

UNLEADED

guilt-free menu options to keep your engine running smoothly

SMOKED TURKEY WRAP W. BAKED SWEET POTATO FRIES 12

smoked turkey – avocado – lettuce – tortilla
cal. 733 – carbs 82g – protein 30g – sugar 15g – fat 32g

6" GUILTLESS PIZZA 10.5

cheese – chicken – mushrooms – garlic – basil – wheat dough
cal. 702 – carbs 85g – protein 72g – sugar 13g – fat 13g

VEGGIE PASTA 11

olive oil – red onion – mushrooms – mixed veggies – garlic – angel hair
cal. 684 – carbs 85g – protein 15g – sugar 12g – fat 30g

PROTEIN PLATES

served w. baked sweet potato fries and mixed vegetables

CHICKEN 14

cal. 548 – carbs 52g – protein 40g – sugar 15g – fat 19g

SHRIMP 18

cal. 455 – carbs 53g – protein 20g – sugar 15g – fat 17g

TUNA 19.5

cal. 640 – carbs 52g – protein 58g – sugar 15g – fat 19g

SALADS

values do not include dressing

COBB SALAD 14

w. fat free honey mustard
cal. 547 – carbs 6g – protein 72g – sugar 2g – fat 24g

SPINACH SALAD W. CHICKEN 13

w. fat free raspberry vinaigrette
cal. 312 – carbs 14g – protein 41g – sugar 7g – fat 12g

HOUSE SALAD 4

cal. 77 – carbs 4g – protein 7g – sugar 2g – fat 4g

SIDE SPINACH SALAD 4

cal. 128 – carbs 11g – protein 5g – sugar 6g – fat 8g

DRESSINGS

values per serving

FAT FREE HONEY MUSTARD

cal. 50 – carbs 11g – protein 0g – sugar 9g – fat 0g

FAT FREE RASPBERRY VINAIGRETTE

cal. 30 – carbs 8g – protein 0g – sugar 7g – fat 0g

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