

## 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. <b>GRILLED CHICKEN SANDWICH</b> (Deluxe - CASH \$16.33 CARD \$16.90) w/Lettuce, tomatoes, onion & grilled chicken.	\$9.80	\$10.14
79. <b>CHICKEN &amp; SPINACH IN A POCKET</b> Deluxe - CASH \$16.33 CARD \$16.90) w/Grilled chicken sautéed spinach & low-fat mozzarella.	\$10.34	10.70
80. <b>TURKEY BURGER</b> (Deluxe - CASH \$16.33 CARD \$16.90) w/Lean turkey burger w/L-T-O	\$10.34	10.70
81. <b>TURKEY BURGER PIZZA STYLE</b> (Deluxe - CASH \$16.33 CARD \$16.90) w/low-fat mozzarella, tomato sauce (No salad) in pita bread.	\$10.34	10.70
82. <b>BISON BURGER</b> (Deluxe - CASH \$16.33 CARD \$16.90) 100% Lean bison buffalo meat w/L-T-O	\$10.34	10.70
83. <b>BISON BURGER PIZZA STYLE</b> (Deluxe - CASH \$16.33 CARD \$16.90) w/low-fat mozzarella, tomato sauce in a pita (No Salad).	\$10.34	10.70
84. <b>BISON HOT DOG</b> (Deluxe - CASH \$13.07 CARD \$13.53 )	\$7.62	7.89
85. <b>BISON CHILLI DOG</b> (Deluxe - CASH \$13.07 CARD \$13.53 )	\$7.62	7.89
87. <b>MEDITERRANEAN SANDWICH</b> (Deluxe - CASH \$16.33 CARD \$16.90) Choice of chicken breast, turkey burger or veggie burger w/hummus & salad.	\$10.34	10.70
88. <b>TUNA SALAD</b> (Deluxe- CASH \$16.33 CARD \$16.90) Prepared w/low-fat mayo stuffed in a pita.	\$9.80	10.70
89. <b>FALAFEL IN PITA</b> (ADD Hummus -\$1.00) (Deluxe -CASH \$16.33 CARD \$16.90) Baked chick peas patties w/herbs & spices.	\$10.34	10.70
90. <b>TEXAS STYLE BISON BURGER OR TURKEY BURGER</b> (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. <b>VEGGIE BURGER</b> (Deluxe - CASH \$16.33 CARD \$16.90) Made w/carrot, corn, red & green peppers, green beans, peas & onions.	\$10.34	10.70
92. <b>FISH CAKE SANDWICH</b> (Deluxe - CASH \$16.33 CARD \$16.90) w/L-T-O & low-fat tartar sauce.	\$10.34	10.70
93. <b>SALMON BURGER</b> (Deluxe - CASH \$16.33 CARD \$16.90) Lettuce, tomatoes & onion.	\$10.34	10.70
94. <b>CHIPOTLE CHEESE BURGER</b> (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. <b>CHICKEN BURGER</b> (Deluxe - CASH \$16.33 CARD \$16.90) Lettuce, tomatoes & onion.	\$10.34	10.70
96. <b>PORTABELLO SANDWICH</b> (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. <b>BEEF BURGER</b> (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. <b>SALMON SALAD</b> Fresh grilled salmon served w/broccoli over large salad w/oil & vinegar	\$18.51	19.16
99. <b>FUEL SALAD</b> <b>SMALL</b> CASH \$8.71 CARD \$9.01 Romaine lettuce, tomatoes, cucumbers & onions w/toasted whole wheat pita.	\$11.98	12.40
100. <b>AVOCADO SALAD</b> (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. <b>GRILLED CHICKEN OVER SALAD</b> Romaine lettuce, tomatoes, cucumbers & onions, 99% fat-free salad.	\$14.15	14.65
102. <b>SPRING MIX GREEN SALAD</b> w/Kale, lettuce, cucumber, carrot, cabbage, avocado, red onion & tuna salad.	\$17.42	18.03
103. <b>MEDITERRANEAN SALAD</b> A scoop of hummus, baba ghashouj & falafel w/Tahini sauce over green salad.	\$16.33	16.90
104. <b>FALAFEL WITH HUMUS A</b> Served over green salad.	\$15.24	15.77
105. <b>HUMUS &amp; VEGGIE BURGER</b> Served over green salad.	\$15.24	15.77
106. <b>MEDITERRANEAN APPETIZER PLATTER</b> Whole wheat spinach pie, hummus & baba ghashouj over green salad.	\$16.33	16.90
107. <b>FRESH SPINACH SALAD</b> (with Chicken - CASH \$14.15 CARD \$14.65) w/Fresh spinach, tomatoes, onions, carrot, cabbage & cucumbers.	\$11.98	12.40
108. <b>CHEF SALAD</b> Turkey & roasted beef over fresh spinach or FUEL salad.	\$14.15	14.65
109. <b>FUEL CEASAR SALAD</b> Lettuce, turkey becon, parmesan cheese w/light Caesar dressing & croutons.	\$14.15	14.65
110. <b>FUEL CHICKEN CEASAR SALAD</b>	\$14.15	14.65
111. <b>WHOLE WHEAT DIJON PAST SALAD</b> Organic whole wheat penne tossed w/ 8oz. diced grilled chicken breast w/light Dijon sauce.	\$14.15	14.65
112. <b>SHEPARD SALAD</b> (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. <b>FUEL COMBO SALAD</b> 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 CEASAR



## Plain Food

	CASH	CARD
70. <b>GRILLED CHICKEN OVER SLICED GRILLED POTATOES</b>	\$14.15	\$14.65
71. <b>GRILLED CHICKEN OVER BROWN RICE</b>	\$14.15	\$14.65
75. <b>ORGANIC WHOLE WHEAT PASTA</b> 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. <b>FOUR EGG WHITES</b> - W/sautéed spinach on pita or 7 grain bread.	\$8.17	\$8.46
116. <b>BACON, EGG &amp; CHEESE</b> - 4 Egg whites w/97% fat-free turkey bacon and American cheese in a flax wrap.	\$9.80	\$10.14
117. <b>THE SPA BREAKFAST</b> - 4 Egg whites w/grilled mix vegetables in a whole wheat wrap.	\$10.89	\$11.27
118. <b>FUEL STEAK &amp; EGGS</b> - 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. <b>EGG SANDWHICH</b> - 4 Egg whites in a whole wheat pita. (Add any additional vegetables extra .50¢)	\$8.17	\$8.46
120. <b>THE FUEL VEGGIE OMELETTE</b> - 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. <b>FUEL EGG-N-MEAT OMELETTE</b> - 6 Baked egg whites baked with choice of grilled chicken, turkey or bison.	\$14.15	\$14.65
122. <b>PROTIEN PANCAKE COMBO</b> - 4 Egg whites or regular eggs.	\$14.15	\$14.65
123. <b>PANCAKE HEAVEN</b> - Two "six inch" banana protien pancakes topped w/berries and banana.	\$10.89	\$11.27
124. <b>FUEL WESTERN WRAP</b> - Egg whites cooked w/onions, peppers, tomatoes, chicken sausage & low-fat American cheese in a whole wheat wrap.	\$10.89	\$11.27
125. <b>FUEL WESTERN OMELETTE PLATE</b> - Served w/chicken sausage & grilled potatoes.	\$14.15	\$14.65
126. <b>FETA CHEESE OMELETTE</b> - 4 Egg whites or regular eggs, spinach, tomatoes, avocado, feta cheese.	\$14.15	\$14.65
127. <b>AVOCADO TOAST</b> - 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. <b>TRADITIONAL PERSONAL PIE</b> - Healthy low-carb, low-sodium, low-fat pizza.	\$7.62	\$7.89
129. <b>VEGGIE PERSONAL PIE</b> - Your choice of two of the following: Onions, peppers, broccoli, spinach, tomatoes and mushrooms.	\$9.80	\$10.14
130. <b>PERSONAL MEAT PIE</b> - Served w/grilled chicken breast or turkey.	\$10.89	\$11.27
131. <b>12" THIN CRUST PIZZA</b> - W/grilled chicken and pineapple.	\$14.15	\$14.65
132. <b>12" THIN CRUST PIZZA</b>	\$9.80	\$10.14
133. <b>12" THIN CRUST PIZZA</b> - W/onions & bison or chicken.	\$14.15	\$14.65
134. <b>LOW-CARB PIZZA ROLL</b> - W/light dipping sauce. W/spinach.	\$6.53	\$6.76
135. <b>12" THIN CRUST PIZZA</b> - Topped w/low-fat turkey bacon.	\$14.15	\$14.65
136. <b>12" SALMON STEAK PIZZA</b> - Chopped salmon, broccoli, spinach, avocado & pepper.	\$17.42	\$18.03
137. <b>12" BISON HOT DOG PIZZA</b> - 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"



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