



HEALTHY ALTERNATIVES MENU

BREAKFAST

- Body Pump Wrap** **\$6.99**
Seven farm fresh egg whites plus one-whole egg, 1/2 cup black beans, mixed with chopped veggies and cheddar cheese wrapped in a whole-wheat wrap.
- The Speedo Wrap** **\$5.99**
Four farm fresh egg whites with fat-free cheese, and chopped fresh veggies lightly wrapped a whole-wheat wrap.
- BOSU Balancer** **\$7.99**
A bowl of oatmeal, 6 scrambled egg whites OR 3 scrambled whole eggs and a cup of mixed fruit

LUNCH

- Tri-Trainer** **\$8.99**
Fresh grilled salmon, baked sweet potato and small side salad
- Dae's Choice** **\$8.99**
Crisp romaine leaves, black beans, sweet corn, cilantro, low fat cheese all tossed together, topped with salmon and Surrounded by freshly diced tomatoes, with dressing of your choice on the side.
- Yoga Girl** **\$5.99**
A scoop of light tuna on a garden salad topped with heart-healthy sunflower seeds and raisins.
- Big George Wrap** **\$8.99**
Grilled tilapia, brown rice, tahini, romaine, cucumbers and red peppers rolled tight in a whole what tortilla.
- Gaby's Girls**..... **6.99**
Light grilled vegetables and tofu drizzled with a balsamic vinaigrette in a whole wheat wrap.
- The Robins**..... **\$8.99**
Tofu or grilled salmon, beans, brown rice and small salad.