



FUELED

FRESH KITCHEN

CREATE/MEAL PREP

BOWL BURGER SALAD WRAP

PICK YOUR PROTEIN

(All Meat Weighed Prior To Cooking)

PICK YOUR CARBS

- | 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"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$10.00 | • Veggie Burger |
| <input type="radio"/> \$3.75 | <input type="radio"/> \$7.50 | <input type="radio"/> \$15.00 | • Ahi Tuna |
| <input type="radio"/> \$4.00 | <input type="radio"/> \$8.00 | <input type="radio"/> \$16.00 | • Salmon |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$10.00 | • Tilapia |
| <input type="radio"/> \$3.50 | <input type="radio"/> \$7.00 | <input type="radio"/> \$14.00 | • 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 | • 4 Egg White | <input type="radio"/> \$3.00 | • 3 Whole Egg |
| <input type="radio"/> \$8.00 | • 8 Egg White | <input type="radio"/> \$6.00 | • 6 Whole Egg |

- | 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"/> \$5.00 | • Sweet Potato Wedges |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | <input type="radio"/> \$5.00 | • Cauliflower Mash |
| <input type="radio"/> \$1.50 | • Whole Wheat Bun | | |
| <input type="radio"/> \$2.00 | • Ezekiel Bread | | |
| <input type="radio"/> \$2.00 | • Gluten Free Bun | | |
| <input type="radio"/> \$1.50 | • Whole Wheat Tortilla | | |
| <input type="radio"/> \$1.00 | • Lettuce Wrap | | |
| <input type="radio"/> \$3.00 | • Portobello | | |

PICK YOUR GREENS, VEGGIES, FRUITS, AND FATS

- | | | | | | |
|------------------------------|-------------------------|------------------------------|-------------------|------------------------------|---------------------------|
| <input type="radio"/> \$1.00 | • Almonds | <input type="radio"/> \$0.50 | • Chick Peas | <input type="radio"/> \$0.50 | • Red Onions |
| <input type="radio"/> \$0.50 | • Apple | <input type="radio"/> \$0.50 | • Cucumber | <input type="radio"/> \$0.50 | • Red Peppers |
| <input type="radio"/> \$1.00 | • Arugula | <input type="radio"/> \$0.50 | • Grapes | <input type="radio"/> \$2.50 | • Romaine Lettuce (Salad) |
| <input type="radio"/> \$2.50 | • Arugula (Salad) | <input type="radio"/> \$0.50 | • Green Onions | <input type="radio"/> \$1.00 | • Spinach |
| <input type="radio"/> \$1.00 | • Asparagus | <input type="radio"/> \$1.00 | • Hard Boiled Egg | <input type="radio"/> \$2.50 | • Spinach (Salad) |
| <input type="radio"/> \$1.75 | • Avocado | <input type="radio"/> \$1.00 | • Hummus | <input type="radio"/> \$2.50 | • Spring Mix (Salad) |
| <input type="radio"/> \$0.50 | • Banana | <input type="radio"/> \$0.50 | • Jalapeno | <input type="radio"/> \$1.00 | • Strawberries |
| <input type="radio"/> \$1.00 | • Black Bean Salsa | <input type="radio"/> \$0.75 | • Kalamata Olives | <input type="radio"/> \$0.50 | • Tomato |
| <input type="radio"/> \$1.00 | • Blueberry | <input type="radio"/> \$0.50 | • Lemon | | |
| <input type="radio"/> \$0.75 | • Broccoli | <input type="radio"/> \$0.50 | • Lettuce | | |
| <input type="radio"/> \$0.50 | • Cabbage | <input type="radio"/> \$1.50 | • Mango | | |
| <input type="radio"/> \$2.00 | • Canadian Turkey Bacon | <input type="radio"/> \$2.00 | • Micro Greens | | |
| <input type="radio"/> \$0.50 | • Carrots | <input type="radio"/> \$0.75 | • Mushroom | | |
| <input type="radio"/> \$1.00 | • Cauliflower | <input type="radio"/> \$1.00 | • Pecans | | |
| <input type="radio"/> \$0.50 | • Celery | <input type="radio"/> \$1.00 | • Pineapple | | |
| <input type="radio"/> \$0.75 | • Cherry Tomato | <input type="radio"/> \$1.00 | • Pico De Gallo | | |

PICK YOUR SAUCE/DRESSING

- | | | | |
|------------------------------|--------------------------|------------------------------|-------------------------|
| <input type="radio"/> \$0.25 | • DiJon Mustard Dressing | <input type="radio"/> \$0.25 | • Teriyaki Sauce |
| <input type="radio"/> \$0.25 | • Balsamic Vinaigrette | <input type="radio"/> \$0.25 | • Spicy Peanut Sauce |
| <input type="radio"/> \$0.25 | • BBQ Sauce | <input type="radio"/> \$0.25 | • Green Curry |
| <input type="radio"/> \$0.25 | • Caesar Dressing | <input type="radio"/> \$0.25 | • Tzatziki |
| <input type="radio"/> \$0.25 | • Ranch Dressing | <input type="radio"/> \$0.25 | • Goddess Sauce |
| <input type="radio"/> \$0.25 | • Cilantro Lime Dressing | <input type="radio"/> \$0.25 | • Spicy Tomatillo Sauce |

PICK YOUR CHEESE

- | | |
|------------------------------|------------------------|
| <input type="radio"/> \$1.00 | • Bleu Cheese Crumbles |
| <input type="radio"/> \$1.00 | • Feta Cheese |
| <input type="radio"/> \$1.00 | • Cheddar Cheese |
| <input type="radio"/> \$1.00 | • Parmesan Cheese |
| <input type="radio"/> \$1.00 | • Swiss |
| <input type="radio"/> \$1.00 | • Pepper Jack |

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EAT HERE TABLE#:

TO GO NAME: