Wheat Shot
\$4.00

A. **Cold Buster**- Ginger, beet, Lemon, kale, grapefruit, orange & carrot

B. **Fresh Berry**- Carrot, strawberries, orange & lemon

C. **FUEL Paradise**- Carrot, spinach, pineapple & banana

D. **ABC Juice**- Apple, beets & carrot

E. **Spring Splash**- Apple, spinach, carrot & pineapple

F. **Kale Storm**- Kale, green apple, orange, grapefruit & pineapple

G. **Vitamin Booster**- orange, pineapple, green apple, lemon

H. **FUEL 1715**- Apple, beet, celery, cucumber, orange & carrot

I. **Red Roots**- Celery, beet, carrot, kale & grapefruit,

J. **Popeye's Arms**- Broccoli, celery, parsley, spinach & cucumber

K. **Muscle FUEL**- Beet, celery, carrot & green apple

L. **FUEL is Love**- Carrot, orange, pineapple & beet

M. **Iron Horse**- Kale, broccoli, beet, apple & carrot

N. **FUEL Citrus**- Ginger, orange, lemon, kale & pineapple

O. **Healthy Tree**- Garlic, carrot, kale, celery, lemon, ginger & parsley



KALE MONSTER

Power Grass Shot - Wheat grass, ginger & lemon

Fresh Turmeric Shot - With black pepper

Fresh Ginger Lemon Shot - With cayenne pepper

Energy Shot - Ginger, lemon, turmeric

NOTICE - Our juices are not for Medical Purposes.

Smoothies

16oz - \$6.00 / 20oz. - \$7.00 / 24oz - \$8.00 / 32oz- \$9.00

Caribbean Storm- Mango, coconut, banana, non-fat frozen yogurt & fruit juice

Banana Nutter- Banana, peanut butter, non-fat frozen yogurt & skim milk

Melon Madness- Melon, passion fruit juice, banana & non-fat frozen yogurt

Pina Colada- Pineapple, banana, coconut, & pineapple juice

Banana - Strawberry- Blend of fresh bananas & strawberries

Very Berry- Blueberries, raspberries, strawberries & apple juice

Passion Peach- Peach, banana, orange, & apple juice

Banana Latte- Coffee, banana, coconut, cinnamon, Fat free chocolate with regular milk or soy milk

Totally Tropical- Orange, strawberry, banana w/ passion fruit juice

Peach & Tango- Peaches, mango & mango juice

Mango Berry- Mango, Strawberries, Banana & Mango Juice

Summer Smoothie- Banana, Strawberries, blueberries, peach & passion fruit juice

Nutella Milk Shake- Banana, nutella with regular milk

Lucky Angel- Pineapple, strawberries, coconut with almond milk

FUEL Taylan- Orange, coconut, mango, strawberries, banana pineapple & passion fruit juice

Orange Sunrise- Peach, banana, mango & orange juice.

Tropical Fruits- Mango, melon, strawberries, banana & orange juice.

Fresh Blood- Carrots, beets, strawberries & mango

Hawaii Boost- Kale, mango, spinach, apple, pineapple and mango juice

Pacific Blue- Blueberries, lemon, pineapple, strawberries & passion fruit juice.

Monster Kale- Cucumber, green apple, pineapple, spinach & kale.

Cocobana- Kale, Spinach, Banana, Coconut, Peach, Almond Milk

Grapefruit Sunrise- Fresh Grapefruit, pineapple, Strawberries & passion fruit juice

ADD SOME PROTEIN- Add a scoop of protein to any smoothie for \$1.00 extra

EXOTIC SMOOTHIES \$6.00 / \$7.00 / \$8.00 / \$9.00

Sambazon acai natural energy / high in antioxidants / 100% Vitamin C

GREEN LEMONADE

Apple, celery, spinach, cucumber, mango, lemon, organic agave (orange juice or water)

VEGAN BOOST

Organic pitaya, banana, peach, avocado (almond milk or soy milk)

FUEL SUNSET

Mango, pineapple, fresh tumeric, cinnamon with almond milk

GREEN WARRIOR

Green apple, kale, avocado, spinach with almond milk

ACAI BERRY

Strawberry, melon, mango, dragon fruit with almond milk

FUEL ENERGY POWER

Banana, blueberries, spinach, acai berry and soy milk

FUEL PUMP

Banana, Blueberry, Acai Berry, Granola, Peanut Butter (Almond Milk aor Skim milk)

MOCHA MOCHA

Banana, almond butter, coffee, cocoa powder, coconut milk

DRAGONFRUIT SMOOTHIE

Strawberry, melon, mango, dragon fruit with almond milk

FUEL CALIFORNIA BLEND

Spinach, avocado, strawberry, mango, banana, kale, cucumber with soy milk

COCO BELLE

Banana, blueberry, mango, organic pitaya, coconut milk

FORMULA 12

Strawberries, banana, peanut butter, egg white, oatmeal, soy milk or skim milk

GREEN GLADIATOR

Banana, kale, mango, almond butter, coconut milk

ADD GLUTAMINE, OATMEAL, GRANOLA, CREATINE, FLAX SEEDS, PROTEIN, ALMOND BUTTER, ANY VEGETABLE, HONEY, PRE-WORK OUT ENERGY POWDER - ADD \$1.00 EXTRA

Veggies / Side Orders / Meat

150. BROWN RICE \$6.00

151. BAKED POTATO \$5.50

152. GRILLED POTATO \$5.50

153. SWEET POTATO \$5.50

154. HUMMUS W/ PITA \$5.50

155. BABA GHANOUJ \$5.50

156. GRILLED BROCCOLI \$5.50

157. SAUTÉED SPINACH \$5.50

158. "CALIFORNIA BLEND" \$5.50

160. VEGGIE BURGER \$7.00

160A. AIR BAKED SEASONED FRIES \$5.50

160B. AIR BAKED SWEET POTATO FRIES \$5.50

160C. REGULAR FRIES \$5.50

161. TUNA \$7.00

162. GRILLED CHICKEN BREAST \$7.00

163. TURKEY BURGER \$7.00

164. BISON BURGER \$7.00

166. LOW-FAT BISON STEAK \$9.00

167. GRILLED TILAPIA FISH \$9.00

168. FISH CAKES & FRIES \$10.00

169. WHOLE WHEAT SPINACH PIE \$6.00

170. WHOLE WHEAT SPINACH & POTATO PIE \$6.50

171. TURKEY BACON 97% FAT FREE \$6.50

172. SALMON SIDE \$9.00

173. TUNA STEAK \$9.00

174. SHRIMP \$9.00

175. SLICED AVOCADO \$5.50

176. GRILLED EGGPLANT \$5.50

177. GUACAMOLE SAUCE \$6.00

179. FALAFEL \$6.50

180. WHOLE WHEAT SPINACH & FETA CHEESE PIE \$6.00

Wrap World

All wraps whole wheat or low carb

1. MUSCLE WRAP- Six egg whites, grilled chicken breast w/ sautéed spinach. \$9.00

2. CHICKEN PARMIGIANA WRAP- Grilled chicken, low-fat mozzarella cheese & low sodium tomato sauce. \$9.00

3. CHILLI CHICKEN WRAP- Grilled chicken, brown rice & vegetarian chilli. \$9.00

4. VEGETARIAN WRAP- Grilled veggies, low-fat mozzarella cheese & vegetable spread \$9.00

5. THE PERFECT WRAP- Grilled chicken or turkey burger, steamed veggies, low-fat mozzarella. \$9.00

6. THE FUEL WRAP- Grilled chicken or turkey burger, romaine lettuce, tomato, red onion & cucumber. \$9.00

7. TUNA MELT WRAP- Tuna salad w/ melted low-fat mozzarella. \$9.00

8. CHICKEN & SPINACH WRAP- Chunks of grilled chicken or turkey burger, sauteed spinach & low-fat mozzarella \$9.00

9. MEDITERRANEAN WRAP- Choice of chicken breast or ground turkey w/ hummus & salad. \$9.00

10. LEAN BISON WRAP- Lean ground bison w/ grilled onions, peppers & rice, w/ choice of sauce. \$9.00

11. SUPER PROTEIN WRAP (LOW CARB)- Grilled chicken or turkey burger, lean bison w/grilled onions & peppers. \$9.75

12. BISON CHIPOTLE WRAP- Lettuce, tomatoes, onion, avocado, spicy chipotle sauce \$9.50

13. FRESH TILAPIA FISH WRAP- W/romaine lettuce, tomato, red onions & vegetable spread. \$10.00

14. SALMON WRAP OR TUNA STEAK- Grilled salmon or tuna w/lettuce, tomato & mango salsa. \$10.00

15. "DOGS IN A BLANKET"- Two grilled bison hot dogs cooked w/onions & peppers \$8.00

16. FUEL BBQ WRAP- Chicken or turkey burger & broccoli grilled w/lite bbq sauce. \$9.00

17. TURKEY CLUB (TOASTED)- Lettuce, sun dried tomatoes, lite mayo & cheese. \$9.00

18. HOT ROASTED BEEF WRAP(TOASTED)- Grilled peppers, onions & low fat cheese. \$9.00

19. EGG & CHEESE WRAP W/ TOMATOES \$8.50

20. SALMON PROTEIN WRAP- Salmon, spinach (sauteed), avocado. one egg, teriyaki sauce. \$11.00

21. FUEL TERIYAKI WRAP- Grilled chicken & mixed vegetables grilled w/light teriyaki sauce and a touch of brown rice. \$9.00

22. FUEL SHRIMP WRAP- Garlic sautéed shrimp w/ onion, pepper, tomato & of brown rice \$9.00

23. FUEL CHICKEN CAESAR WRAP \$9.00

24. SOUTH BEACH WRAP- Grilled chicken, romaine lettuce, plum tomato & light thousand island dressing in a low-carb wrap. \$9.00

25. CUBAN WRAP- Grilled chicken, rice & beans, avocado, lettuce & tomato & light chilli sauce. \$9.00

26. FUEL GINGER WRAP- Grilled chicken, romaine lettuce, tomato, avocado w/carrot-ginger sauce in a sun dried tomato wrap. \$9.00

27. FUEL CHICKEN BLT- Grilled chicken, turkey bacon, tomato, low-fat mozzarella & low-fat mayo (or no mayo) \$9.50

28. TURKEY BLT- Turkey bacon, lettuce, tomatoes, mayo(or no mayo) in a whole wheat wrap. \$9.00

29. BUFFALO CHICKEN WRAP- Chicken, lettuce, tomatos, mozzarella cheese, avocado, pickles, buffalo ranch sauce. \$9.50

30. THAI TURKEY OR CHICKEN- Turkey burger, grilled veggies in a spinach wrap w/delicious Thai peanut. \$9.00

31. TAHINI CHICKEN WRAP- Grilled chicken cooked w/onions, peppers & tomatoes in tahini sauce (brown rice optional). \$9.00

32. PORTABELLO MUSHROOM WRAP (W/chicken - \$10.00)- Grilled portabello veggies w/grilled peppers & mushrooms w/sun dried tomatoes, topped w/low-fat mozzarella (light dressing). \$9.00

33 A. SUPREME ITALIANO- Grilled chicken, roasted red peppers, onions, low fat mayo, low fat mozzarella \$9.00

33 B. CHICKEN MANGO WRAP- Grilled chicken, lettuce, tomato, onions & mango salsa sauce \$9.00

33 C. CHICKEN-N-GRILLED EGGPLANT PARMIGIANA WRAP- All with tomato sauce & mozzarella \$9.50

33 D. EGGPLANT PARMIGIANA- Grilled eggplant with low fat mozzarella & tomato sauce \$9.00

33 E. CHICKEN CHIPOTLE WRAP (SPICY)- Grilled chicken, avocado, brown rice, grilled onions & spicy chipotle sauce \$9.00

33 F. CHICKEN GUACAMOLE WRAP- Grilled chicken, L/T/O & delicious guacamole sauce \$9.00

33 G. TZATZIKI-CHICKEN WRAP- Grilled chicken, L/T/O with white cucumber sauce \$9.00

33 I. MUSHROOM-CHICKEN WRAP- Chicken breast grilled w/ mushrooms, onions & peppers, tomatoes w/ low fat mozzarella \$9.00

33 K. LEAN BEEF STRIPS- Cooked w/ onions, peppers, tomatoes and mushrooms topped w/ brown gravy \$9.00

33 L. PHILLY CHEESE STEAK WRAP- w/ onions & pepper \$9.00

33 M. POWER-WRAP- Bison, Chicken, Mushroom, Eggplant w/ spicy Sauce \$9.50

33 N. FLYEN HIGH- Chicken & Turkey w/ mushrooms & low fat American cheese \$9.50

33 O. VEGGIE BURGER OR FALAFEL WRAP- Lettuce, tomato, hummus, & avocado veggie burger \$9.50

33 P. BEEF STEAK WRAP- Lean cut steak w/ brown rice, avocado, onions, peppers, spicy teriyaki sauce or BBQ sauce \$9.75

33 R. BIG GUY WRAP- Lettuce, tomato, bison, turkey, low fat mozzarella cheese thousand island dressing & guacamole sauce. \$9.75

33 S. PACIFIC VEGGIE WRAP- Onions, peppers, tomatoes, mushrooms, spinach, mixed vegetables, eggplant, avocado, brown rice and chilly beans, tahini sauce. \$9.50

Add Cheese To Any Wrap - \$1.00

Add Avocado or hummus - \$1.00

Chicken can be replaced with turkey.

Substitute Bison Meat For Chicken or Turkey to any Wrap - \$1.00

Energy Plates

SUBSTITUTE BISON MEAT TO ANY POWER PLATE - \$1.00

"Add Avocado \$3.00"

SERVED WITH PITA

35. FUEL TERMINATOR- Grilled chicken bream w/ choice of lentils or vegetarian chilli served w/ choice of brown rice or pasta \$13.00

36. FUEL BBQ- Grilled chicken breast served w/ grilled seasoned potatoes over brown rice. \$13.00

37. PLAIN FUEL- Grilled chicken served w/ brown rice & salad. \$13.00

38. FALAFEL PLATE- Mixed green salad, 3 falafel pcs, brown rice, side of ranch or tahini sauce \$13.00

39. FUEL BISON- Bison burger topped w/ lentils or vegetarian chilli served w/ brown rice. \$13.00

40. FUEL NATURE- Veggie burger topped w/ lentils served w/ brown rice. \$13.00

41. FUEL VEGETARIAN- Grilled "California Blend" veggies w/ melted low-fat mozzarella served w/ one side (Brown rice. Baba ghanouj, Hummus). \$13.00

42. FUEL FORCE- Grilled chicken & grilled veggies served w/ brown rice. \$13.00

43. FUEL ULTIMATE- Chicken breast grilled w/ tomatoes, onions & peppers w/choice of tomato sauce, tahini sauce, or spy sauce over pasta or brown rice. \$13.00

44. POPEYE FUEL- Grilled chicken breast, tomatoes & onions baked w/ tahini served w/ spinach & brown rice. \$13.00

45. TASTE OF ITALY- Grilled chicken breast, tomato sauce & low-fat mozzarella served over organic whole wheat pasta. \$13.00

46. MEAN ENERGY- Chopped bison grilled w/ onion, peppers & FUEL red sauce over brown rice. \$13.00

47. FUEL TERIYAKI- Grilled chicken & vegetables glazed w/ light teriyaki sauce & served w. brown rice. \$13.00

48. FUEL THAI- Grilled chicken & vegetables glazed w/light Thai peanut sauce served w/ brown rice. \$13.00

49. FUEL SHRIMP PLATE- Fresh garlic sauteed shrimp w/ onion, pepper & tomato, over brown rice. \$17.00

49A. CHEF SPECIAL- Grilled chicken sauteed w/ fresh garlic, spinach & mushrooms over brown rice. \$13.00

49B. BBQ CHIPOTLE PLATE- Chicken, bison steak, onion, pepper, avocado, brown rice, BBQ & Chipotle sauce. \$15.00

49C. FUEL ITALIAN QUESADILLAS- Chicken breast grilled, tomatoes, onions, pepper, mozzarella cheese, avocado, brown rice & honey mustard sauce \$15.00

50. FUEL PROTEIN (ZERO NET CARBS)- Grilled chicken breast, onions & tomatoes baked w/ tahini or chicken parmigiana, served w/ egg whites. \$13.00

51. SUPER PROTEIN PLATE (ZERO NET CARBS)- Grilled bison & chicken combo, cooked w/ tomatoes, peppers, onions & FUEL spices. With Rice \$15.00 \$13.00

52. SHRIMP TERIYAKI BOWL- Shrimp, mixed vegetables, air-bake regular fries, avocado, teriyaki sauce \$17.00

53. FUEL RIP- Grilled chicken breast served w/ grilled vegetables. \$13.00

54. FUEL LEAN- Grilled chicken, peppers, onion & tomatoes over sautéed \$13.00

55. FUEL ENERGY PLATE- Lean ground bison, grilled onion, peppers, mushrooms air-baked sweet potato fries, avocado, chipotle sauce. \$14.00

56. FRESH TILAPIA FISH- W/two veggie side orders. \$17.00

57. GRILLED TUNA STEAK OR SALMON- Grilled tuna steak or salmon w/grilled broccoli & brown rice, w/ mango salsa for dipping. \$15.00

58. BISON STEAK- W/ two veggie side orders. \$13.00

59. BBQ GRILLED CHICKEN & TURKEY (Over brown rice- \$15.00)- Chicken, turkey & broccoli, grilled w/ light BBQ sauce (Substitute Bison - \$1.00). \$20.00

60. FISH PLATTER- Choice of: Salmon, Trout, Tilapia, Tuna, File of Sole or Shrimp served w/ brown rice, sweet potato & shepherd salad. \$15.00

61. FUEL DIESEL- Grilled Bison chicken & veggie burger cooked w/ light cheese & spicy teriyaki sauce over baked fries. \$15.00

69A. SALMON PROTEIN PLATE- Chopped salmon, grilled onion, pepper, spinach, broccoli, avocado, served w/ brown rice, teriyaki spicy sauce \$17.00

69B FUEL BULL-DOZER- Broccoli, Bison, Chicken, Egg Whites, Tomatoes, Rice, \$15.00

Soup & Chilli

16oz. WITH PITA. ASK ABOUT OUR SOUP OF THE DAY

62. MEAT CHILLI SOUP- Grilled chicken breast, topped w/tahini sauce & red onions (16oz. Only). \$7.00

63. VEGETABLE LENTIL SOUP \$6.00

64. VEGETARIAN CHILI \$6.00

65. CHICKEN-N-RICE W/ VEGETABLES \$6.00

66. CHICKEN-N-NOODLE W/ VEGETABLES \$6.00

67. CHICKEN-N-VEGETABLES \$6.00

68. SPLIT PEA SOUP \$6.00

Prices Subject to Change Without Notice