

36"

## GREENS

**CHEF SALAD** (Choice of Dressing) \$6.25  
Chicken, Spinach, Romaine Lettuce, Egg,  
Bacon Bits, Cheese, Vegetables\*

**CHICKEN CAESAR SALAD** \$6.25  
Chicken, Romaine Lettuce, Bacon Bits,  
Cheese, Croutons

**NACHO DELIGHT** (Salsa/Choice of Dressing) \$6.25  
Chicken, Romaine Lettuce, Spinach,  
Whole Grain Nachos, Cheese, Vegetables\*

**POPEYE** (Tomato Basil Dressing OR Your Choice) \$6.25  
Chicken, Spinach, Mushrooms, Egg,  
Bacon Bits, Cheese, Vegetables\*

\*Vegetables include: Green and Red Peppers,  
Celery and Green Onion

## RICE BOWLS

**TOMATO BASIL BOWL**  
Rice, Red/Green Peppers, Celery,  
Onions, Mozza, Tomato Basil Sauce,  
Chicken

BOWL \$7.50 WRAP \$7.00

**CHICKEN CRANBERRY  
SATAY BOWL**

Rice, Chicken, Celery, Red/Green Peppers,  
Onions, Cranberries, Peanut Sauce

BOWL \$7.50 WRAP \$7.00

**JAPANESE TERIYAKI  
BOWL**

Rice, Cashews, Red/Green Peppers,  
Green Onion, Teriyaki Sauce,  
Chicken

BOWL \$7.50 WRAP \$7.00

**LOUISIANA CAJUN  
BOWL**

Rice, Red Kidney Beans, Red/Green Peppers,  
Green Onion, Salsa, Chicken

BOWL \$7.50 WRAP \$7.00

**MIC'S MEAL**

Tuna, Rice, Red/Green Peppers,  
Onions, Celery, Soya Sauce

BOWL \$7.50 WRAP \$7.00

**BBQ CHICKEN**

BBQ, Red/Green Peppers,  
Onions, Celery, Mozza,

BOWL \$7.50 WRAP \$7.00

**CHICKEN SALSA RANCH**

Chicken, Salsa,  
Ranch, Mozza WRAP \$7.00

**TUNA**

Tuna, Celery,  
Onion, Mozza, Ranch WRAP \$7.00

## SHAKES

SNACK SIZE SMOOTHIES \$4.00

**CREATE A SHAKE** \$6.50  
Skim Milk/Juice, Glutamine  
Choice of 1 Fruit and Protein

**BERRY BLISS** \$6.50  
Cranberry Juice, Strawberries,  
Blueberries, Glutamine, Vanilla Protein

**PEANUT BURST** \$6.50  
Skim Milk, Peanut Butter, Bananas  
Glutamine, Chocolate Protein

**TROPICAL DELIGHT** \$6.50  
Orange Juice, Bananas, Pineapples  
Glutamine, Vanilla Protein

**BREAKFAST SHAKE** \$6.50  
Milk, Oatmeal, Flax, Fruit/Berries,  
Glutamine, Vanilla Protein

**MANGO MANIA** \$6.50  
Orange Juice, Bananas,  
Mangos, Vanilla Protein, Glutamine

**TRIPLE BERRY** \$6.50  
Strawberries, Blueberries, Raspberries,  
Cranberry Juice, Skim Milk,  
Berry Protein

**CLEAN DESSERT** \$6.50  
Water, Chocolate Protein, Oats  
Banana, Ice, Glutamine

**RASPBERRY DELIGHT** \$6.50  
Water, Raspberries, Banana, Ice  
Glutamine, Vanilla Protein

**YOGURT LICIOUS** \$6.50  
Orange Juice, Vanilla Yogurt,  
Fruit, Glutamine

**SUMMERTIME BLAST** \$6.50  
Orange Juice, Pineapple,  
Strawberry, Glutamine, Vanilla Protein

**MONDAYS**

\$6.50 RICE BOWLS

**WEDNESDAYS**

\$6.00 WRAPS

**FRIDAYS**

\$5.00 SHAKES