

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	140	2	12	10	240	3	5.00
White Bread(per Sandwich)	2 slices	180	3	17	2	270	2	2.64
Rye Bread (per Sandwich)	2 slices	160	2	14	9	266	3	1.59
White Wrap	2 slices	200	3	18	3	230	2	2.67
Wheat Wrap	2 slices	160	3	16	4	280	2	2.37
Gluten Free Bread	2 slices	200	3	21	4	125	2	2.91
Flatbread	1	150	1.5	27	3	210	7	3.72
Starters								
Guacamole	1 cup	350	12	12	20	225	7	3.43
Black Bean and Tomato Salsa	1 cup	150	6	13	15	245	10	2.67
Sweet Pea Wonton for 2	1 cup	140	3	9	1	175	6	2.22
Sweet Pea Wonton for 4	1 3/4 cup	280	6	18	2	350	12	4.43
Toasted Hummus	1 cup	375	9	15	22	325	19	3.92
Lettuce Wraps	3	400	3	12	10	85	35	4.47
TBM Stacker	Full	200	6	7	2	187	11	3.15
Spinach Artichoke Dip	full	340	20	13	6	656	15	7.45
Buffalo Shrimp	4	160	8.5	3	0	426	13	3.70
Baked Sweet Potato Fries	1 Cup	360	9	23	2	160	2	4.83
Spicy Spanish Skewered Shrimp	6	120	5	0	0	123	10	2.20
SALADS								
Nutritional info Does include dressing								
Fuel Chopped	Full	255	5	8	2	320	10	2.91
Organic Cucumber/ Tomato	Full	145	4	8	0	72	2	2.08
Fuel Caesar	Full	350	13	6	1	466	9	4.74
TBM Stacker	Full	200	6	7	2	187	11	3.15
Skewered Greek	Full	200	8	5	1	323	8	3.25
Deconstructed Guacamole	Full	310	9	15	15	294	7	3.38
Strawberry Spinach Salad	Full	325	11	11	3	140	8	4.51

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Tuna Arugula	Full	320	12	18	15	276	22	5.85
Shrimp Avocado Salad	Full	395	12	14	12	196	12	4.74
PANINIS/WRAPPS/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	7.23
Roasted Veggie	Full	330	7.5	39	11	544	16	6.75
Portabella Mushroom	Full	425	9.5	38	11	544	25	7.97
Spicy Chicken/Tofu	Full	500	12.5	40	21	605	39	9.44
RICE BOWLS								
Avocado Black Bean	Full	430	12	60	12	698	14	9.92
Ginger Chicken/Tofu	Full	487	24	38	3	902	29	12.71
Sweet Potato Risotto	Full	400	19	48	3	841	9	10.68

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Thai Chicken/Tofu	Full	450	12	62	3	634	31	12.41
ADD ONS								
Grilled Chicken	8 ounce	130	1	0	0	212	27	2.73
Shrimp	4	30	0	0	0	49	5	0.46
Tuna	1/4 cup	200	5	0	0	89	30	4.03
Salmon	4 slices	120	6	1	0	545	12	2.75
Tofu	8 ounce	140	6	4	0	30	14	3.26
Avocado	1/2 avocado	70	5	3	2	0	0	1.45
Tortilla Chips	1 Cup	156	7	20	2	135	2	3.99
Veggies for Dips		47	0	8	3	6	2	0.81
Pita	1	186	1	26	2	322	5	3.38
Wontons	each	20	0	5	0	46	1	0.63
Additional Balsamic Vinaigrette	4 ounce	70	4	1	0	35	0	1.14
Additional Caesar	4 ounce	160	9	4	0	422	4	3.11
Additional Lemon Dijon	4 ounce	70	5	2	0	48	0	1.50
Additional Jalapeno Vinaigrette	4 ounce	70	4	1	0	45	0	1.14
Additional Berry Vinaigrette	4 ounce	84	6	9	1	67	1	2.53
Additional Red Wine Vinaigrette	4 ounce	70	4	1	0	35	0	1.14
Additional Peanut Sauce	4 ounce	166	7	4	1	67	6	2.70
Additional Pesto	4 ounce	75	5	3	1	103	3	1.81
DESSERTS								
Pumpkin Cheesecake	1 Slice	330	12	18	2	170	2	5.06
Chocolate Mousse	1 Slice	310	14	23	1	70	9	6.84
Key Lime Pie	1 Slice	370	12	24	0	150	5	6.15
Plain Banana Whip	6 ounce	150	1	0	0	0	0	0.26
Nutella Banana Whip	6 ounce	210	6	4	1	32	4	2.26
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	6.62
Cannoli Dip	6 ounce	339	16	38	2	93	5	8.54

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BRUNCH									
Greek Frittata Whole Eggs	Full	402	27	8	1	1342	27	10.20	
Greek Frittata Egg Whites	Full	221	12	8	1	1342	19	5.61	
South Philly Frittata Whole Eggs	Full	323	20	13	4	1056	25	8.52	
South Philly Frittata Egg Whites	Full	142	5	13	4	1056	17	3.93	
Lox Arugula Frittata Whole Eggs	Full	497	26	3	1	1427	35	10.13	
Lox Arugula Frittata Egg Whites	Full	316	11	3	1	1427	27	5.54	
Sweet Potato Brie Frittata Whole Eggs	Full	379	22	13	2	752	24	9.10	
Sweet Potato Brie Frittata Egg Whites	Full	198	7	13	2	752	16	4.51	
Buckwheat Pancakes	Full	408	6	84	6	902	8	10.91	
Protein Buster Pancakes	Full	478	9	93	4	1066	19	13.83	
Gluten Free French Toast	Full	458	20	54	5	589	10	11.52	
ABC Waffle	Full	487	21	61	5	877	13	12.81	
Parfait Waffle	Full	362	9	66	2	743	8	10.05	
Egg Turkey Avocado Whole Eggs	Add Bread	348	21	4	3	1138	26	7.97	
Egg Turkey Avocado Egg whites	Add Bread	241	11	4	3	1138	26	5.40	
South Of Border Whole Egg	Add Bread	216	11	10	5	855	13	4.70	
South of Border Egg Whites	Add Bread	109	1	10	5	855	17	2.50	
Fuel BLT Whole eggs	Add Bread	211	14	1	0	900	10	4.62	
Fuel BLT Egg Whites	Add Bread	104	4	1	0	900	14	2.42	
Nutella Fresh Fruit	Add Bread	321	13	46	6	15	4	8.22	
Avocado Toast	Add Bread	245	14	9	4	765	8	4.99	
California Scrambler Whole Egg	Full	425	29	6	3	1149	30	10.61	
California Scrambler Egg whites	Full	244	14	6	3	1149	22	6.02	
Tofu Scrambler Whole Egg	Full	400	23	9	4	800	28	9.13	
Tofu Scrambler Egg Whites	Full	219	8	9	4	800	20	4.54	
Sweet Potato Scrambler Whole Egg	Full	424	25	11	2	916	29	10.11	
Sweet Potato Scrambler Egg White	Full	243	10	11	2	916	21	5.53	
Fuel Skillet Hash	Add Bread	409	24	14	3	1162	29	10.10	
Sides- Eggs Whole		3	222	15	1	0	210	18	5.61
Sides- Eggs Whites		3	142	0	1	0	210	10	1.02

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Dish	Serving	Calories	Fat (g)	Total Carbs	Fiber	Sodium	Protein	points
Sides- Turkey Bacon	3	90	6	1	0	450	6	2.20
Sides- Turkey Sausage	2	100	7	1	0	420	11	2.91
Sides- Sweet Potato Homefries	1 Cup	96	0	20	4	64	2	2.03
Sides- Fresh Fruit	1 Cup	129	0.5	33	5	2	1	3.40
Kids Scrambled Eggs Whole	3	252	15	12	0	360	20	6.99
Kids Scrambled Egg Whites	3	172	2	2	0	360	12	1.83
Kids Waffles	2	206	6	36	2	466	3	5.57
Kids Pancakes	2	225	1	50	1	1000	8	6.34
Extra Maple Syrup	1oz	73	0	19	0	3	0	2.06