

Sandwiches

ADD A SCOOP OF HUMMUS OR CHEESE TO ANY SANDWICH - \$1.00
All Sandwiches Are Stuffed w/ Salad Into A Whole Wheat Pita
Add Avocado CASH \$1.00 CARD \$1.04

	Deluxe w/ Air Baked Fries & Water	
	CASH	CARD
78. GRILLED CHICKEN SANDWICH (Deluxe - CASH \$16.33 CARD \$16.90) w/Lettuce, tomatoes, onion & grilled chicken.	\$9.80	\$10.14
79. CHICKEN & SPINACH IN A POCKET Deluxe - CASH \$16.33 CARD \$16.90) w/Grilled chicken sautéed spinach & low-fat mozzarella.	\$10.34	10.70
80. TURKEY BURGER (Deluxe - CASH \$16.33 CARD \$16.90) w/Lean turkey burger w/L-T-O	\$10.34	10.70
81. TURKEY BURGER PIZZA STYLE (Deluxe - CASH \$16.33 CARD \$16.90) w/low-fat mozzarella, tomato sauce (No salad) in pita bread.	\$10.34	10.70
82. BISON BURGER (Deluxe - CASH \$16.33 CARD \$16.90) 100% Lean bison buffalo meat w/L-T-O	\$10.34	10.70
83. BISON BURGER PIZZA STYLE (Deluxe - CASH \$16.33 CARD \$16.90) w/low-fat mozzarella, tomato sauce in a pita (No Salad).	\$10.34	10.70
84. BISON HOT DOG (Deluxe - CASH \$13.07 CARD \$13.53)	\$7.62	7.89
85. BISON CHILLI DOG (Deluxe - CASH \$13.07 CARD \$13.53)	\$7.62	7.89
87. MEDITERRANEAN SANDWICH (Deluxe - CASH \$16.33 CARD \$16.90) Choice of chicken breast, turkey burger or veggie burger w/hummus & salad.	\$10.34	10.70
88. TUNA SALAD (Deluxe- CASH \$16.33 CARD \$16.90) Prepared w/low-fat mayo stuffed in a pita.	\$9.80	10.70
89. FALAFEL IN PITA (ADD Hummus -\$1.00) (Deluxe -CASH \$16.33 CARD \$16.90) Baked chick peas patties w/herbs & spices.	\$10.34	10.70
90. TEXAS STYLE BISON BURGER OR TURKEY BURGER (Deluxe - CASH \$16.33 CARD \$16.90) w/Grilled onion, pepper, mushrooms, BBQ sauce, American cheese in a whole wheat pita.	\$10.34	10.70
91. VEGGIE BURGER (Deluxe - CASH \$16.33 CARD \$16.90) Made w/carrot, corn, red & green peppers, green beans, peas & onions.	\$10.34	10.70
92. FISH CAKE SANDWICH (Deluxe - CASH \$16.33 CARD \$16.90) w/L-T-O & low-fat tartar sauce.	\$10.34	10.70
93. SALMON BURGER (Deluxe - CASH \$16.33 CARD \$16.90) Lettuce, tomatoes & onion.	\$10.34	10.70
94. CHIPOTLE CHEESE BURGER (Deluxe - CASH \$16.33 CARD \$16.90) Natural beef burger, grilled onion, pickles, lettuce, mozzarella cheese, chipotle sauce on bun.	\$10.34	10.70
95. CHICKEN BURGER (Deluxe - CASH \$16.33 CARD \$16.90) Lettuce, tomatoes & onion.	\$10.34	10.70
96. PORTABELLO SANDWICH (Deluxe - CASH \$16.33 CARD \$16.90) Grilled vegetables, Portabello burger topped w/grilled peppers, tomatoes & low-fat Mozzarella cheese.	\$10.34	10.70
97. BEEF BURGER (Deluxe - CASH \$16.33 CARD \$16.90) Lettuce, tomatoes, onion, pickles, american cheese & wheat bun.	\$10.34	10.70

Salads w/Light or Fat Free Dressing

Add Avocado CASH \$3.00 CARD \$3.11

	CASH	CARD
98. SALMON SALAD Fresh grilled salmon served w/broccoli over large salad w/oil & vinegar	\$18.51	19.16
99. FUEL SALAD SMALL CASH \$8.71 CARD \$9.01 Romaine lettuce, tomatoes, cucumbers & onions w/toasted whole wheat pita.	\$11.98	12.40
100. AVOCADO SALAD (with Chicken - CASH \$17.42 CARD \$18.03) Avocado, romaine lettuce, tomatoes, cucumbers, sweet red onions w/choice fat-free dressing.	\$15.24	15.77
101. GRILLED CHICKEN OVER SALAD Romaine lettuce, tomatoes, cucumbers & onions, 99% fat-free salad.	\$14.15	14.65
102. SPRING MIX GREEN SALAD w/Kale, lettuce, cucumber, carrot, cabbage, avocado, red onion & tuna salad.	\$17.42	18.03
103. MEDITERRANEAN SALAD A scoop of hummus, baba ghoul & falafel w/Tahini sauce over green salad.	\$16.33	16.90
104. FALAFEL WITH HUMUS A Served over green salad.	\$15.24	15.77
105. HUMUS & VEGGIE BURGER Served over green salad.	\$15.24	15.77
106. MEDITERRANEAN APPETIZER PLATTER Whole wheat spinach pie, hummus & baba ghoul over green salad.	\$16.33	16.90
107. FRESH SPINACH SALAD (with Chicken - CASH \$14.15 CARD \$14.65) w/Fresh spinach, tomatoes, onions, carrot, cabbage & cucumbers.	\$11.98	12.40
108. CHEF SALAD Turkey & roasted beef over fresh spinach or FUEL salad.	\$14.15	14.65
109. FUEL CEASAR SALAD Lettuce, turkey bacon, parmesan cheese w/light Ceasar dressing & croutons.	\$14.15	14.65
110. FUEL CHICKEN CEASAR SALAD	\$14.15	14.65
111. WHOLE WHEAT DIJON PAST SALAD Organic whole wheat penne tossed w/ 8oz. diced grilled chicken breast w/light Dijon sauce.	\$14.15	14.65
112. SHEPHERD SALAD (Add feta cheese-\$1.00) (Small-CASH \$8.71 CARD \$9.01) (w/Chicken - CASH \$17.42 CARD \$18.03)	\$11.98	12.40
113. FUEL COMBO SALAD Grilled chicken, turkey burger, avocado over green salad topped w/pineapple.	\$16.33	16.90

LARGE SALADS ARE SERVED W/ROMAINE LETTUCE, TOMATOES, CARROTS, RED ONIONS & 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 CESAR

Deluxe w/
Air Baked Fries
& Water

CASH CARD

Plain Food

	CASH	CARD
70. GRILLED CHICKEN OVER SLICED GRILLED POTATOES	\$14.15	\$14.65
71. GRILLED CHICKEN OVER BROWN RICE	\$14.15	\$14.65
75. ORGANIC WHOLE WHEAT PASTA W/low sodium tomato sauce.	\$14.15	\$14.65

Breakfast Egg Plates, Pancakes & Muffins

All Omelette's & Sandwiches are made w/6 Egg whites & are Served w/ a Toasted Whole Wheat Pita w/NO Oil.

Add Avocado to Wrap CASH \$1.00 CARD \$1.04 • Add Avocado to Omelette CASH \$3.00 CARD \$3.11
Add turkey bacon to breakfast - CASH \$2.00 CARD \$2.07 • Add Cheese to Breakfast CASH \$2.00 CARD \$2.07
Add Avocado CASH \$1.00 CARD \$1.04

	CASH	CARD
115. FOUR EGG WHITES - W/sautéed spinach on pita or 7 grain bread.	\$8.17	\$8.46
116. BACON, EGG & CHEESE - 4 Egg whites w/97% fat-free turkey bacon and American cheese in a flax wrap.	\$9.80	\$10.14
117. THE SPA BREAKFAST - 4 Egg whites w/grilled mix vegetables in a whole wheat wrap.	\$10.89	\$11.27
118. FUEL STEAK & EGGS - 5 Egg whites w/lean bison steak topped w/low-fat mozzarella served in a whole wheat wrap or a plate w/pita.	\$13.07	\$13.53
119. EGG SANDWICH - 4 Egg whites in a whole wheat pita. (Add any additional vegetables extra .50¢)	\$8.17	\$8.46
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	\$14.15	\$14.65
121. FUEL EGG-N-MEAT OMELETTE - 6 Baked egg whites baked with choice of grilled chicken, turkey or bison.	\$14.15	\$14.65
122. PROTIEN PANCAKE COMBO - 4 Egg whites or regular eggs.	\$14.15	\$14.65
123. PANCAKE HEAVEN - Two "six inch" banana protien pancakes topped w/berries and banana.	\$10.89	\$11.27
124. FUEL WESTERN WRAP - Egg whites cooked w/onions, peppers, tomatoes, chicken sausage & low-fat American cheese in a whole wheat wrap.	\$10.89	\$11.27
125. FUEL WESTERN OMELETTE PLATE - Served w/chicken sausage & grilled potatoes.	\$14.15	\$14.65
126. FETA CHEESE OMELETTE - 4 Egg whites or regular eggs, spinach, tomatoes, avocado, feta cheese.	\$14.15	\$14.65
127. AVOCADO TOAST - Avocado, lettuce, tomatoes, feta cheese, whole-grain bread, w/eggs (CASH \$9.80 CARD \$10.14)	\$7.62	\$7.89

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 (CASH .50¢ CARD .56¢) Add Avocado (CASH \$3.00 CARD \$3.11)

	CASH	CARD
128. TRADITIONAL PERSONAL PIE - Healthy low-carb, low-sodium, low-fat pizza.	\$7.62	\$7.89
129. VEGGIE PERSONAL PIE - Your choice of two of the following: Onions, peppers, broccoli, spinach, tomatoes and mushrooms.	\$9.80	\$10.14
130. PERSONAL MEAT PIE - Served w/grilled chicken breast or turkey.	\$10.89	\$11.27
131. 12" THIN CRUST PIZZA - W/grilled chicken and pineapple.	\$14.15	\$14.65
132. 12" THIN CRUST PIZZA	\$9.80	\$10.14
133. 12" THIN CRUST PIZZA - W/onions & bison or chicken.	\$14.15	\$14.65
134. LOW-CARB PIZZA ROLL - W/light dipping sauce. W/spinach.	\$6.53	\$6.76
135. 12" THIN CRUST PIZZA - Topped w/low-fat turkey bacon.	\$14.15	\$14.65
136. 12" SALMON STEAK PIZZA - Chopped salmon, broccoli, spinach, avocado & pepper.	\$17.42	\$18.03
137. 12" BISON HOT DOG PIZZA - Bison hot dog, onion, pepper & mushrooms.	\$14.15	\$14.65

Healthy Additions

138. FAT FREE FROZEN YOGURT - Topped with fresh mix berries & peaches

141. DAILY FRESH BAKED - Low-fat Protein Muffins CASH \$3.75 CARD \$3.88
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



"ONLY 8" FROZEN YOGURT"



Grill & Juice Bar

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