



CULINARY THEATER

- M** Whole Grain Fried Rice Bowl
- T** Grilled Cheese Creations
- W** Authentic Taqueria
- Th** Gyro & Souvlaki Chicken



M	Cuban Black Bean Fuel*	
	CHIPOTLE ORANGE CHICKEN BREAST Fuel*	.37
	Yellow Rice Fuel*	
	Steamed Broccoli, Red Peppers Fuel*	
	Pizza Three Cheese Stromboli	4.83
	Salad Lemon, Chili, Cucumber, Yogurt Fuel*	
<hr/>		
T	Vegetarian Minestrone Fuel*	
	SZECHUAN VEGETABLE TOFU*	.37
	Sweet Potato Wedges Fuel*	
	Grilled Summer Vegetables, Lemon Herb Oil Fuel*	
	Pizza Italian Provision Calzone	4.83
	Nibbles Chicken Fingers & Fries	6.69
<hr/>		
W	Roasted Red Pepper Bisque Cilantro Fuel*	
	HONEY BBQ SALMON Fuel*	4.81
	Rice Pilaf Fuel*	1.24
	Dean Fearing: Tangle Of Greens Fuel*	1.24
	Pizza Chicken & Spinach, Alfredo	2.43
	Nibbles Hero by the Inch	
<hr/>		
Th	Turkey Rice Fuel*	
	VIETNAMESE STIR FRIED BEEF AND ONIONS, FISH SAUCE*	6.62
	Udon Noodles Fuel*	1.24
	Sauté Cabbage Carrots Coconut*	1.24
	Pizza Cheesesteak Pizza	2.43
	Nibbles Sushi	
<hr/>		
F	Vegan Split Pea Fuel*	
	BAKED RIGATONI, BEEF, RICOTTA, MOZZARELLA & TOMATOES	.37
	Parmesan-Tomato Focaccia	
	Roasted Vegetable Medley	
	Pizza Buffalo Chicken Pizza	2.43
	Nibbles Sushi	
	* Nutrition Information Available	

Functions of FOOD

STRENGTH

A balanced diet adequate in calories combined with regular strength training can help promote muscle growth. Quality protein, fiber-rich carbohydrates, and healthy fats all play a role in muscle maintenance, strength, and recovery.

Food by FLIK

SOUPS

- M** Cuban Black Bean Soup **FUEL***
- T** Vegetarian Minestrone Soup **FUEL***
- W** Roasted Red Pepper Bisque
Cilantro **FUEL**
- TH** Turkey Rice Soup **FUEL***
- F** Vegan Split Pea Soup **FUEL***

ENTREES

- M** Chipotle Orange Chicken
Breast **FUEL** / Yellow Rice
FUEL
- T** Szechuan Vegetable Tofu/
Grilled Summer
Vegetables, Lemon Herb
Oil **FUEL**
- W** Honey BBQ Salmon **FUEL** /
Rice Pilaf **FUEL***
- TH** Vietnamese Stir Fried Beef
& Onions, Fish Sauce/
Sauté Cabbage, Carrots,
Coconut
- F** Baked Rigatoni, Beef,
Ricotta, Mozzarella &
Tomatoes / Parmesan-
Tomato Focaccia

Food by FLIK

Hot and Toasty

Smoked Turkey, Brie,
Apple, Ciabatta

Salami, Artichoke, Fresh
Mozzarella, Baguette

Turkey, Ham Club

Vegetarian

Broccoli-Cheddar
Quiche

Balsamic Glazed Veggies

Whole Wheat Wrap

Tossed

Chopped Cobb Bacon
Salad

Crispy Buffalo Chicken
Salad

Caprese Salad

Of the Season –

Strawberry Muffin

Lemon Crumb Bar

Raspberry Oatmeal Bar