



FUELED

FRESH KITCHEN

CREATE/MEAL PREP

BOWL BURGER SALAD WRAP

PICK YOUR PROTEIN

(All Meat Weighed Prior To Cooking)

- | 3oz | 6oz | 12oz | |
|------------------------------|------------------------------|-------------------------------|---------------------|
| <input type="radio"/> \$2.50 | <input type="radio"/> \$5.00 | <input type="radio"/> \$10.00 | • Chicken |
| <input type="radio"/> \$3.75 | <input type="radio"/> \$7.50 | <input type="radio"/> \$15.00 | • Bison |
| <input type="radio"/> \$2.50 | <input type="radio"/> \$5.00 | <input type="radio"/> \$10.00 | • Turkey Burger |
| <input type="radio"/> \$3.75 | <input type="radio"/> \$7.50 | <input type="radio"/> \$15.00 | • Black Bean Burger |
| <input type="radio"/> \$4.50 | <input type="radio"/> \$9.00 | <input type="radio"/> \$18.00 | • Salmon |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$10.00 | • Tilapia |
| <input type="radio"/> \$4.50 | <input type="radio"/> \$9.00 | <input type="radio"/> \$18.00 | • Steak |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Tofu |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Turkey Sausage |

- | | | | |
|------------------------------|------------------|------------------------------|---------------|
| <input type="radio"/> \$4.00 | • 4oz Egg Whites | <input type="radio"/> \$3.00 | • 3 Whole Egg |
| <input type="radio"/> \$8.00 | • 8oz Egg Whites | <input type="radio"/> \$6.00 | • 6 Whole Egg |

PICK YOUR CARBS

- | 1/2 cup | 1 cup | 2 cups | |
|------------------------------|------------------------------|------------------------------|------------------------|
| <input type="radio"/> \$1.00 | <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | • Jasmine Rice |
| <input type="radio"/> \$1.00 | <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | • Brown Rice |
| <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | • Quinoa |
| <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | • Wheat Pasta |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | <input type="radio"/> \$6.00 | • Sweet Potato Wedges |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | <input type="radio"/> \$5.00 | • Cauliflower Mash |
| <input type="radio"/> \$2.00 | | | • Whole Wheat Bun |
| <input type="radio"/> \$3.00 | | | • Ezekiel Bread |
| <input type="radio"/> \$3.00 | | | • Gluten Free Bun |
| <input type="radio"/> \$3.00 | | | • Gluten Free Tortilla |
| <input type="radio"/> \$2.00 | | | • Whole Wheat Tortilla |
| <input type="radio"/> \$1.00 | | | • Lettuce Wrap |
| <input type="radio"/> \$5.00 | | | • Portobello (2 caps) |

PICK YOUR GREENS, VEGGIES, FRUITS, AND FATS

- | | | | | | |
|------------------------------|------------------------------------|------------------------------|-------------------|------------------------------|-------------------|
| <input type="radio"/> \$1.00 | • Almonds | <input type="radio"/> \$0.75 | • Chick Peas | <input type="radio"/> \$1.00 | • Strawberries |
| <input type="radio"/> \$0.50 | • Apple | <input type="radio"/> \$0.50 | • Cucumber | <input type="radio"/> \$0.50 | • Tomato |
| <input type="radio"/> \$1.00 | • Arugula | <input type="radio"/> \$0.75 | • Grapes | <input type="radio"/> \$0.75 | • Tortilla Strips |
| <input type="radio"/> \$1.00 | • Asparagus | <input type="radio"/> \$0.50 | • Green Onions | <input type="radio"/> \$1.00 | • Spinach |
| <input type="radio"/> \$2.00 | • Avocado | <input type="radio"/> \$1.00 | • Hard Boiled Egg | | |
| <input type="radio"/> \$1.00 | • Black Bean Salsa | <input type="radio"/> \$0.50 | • Jalapeno | | |
| <input type="radio"/> \$1.00 | • Blueberry | <input type="radio"/> \$0.75 | • Kalamata Olives | | |
| <input type="radio"/> \$1.00 | • Broccoli | <input type="radio"/> \$0.50 | • Lettuce | | |
| <input type="radio"/> \$0.50 | • Cabbage | <input type="radio"/> \$0.75 | • Mushroom | | |
| <input type="radio"/> \$2.00 | • Canadian Turkey Bacon (2 Slices) | <input type="radio"/> \$1.00 | • Pecans | | |
| <input type="radio"/> \$0.50 | • Carrots | <input type="radio"/> \$1.00 | • Pineapple | | |
| <input type="radio"/> \$1.00 | • Cauliflower | <input type="radio"/> \$1.00 | • Pico De Gallo | | |
| <input type="radio"/> \$1.00 | • Celery | <input type="radio"/> \$0.50 | • Red Onions | | |
| <input type="radio"/> \$1.00 | • Cherry Tomato | <input type="radio"/> \$0.50 | • Red Peppers | | |

If Building a salad select one of the following

- | | |
|------------------------------|---------------------------|
| <input type="radio"/> \$2.50 | • Arugula (Salad) |
| <input type="radio"/> \$2.50 | • Romaine Lettuce (Salad) |
| <input type="radio"/> \$2.50 | • Spinach (Salad) |

PICK YOUR SAUCE/DRESSING

- | | | | |
|------------------------------|--------------------------|------------------------------|-------------------------|
| <input type="radio"/> \$0.50 | • Dijon Mustard Dressing | <input type="radio"/> \$0.50 | • Teriyaki Sauce |
| <input type="radio"/> \$0.50 | • Balsamic Vinaigrette | <input type="radio"/> \$0.50 | • Spicy Peanut Sauce |
| <input type="radio"/> \$0.50 | • BBQ Sauce | <input type="radio"/> \$0.50 | • Green Curry |
| <input type="radio"/> \$0.50 | • Caesar Dressing | <input type="radio"/> \$0.50 | • Tzatziki |
| <input type="radio"/> \$0.50 | • Ranch Dressing | <input type="radio"/> \$0.50 | • Goddess Sauce |
| <input type="radio"/> \$0.50 | • Cilantro Lime Dressing | <input type="radio"/> \$0.50 | • Spicy Tomatillo Sauce |

PICK YOUR CHEESE

- | | |
|------------------------------|------------------------|
| <input type="radio"/> \$1.50 | • Bleu Cheese Crumbles |
| <input type="radio"/> \$1.50 | • Feta Cheese |
| <input type="radio"/> \$1.50 | • Cheddar Cheese |
| <input type="radio"/> \$1.50 | • Parmesan Cheese |
| <input type="radio"/> \$1.50 | • Swiss |
| <input type="radio"/> \$1.50 | • Mozzarella |

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EAT HERE TABLE#:

TO GO NAME: