

# BREAKFAST MENU

## OMELETTES

SERVED WITH TOAST & HOME FRIES OR FRESH FRUIT SALAD

**CREATE YOUR OWN**                   **\$6+**  
\$1.50 | turkey bacon, bacon, pork roll, roasted turkey, sausage  
\$1 | American, Swiss, mozzarella, cheddar, goat cheese,  
feta cheese, avocado, broccoli  
\$0.50 | peppers, onions, mushrooms, spinach, tomato, scallions

**GREEN GOODNESS**                   **\$10**  
pesto infused egg white, avocado, broccoli, spinach, green  
onions & Swiss cheese

**LEAN MORNING GLORY**           **\$10**  
egg whites, turkey, spinach, tomato & Swiss cheese

**GARDEN STATE**                   **\$8**  
peppers, onions, mushroom, tomato, spinach, broccoli &  
mozzarella cheese

### UPGRADES:

SUBSTITUTE EGG WHITES | \$1  
GLUTEN FREE TORTILLA WRAPS | \$1  
GLUTEN FREE WHOLE GRAIN BREAD | \$1.75

## PLATTERS

SERVED WITH HOME FRIES OR FRESH FRUIT SALAD

**2 EGGS ANY STYLE**                   **\$5.50**  
with your choice of bacon, pork roll or sausage | \$7

**MULTI GRAIN PANCAKES**           **\$7**

**CALI FLAT BREAD**                   **\$9.50**  
scrambled egg, turkey bacon, tomato, avocado & cheddar  
cheese on multi grain flatbread

**VEGETALI QUESADILLA**           **\$9**  
scrambled egg whites, grilled eggplant, zucchini, red pepper,  
spinach, tomato & mozzarella cheese on gluten free tortilla

## CHILDREN'S MENU | \$5.50

INCLUDES SMALL JUICE OR MILK & FRESH FRUIT SALAD

**SILVER DOLLAR PANCAKES**  
4 small multi grain pancakes, strawberries & powdered sugar

**SCRAMBLED EGGS**

## SANDWICHES

SERVED ON CHOICE OF KAISER ROLL, MULTI GRAIN  
FLATBREAD, ENGLISH MUFFIN OR BAGEL

**2 EGGS** (fried or scrambled)           **\$4**  
**PORK ROLL, BACON OR**                   **\$5.50**  
**SAUSAGE & EGG**

### ADD ONS:

AMERICAN, SWISS, CHEDDAR, OR MOZZARELLA | \$1

## BREAKFAST BOWLS

**CLASSIC OATMEAL**                   **\$4**  
made with almond milk, choice of cinnamon & brown  
sugar or strawberry & banana

**POWER PACKED OATMEAL**       **\$7**  
with vanilla whey & fried egg on top

**QUINOA BOWL**                   **\$8**  
with egg whites, black bean corn salsa, cheddar cheese  
& scallions

**BREAKFAST STIR-FRY**               **\$8**  
2 over easy eggs on a bed of sautéed mixed vegetables  
& quinoa

**BREAKFAST BOWL**                   **\$8**  
scrambled egg whites, quinoa-potato hash, spinach,  
tomato & cheddar cheese

## SIDES

**AVOCADO**                               **\$2**  
**TOMATO SLICES**                   **\$2**  
**FRESH BAKED MUFFIN**           **\$2.50**  
**TURKEY BACON**                   **\$3.50**  
**BACON, PORK ROLL OR**  
**SAUSAGE**                               **\$3**  
**HOME FRIES**                           **\$3**  
**SCRAMBLED EGGS (2)**           **\$2**  
**FRUIT SALAD**                       **\$1.50**  
**BAGEL, ENGLISH MUFFIN**  
**OR ROLL**                               **\$2.50**  
with cream cheese or butter  
**WHITE, MULTI GRAIN OR**  
**RYE TOAST**                           **\$1.50**  
**GLUTEN FREE TOAST**           **\$2**



## NATURAL JUICES

12oz | \$6.50

16oz | \$7.50

**CARROT TOP** | carrots, apples & ginger

**SWEET BEET** | apples, beets & carrots

**VEGGIE KICK** | tomato, celery, carrot & cucumber

**BOOSTER SHOT** | oranges, lemon, ginger & apple

**GREEN LEMONADE** | kale, lemon, ginger, apple, cucumber, & celery

**COOL & LIGHT** | carrots, lemon, apples & cucumber

## KIDS' SHAKES

12OZ | \$4.50

### JR. CHOCOLATE FROSTY

small shake with big taste – choice of milk blended with rich chocolate & 10g chocolate whey protein

### THE HULK

sweet pineapple, coconut, spinach, kale, avocado & tangy lemon blended with 10g vanilla whey protein

### COOKIE MONSTER

choice of milk, vanilla cream & organic sandwich cookies blended with 10g chocolate whey protein

### STRAWBERRY SHORTCAKE

scrumptious blend of sweet strawberries & potassium rich banana blended with 10g vanilla whey protein

## BEVERAGES

SODA/ICED TEA	SM. \$1.50	LG. \$2.25
JUICE	SM. \$2	LG. \$2.50
cranberry, apple, orange, pineapple		
MILK	SM. \$2	LG. \$2.50
CHOCOLATE MILK	SM. \$2.25	LG. \$2.75
COFFEE/TEA	SM. \$1.50	LG. \$2
BOTTLED WATER	\$2	
GATORADE	\$2.50	
ARIZONA TEA	\$2.50	
DOMESTIC BEER	\$4	
IMPORTED BEER	\$5	
WINE (BY GLASS)	\$6	
HOT CHOCOLATE	SM. \$2.95	LG. \$3.50
MIGHTY LEAF TEAS	SM. \$1.60	LG. \$2

## PROTEIN SHAKES

### FUEL YOUR RECOVERY

Did you know that you have a limited time to recover after a workout? Our delicious protein shakes will help your body recover after your workout, and they taste great too! We have unique blends for recovery, refueling & detoxing, and meal replacement as well as low calorie options. Our shakes are prepared with fresh ingredients and blended to perfection with whey protein. There are plenty of great flavor combinations to choose from like **Strawberry Slam, Peanut Butter Cup, Coconut Grove, Banana Slim**, and many more! Ask about our specialty shake of the month!

Plan your shake order based on your workout. See our **Shakes by Workout** brochure for shake recommendations to order based on the type of workout you just completed.

FOR A FULL LIST OF SHAKES AND PRICES PLEASE SEE OUR SHAKE MENU