

FUEL ZONE

Smoothies



20 oz. - \$6.50

32 oz. - \$8.50

House Protein is Dymatize. Upgrade to Syntha 6, VPRO, or ISO Pure 100 for an additional \$.50.



Very Berry
blueberries, strawberries and banana.

Peanut Butter Power*
banana and peanut butter.



Almond Bliss
craisins, almonds, banana, and oats.

Cinnamon Roll
vanilla and cinnamon.



Green Machine
kiwi, pineapple, spinach and lime juice.

Peppermint Oatmeal*
almond milk, mint, and oatmeal.



PB&J
pineapple juice, peanut butter, blueberries, banana, and strawberries.

Big and Jacked*
L-arginine, glutamine, creatine, peanut butter and banana.



Kick Start*
coffee, almond milk, and banana.

Pineapple Power
pineapple juice, banana, and strawberries.



Peanut Butter Cup*
egg whites, and peanut butter.

Orange Dream
orange juice, banana, and strawberries.

Fillings: Comes with TWO.
Each additional \$.50.

First Choose Base:

Build your Own:

- Water
- Almond Milk
- Coffee
- Milk
- Orange Juice
- Pineapple Juice

Next Choose Protein:

- Dymatize
- Syntha 6
- Isopure 100
- Vpro

- Almonds
- Bananas
- Blueberries
- Brown Sugar
- Cinnamon
- Craisins
- Kiwi
- Lime Juice
- Mango
- Oats
- Peanut Butter
- PB2 Powder
- Pineapples
- Raspberries
- Spinach
- Strawberries
- Yogurt

Suppliments:

Arginine \$.75
BCAA \$1.99

Creatine \$.75
Xtend BCAA \$2.50
Glutamine \$.75

Energy or multivitamins \$.75
Fat Loss \$1.99

*Smoothies available in chocolate or vanilla.

FUEL ZONE Food



Chef Salad

Turkey, ham, cheddar cheese, egg, tomatoes, cucumber and bacon on a bed of spring mix. \$10

Gill's Keto Bowl

Egg whites, sausage, bacon, turkey, chicken, jalapenos, onions and cheddar cheese, on a bed of spring mix. Topped with chipotle mayo. \$12



Oatmeal Bowl

Bowl of Oatmeal mixed with a scoop of protein, a scoop of peanut butter, and topped with fruit. \$7

Tuna Tini

Fresh, tuna salad, with a full avocado on a bed of spring mix. \$10



Chipotle Chicken

Chicken, bacon, pepper jack cheese, tomatoes, onions, and spring mix with chipotle mayo. \$10

Healthy Start Wrap

Egg whites, turkey, cheddar cheese, avocado, tomatoes, and spring mix. With chipotle mayo \$10



Renegade

turkey, feta, craisins, pecans, tomatoes, and spring mix, with honey mustard. \$10

The Batterbee

Egg whites, cheddar cheese, bacon or sausage on a bagel. \$7



Ben's Hot Pocket

Chicken, bacon, jalapenos, onions, pepper jack cheese, and chipotle mayo. \$10

Sweet Momma

Turkey, cheddar cheese, sweet peppers, onions, and spring mix with honey mustard. \$10



Build Your Own

First choose:

- Bagel
- Plain everything wheat Wrap
- Wheat Toast
- Pita
- Spring Mix

Next choose:

- Turkey
- Chicken
- Sausage
- Egg White
- Bacon

Cheese:

- Feta
- Cheddar
- Swiss
- Pepper Jack
- White American

Additions: Comes with THREE.

Each addition \$.50.

- Spring mix
- Craisins
- Pecans
- Peppers
- Onions
- Turkey
- Banana Peppers

- Cucumbers
- Tomatoes
- Sausage
- Bacon
- 1/2 Avocado
- Jalapeños
- Egg whites
- Hard Boiled egg

Sides

Bagel with cream cheese or peanut butter \$3

Bowl of Oatmeal \$3

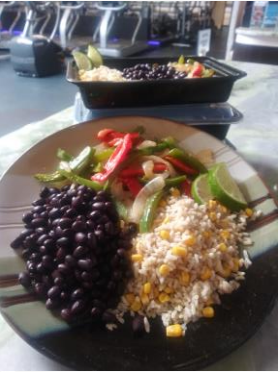
Fruit Cup \$3

Yogurt Parfait \$4

1 egg \$1

Ahi Tuna \$6

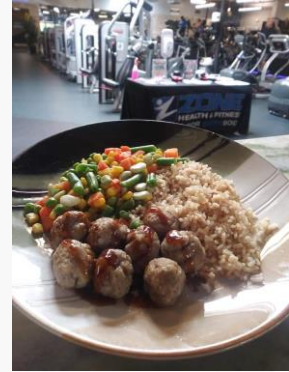
Meal Prep



Beans and Rice-
Corn and Brown Rice with Sautéed Peppers and Onions and Black Beans with a spritz of lime \$8



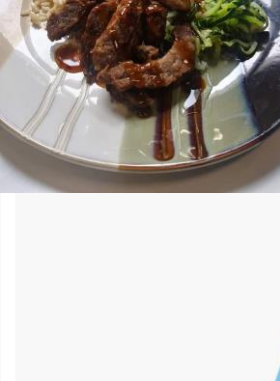
Meatball Meal-
Brown Rice mixed Veggies and Meatballs with Secret Sauce \$8



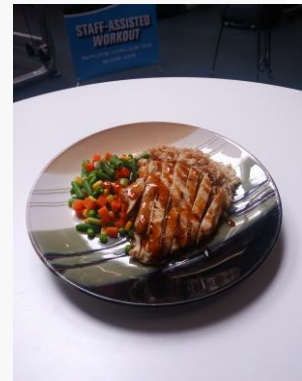
Ground Turkey-
Brown Rice, Sautéed Peppers and Onions with Ground Turkey and Secret Sauce \$7



Blackened Salmon-
Brown Rice mixed Veggies and Blackened Salmon with Secret Sauce \$8



Angus Steak-
Brown Rice Zoodles and Angus Steak Strips with Secret Sauce \$8



Chicken Breast-
Brown Rice mixed Veggies and a Chicken Breast with Secret Sauce \$6

All meals are available for substitutions to meet specific needs.

Cauliflower Rice available upon request.
+\$1.00 per meal.

DAILY SPECIALS

Monday
Protein Pancakes
Eggs and Bacon



Tuesday
Tuna Tini



Wednesday
BBQ Flatbread



Thursday
Tuna Poke



Friday
Any Wrap



Premier Saturdays

\$5 Any WRAP and
\$5 20 oz. Smoothie



All meals include a Bottled Gatorade or Zone Water.
Meals are available other days just not as the special