

Oatmeal Bowl.....6.50

Calories: 400 • Carbs: 68 • Protein: 13 • Fat: 7.5

With Cinnamon, Raisins & Brown Sugar

Calories: 561 • Carbs: 94 • Protein: 14 • Fat: 7.5

Protein Pancake Combo12.50

6 Egg Whites over 2 Protein Pancakes

Calories: 918 • Carbs: 157 • Protein: 81 • Fat: 4

Turkey Bacon, 4 Egg Whites & Cheese10.50

4 Egg Whites with 2 Strips of 97% Fat Free Turkey Bacon and Low Fat American Cheese on a flax wrap

Calories: 270 • Carbs: 14 • Protein: 29 • Fat: 12

Diesel 10 Egg Whites13.95

With Fresh Sliced Deli Turkey and Tomatoes

Calories: 298 • Carbs: 9 • Protein: 57 • Fat: 2

Meat Chili8.50

Topped with Tahini and Red Onions or No Topping (circle one)

Choice of Bison, Turkey or Chicken (circle one)

Bison: Calories: 568 • Carbs: 54 • Protein: 35 • Fat: 22

Turkey: Calories: 412 • Carbs: 54 • Protein: 36 • Fat: 10

Chicken: Calories: 352 • Carbs: 54 • Protein: 35 • Fat: 4.5

Tahini and Red Onions, add: Calories: 74 • Carbs: 3 •

Protein: 1.5 • Fat: 6

Vegetarian Chili..... 5.95

Calories: 252 • Carbs: 54 • Protein: 15 • Fat: 1.5

Fuel Salad8.95

Romaine Lettuce, Tomatoes, Cucumbers & Onions

Circle Dressing: Italian, Caesar, Balsamic, Blue Cheese, 1000 Island, Honey Mustard, Raspberry Vinaigrette, Oil & Vinegar

Calories: 120 • Carbs: 19 • Protein: 6.5 • Fat: .5

Simple Quinoa Salad12.95

A Protein Packed Salad with Quinoa, Cucumbers, Tomatoes, Olives, Red Onion and Feta Cheese.

Served with Homemade Lemon & Olive Oil Dressing

Calories: 491 • Carbs: 62 • Protein: 21 • Fat: 18

Buffalo Chicken Salad11.95

Buffalo Chicken, Romaine Lettuce, Cucumbers, Tomatoes & Crumbled Blue Cheese

Served with Blue Cheese Dressing

Calories: 460 • Carbs: 19 • Protein: 54 • Fat: 10

Super Protein Quesadilla.....14.95

Bison Burger, Grilled Chicken, Low Fat Cheddar Cheese & Chipotle Sauce

Sour Cream: Yes or No (circle)

Calories: 761 • Carbs: 35 • Protein: 88 • Fat: 31

Southwest Quesadilla.....12.25

BBQ Chicken, Grilled Peppers, Onions & Low Fat Cheddar Cheese

Sour Cream: Yes or No (circle)

Calories: 650 • Carbs: 51 • Protein: 76 • Fat: 13

Veggie Quesadilla11.25

Mixed Veggies, Low Fat Cheddar Cheese & Chipotle

Sour Cream: Yes or No (circle)

Calories: 411 • Carbs: 52 • Protein: 37 • Fat: 13

Chicken and Spinach Quesadilla12.25

Grilled Chicken, Spinach & Low Fat Mozzarella Cheese

Sour Cream: Yes or No (circle)

Calories: 573 • Carbs: 40.5 • Protein: 76 • Fat: 19.5

Body Fuel14.95

Grilled Chicken with Lentils or Chili (circle one)

Brown Rice or Pasta (circle one)

Chicken: Calories: 220 • Carbs: 0 • Protein: 46 • Fat: 5

Lentils: Calories: 182 • Carbs: 20 • Protein: 8 • Fat: 6.5

Chili: Calories: 252 • Carbs: 53.5 • Protein: 15 • Fat: 1.5

Rice: Calories: 214 • Carbs: 44 • Protein: 5 • Fat: 1.75

Pasta: Calories: 630 • Carbs: 140 • Protein: 40 • Fat: 5

Power Bison14.95

Bison Burger with Brown Rice & Lentils or Chili (circle one)

Bison & Rice: Calories: 530 • Carbs: 44 • Protein: 31 • Fat: 21.75

Lentils: Calories: 182 • Carbs: 15 • Protein: 8 • Fat: 6.5

Chili: Calories: 252 • Carbs: 53.5 • Protein: 15 • Fat: 1.5

Power Play14.95

Grilled Chicken with Tomatoes, Onions, Spinach and Brown Rice

Served with Tahini Sauce on the Side

Calories: 489 • Carbs: 50.5 • Protein: 56 • Fat: 8.75

Healthy Hulk.....14.95

Grilled Chicken with Sautéed Spinach, Mushrooms & Fresh Garlic over Brown Rice

Calories: 512 • Carbs: 51 • Protein: 57 • Fat: 11

The Spartan.....14.95

Grilled Chicken and Eggplant with Low Sodium Tomato Sauce &

Low Fat Mozzarella Cheese over Brown Rice

Calories: 787 • Carbs: 79 • Protein: 71 • Fat: 22

The Rocky Fuel15.95

Bison and Grilled Chicken with Tomatoes, Onions & Peppers

Served with Spicy Fuel Sauce on the Side

Calories: 550 • Carbs: 10 • Protein: 59 • Fat: 24

The Power Parmigiana14.95

Grilled Chicken with Low Sodium Tomato Sauce & Low Fat

Mozzarella Cheese served over Whole Wheat Pasta

Calories: 1060 • Carbs: 150 • Protein: 87 • Fat: 22

Mediterranean Tilapia18.95

Grilled Tilapia served over Couscous with Roasted Tomatoes & Parsley

Substitute Sweet Potato for 2.00 (circle)

Calories: 355 • Carbs: 36 • Protein: 46 • Fat: 4.25

The Ninth Hour21.95

Grilled Salmon over Shepherd Salad & Brown Rice

Calories: 595 • Carbs: 56 • Protein: 57 • Fat: 15.5

Grilled Shrimp18.95

Served over Whole Wheat Penne alla Vodka

Calories: 1056 • Carbs: 145 • Protein: 75 • Fat: 22.5

Cajun Shrimp18.95

Served over California Blend Veggies

Calories: 300 • Carbs: 21 • Protein: 48 • Fat: 3.75



CREATE YOUR OWN MEALS

Fuel Your Body Café
 196 West Old Country Road
 Hicksville NY 11801
www.fuelyourbodycafe.com

CUSTOMER INFORMATION

Name: _____

Email: _____

Address: _____

Cell: (____) _____

ORDER INFORMATION

PICK UP

DELIVERY
 (10.00 charge)
 We deliver Sundays and Wednesdays between 3-9

REQUESTED DATE/TIME

SPECIAL INSTRUCTIONS

PAYMENT INFORMATION

VISA/MC/AMEX/DISCOVER

CARD #

EXP _____ **CVC** _____

NAME ON CARD

SIGN

CALL ME FOR PAYMENT

Today's Date _____

PLEASE EMAIL YOUR ORDER SHEET TO:
info@fuelyourbodycafe.com

WE WILL SEND YOU A CONFIRMATION EMAIL

CHOOSE A PROTEIN, CARBOHYDRATE AND VEGETABLE AND QUANTITY

		QUANTITY ->	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY
Price	PROTEIN (4 oz) \$9.50										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
Price	PROTEIN (6 oz) \$10.50										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
Price	PROTEIN (8 oz) \$11.50										
	Grilled Chicken										
	Turkey Burger										
	Veggie Burger										
	Tilapia										
+2.00	Bison Burger										
+2.00	Salmon										
+2.00	Grilled or Cajun Shrimp (circle one)										
	CARBOHYDRATE										
	Brown Rice 1 cup										
	Basmati Rice 1 cup										
	Baked Potato 8 oz										
+ .50	Sweet Potato 8 oz										
	Whole Wheat Penne 1 cup										
	Grilled Sliced Potatoes 8 oz										
	Mashed Potato 1 cup										
+ .50	Sweet Mashed Potato 1 cup										
	VEGETABLES										
	Broccoli 1 cup Steamed or Burnt (circle one)										
	Spinach 1 cup										
+ .50	Asparagus 1 cup										
	String Beans 1 cup										
	California Blend Veggies 1 cup (Broccoli, Cauliflower & Carrots)										

MEALS FROM OUR RESTAURANT MENU (descriptions on back) Ⓢ = (circle choice on back)

Menu Item	Price	QTY	Menu Item	Price	QTY	Menu Item	Price	QTY
Oatmeal Bowl	6.50		Buffalo Chicken Salad	11.95		Healthy Hulk	14.95	
Protein Pancake Combo	12.50		Super Protein Quesadilla Ⓢ	14.95		The Spartan	14.95	
Turkey Bacon, 4 Egg Whites & Cheese	10.50		Southwest Quesadilla Ⓢ	12.25		The Rocky Fuel	15.95	
Diesel 10 Egg Whites	13.95		Veggie Quesadilla Ⓢ	11.25		The Power Parmigiana	14.95	
Meat Chili Ⓢ	8.50		Chicken and Spinach Quesadilla Ⓢ	12.25		Mediterranean Tilapia Ⓢ	18.95	
Vegetarian Chili Ⓢ	5.95		Body Fuel Ⓢ	14.95		The Ninth Hour	21.95	
Fuel Salad Ⓢ	8.95		Power Bison Ⓢ	14.95		Grilled Shrimp	18.95	
Simple Quinoa Salad	12.95		Power Play	14.95		Cajun Shrimp	18.95	

QTY	EXTRAS	QTY	EXTRAS
	Avocado 2.50		Spicy Fuel .75
	Hot Sauce .50		Teriyaki .50
	Balsamic .50		Marinara .50
	BBQ .50		Honey Mustard .50
	Chipotle .50		Tahini .75

ADD ONS:		
Menu Item	Price	QTY
Protein Brownie Walnuts or Plain (circle one)	3.75	
Protein Oatmeal Cookie	2.50	
Quinoa Pudding Made with Bananas & Skim Milk	6.50	
Flourless Chocolate Cake	5.95	