

Nutritional Info May Vary Slightly As Our Food is Made Fresh to Order								
Dish	Serving	Calories	Fat (g)	Total Carbs	Fiber	Sodium	Protein	points
			grams	grams	grams	mg	grams	
Breads								
Wheat Bread (per Sandwich)	2 slices	110	2	12	10	240	3	5
White Bread(per Sandwich)	2 slices	150	3	17	2	270	2	2.64
Rye Bread (per Sandwich)	2 slices	130	2	14	9	266	3	5885714285714
White Wrap	2 slices	200	3	18	3	230	2	6685714285714
Wheat Wrap	2 slices	160	3	16	4	280	2	3714285714285
Gluten Free Bread	2 slices	200	3	21	4	125	2	9142857142857
Flatbread	1	150	1.5	27	3	210	7	7171428571428
Starters								
Guacamole	1 cup	350	12	12	20	225	7	4285714285714
Black Bean and Tomato Salsa	1 cup	150	6	13	15	245	10	6685714285714
Sweet Pea Wonton for 2	1 cup	140	3	9	1	175	6	2171428571428
Sweet Pea Wonton for 4	1 3/4 cup	280	6	18	2	350	12	4342857142857
Toasted Hummus	1 cup	375	9	15	22	325	19	3.92
Lettuce Wraps	3	400	3	12	10	85	35	4742857142857
TBM Stacker	Full	200	6	7	2	187	11	1485714285714
Spinach Artichoke Dip	full	340	20	13	6	656	15	4457142857142
Smoked Salmon Canapes	4	200	4	3	5	365	22	9657142857142
Shrimp Canapes	4	180	2	10	4	146	12	3771428571428
Spicy Spanish Skewered Shrimp	6	120	5	0	0	123	10	2.2
SALADS								
Nutritional info Does include dressing								
Fuel Chopped	Full	255	5	8	2	320	10	9085714285714
Organic Cucumber/ Tomato	Full	145	4	8	0	72	2	2.08
Fuel Caesar	Full	350	13	6	1	466	9	7371428571428
TBM Stacker	Full	200	6	7	2	187	11	1485714285714
Skewered Greek	Full	200	8	5	1	323	8	2514285714285
Deconstructed Guacamole	Full	310	9	15	15	294	7	3828571428571
Strawberry Spinach Salad	Full	325	11	11	3	140	8	5142857142857
Tuna Arugula	Full	320	12	18	15	276	22	8514285714285
Shrimp Avocado Salad	Full	395	12	14	12	196	12	7428571428571
PANINIS/WRAPS/SALADS								
Range Varies based on Bread choice								
TBM	Full	250-450	6 - 9	8 - 26	2 - 12	190 - 47	12 - 15	3 - 6
TBM W/ Chicken	Full	380 - 580	7 - 10	8 - 26	2 - 12	402-682	39-42	6 - 9
TBM w/ Salmon	Full	370-570	12 - 15	9 - 27	2 - 12	735-101	24-27	6 - 9
High Protein Grilled cheese	Full	400-600	8 - 11	12 - 30	10 - 2	345-625	15-18	4 - 7
Sweet Potato Avocado	Full	361-561	15 - 18	16 - 34	17 - 2	421-701	14-17	5 - 8
Eggplant Goat Cheese	Full	275-475	9 - 12	12 - 30	12 - 2	364-644	9 - 12	3 - 6
Fuel Stacker	Full	280-480	9 - 12	13 - 31	18 - 2	377-657	18-21	4 - 7
Grilled Veggie	Full	180-380	6 - 9	12 - 30	14 - 2	321-601	18-21	3 - 6
Roasted Turkey	Full	345-545	10 - 13	15 - 33	18 - 2	396-676	35-38	6 - 9
Grilled chicken	Full	350-550	8 - 11	11 - 29	11 - 2	354-634	28-31	5 - 8
Chicken Gorgonzola	Full	345-545	9 - 12	12 - 30	17 - 2	401-681	29-32	5 - 8
South PHilly	Full	350-550	9 - 12	11 - 29	16 - 2	378-658	28-31	5 - 8
Thai Chicken/Tofu	Full	375-575	11 - 14	13 - 31	18 - 2	395-675	32-35	6 - 9
Tuna	Full	475-675	11 - 14	13 - 31	21 - 3	398-678	33-36	5 - 8
Smoked Salmon	Full	335-535	9 - 12	10 - 28	23 - 3	412-692	25-28	4 - 7
FLATBREADS								
TBM	Full	400	7.5	35	3	400	19	2257142857142
Roasted Veggie	Full	330	7.5	39	11	544	16	7457142857142
Portabella Mushroom	Full	425	9.5	38	11	544	25	9742857142857
Spicy Chicken/Tofu	Full	500	12.5	40	21	605	39	4428571428571
RICE BOWLS								
Avocado Black Bean	Full	430	12	60	12	698	14	9.92
Ginger Chicken/Tofu	Full	487	24	38	3	902	29	2.708571428571
Sweet Potato Risotto	Full	400	19	48	3	841	9	10.68
Thai Chicken/Tofu	Full	450	12	62	3	634	31	2.411428571428
ADD ONS								
Grilled Chicken	8 ounce	130	1	0	0	212	27	7257142857142
Shrimp	4	30	0	0	0	49	5	4571428571428
Tuna	1/4 cup	200	5	0	0	89	30	0285714285714
Salmon	4 slices	120	6	1	0	545	12	7485714285714
Tofu	8 ounce	140	6	4	0	30	14	2571428571428
Avocado	1/2 avocado	70	5	3	2	0	0	4514285714285
Tortilla Chips	1 Cup	156	7	20	2	135	2	9942857142857
Veggies for Dips		47	0	8	3	6	2	3114285714285
Pita	1	186	1	26	2	322	5	3771428571428
Wontons	each	20	0	5	0	46	1	3342857142857
Additional Balsamic Vinaigrette	4 ounce	70	4	1	0	35	0	1371428571428
Additional Caesar	4 ounce	160	9	4	0	422	4	1142857142857
Additional Lemon Dijon	4 ounce	70	5	2	0	48	0	5028571428571
Additional Jalapeno Vinaigrette	4 ounce	70	4	1	0	45	0	1371428571428
Additional Berry Vinaigrette	4 ounce	84	6	9	1	67	1	5314285714285
Additional Red Wine Vinaigrette	4 ounce	70	4	1	0	35	0	1371428571428
Additional Peanut Sauce	4 ounce	166	7	4	1	67	6	7028571428571
Additional Pesto	4 ounce	75	5	3	1	103	3	8057142857142
DESSERTS								
Pumpkin Cheesecake	1 Slice	330	12	18	2	170	2	0628571428571
Chocolate Mousse	1 Slice	310	14	23	1	70	9	6.84
Key Lime Pie	1 Slice	370	12	24	0	150	5	1485714285714
Plain Banana Whip	6 ounce	150	1	0	0	0	0	2571428571428
Nutella Banana Whip	6 ounce	210	6	4	1	32	4	2628571428571
Strawberry Banana Whip	6 ounce	174	2	3	0	0	0	0.84
Gluten Free Chocolate Fudge	1 slice	350	15	24	6	70	7	6228571428571
Cannoli Dip	6 ounce	339	16	38	2	93	5	5371428571428