

Nutritional Info May Vary Slightly As Our Food is Made Fresh to Order							
Dish	Serving	Calories	Fat (g) grams	Total Carbs grams	Fiber grams	Sodium mg	Protein grams
<b>Starters</b>							
Corn Guacamole	Full Order	195	15	16	7	151	4
Tomato Goat Guacamole	Full Order	204	16	9	7	131	6
Black Bean and Tomato Salsa	Full Order	60	0	6	2	138	2
Sweet Pea Wonton for 2	Full Order	179	3	28	4	575	7
Sweet Pea Wonton for 4	Full Order	286	6	45	6	899	12
Toasted Hummus	Full Order	415	18	51	15	76	18
Chicken Lettuce Wraps	Full Order	322	9	11	2	2300	41
Tofu Lettuce Wraps	Full Order	232	10	14	1.5	2300	17
Spinach Artichoke Dip	Full Order	355	29	7	3	580	16
Buffalo Shrimp	Full Order	246	16	4	0	348	11
Baked Sweet Potato Fries Small w/ ketchup	Full Order	247.5	0.5	53	8	598	4.5
Baked Sweet Potato Fries Large w/ ketchup	Full Order	495	1	106	16	1196	9
Spicy Spanish Skewered Shrimp	Full Order	106	1	2	0	478	7
<b>SALADS</b>							
<b>**Nutritional info Does include dressing**</b>							
Fuel Chopped	Full Order	330	9	46	12	344	14
Asian Crunch	Full Order	483	15	72	18	600	21
Fuel Caesar	Full Order	440	25	8	2	596	4
Kale Salad	Full Order	349	6	62	5	1100	8
Skewered Greek	Full Order	169	8	10	2	411	7
Deconstructed Guacamole	Full Order	236	17	19	8	195	6
Strawberry Spinach Salad	Full Order	315	26	32	3	1166	15
Tuna Arugula	Full Order	233	6	19	5	323	21
Shrimp Avocado Salad	Full Order	276	14	22	8	487	21
<b>PANINIS/WRAPS/SALADS</b>							
<b>Add Sandwich Nutritional info with Bread Choice Below in Yellow (Below</b>							
TBM	Whole	208	15	3	0.5	116	19
TBM W/ Chicken	Whole	328	17	3	0.5	170	43
TBM w/ Salmon	Whole	442	22	3	0.5	816	31
High Protein Grilled cheese	Whole	247	19	6	0.75	269	14
Sweet Potato Avocado	Whole	331	23	18	7	141	23
Eggplant Goat Cheese	Whole	118	13	9	12	479	12
Fuel Stacker	Whole	246	15	9	2	131	23
Grilled Veggie	Whole	142	3	29	5	272	2
Roasted Turkey	Whole	226	16	4	1	975	37
Grilled chicken	Whole	353	19	27	5	413	32
Chicken Gorgonzola	Whole	248	12	3	0.5	485	31
South PHilly	Whole	306	18	9	2	516	29
Thai Chicken	Whole	266	11	20	1.5	175	28
Thai Tofu	Whole	198	11	22	1.5	161	12.5
Chicken Bahn Mi	Whole	241	8	17	1	116	27
Tofu Bahn Mi	Whole	173	8	19	1	102	12
Smoked Salmon	Whole	360	17	7	1	796	15
Turkey Burger	Whole	220	17	6	0.25	757	22
Fuelafel Burger	Whole	366	16	41	11.5	495	14
<b>Breads</b>							
Wheat Bread (per Sandwich)	2 slices	140	2	24	4	224	7
White Bread(per Sandwich)	2 slices	168	1	32	1	270	6
Rye Bread (per Sandwich)	2 slices	130	1	24	3	296	4
White Wrap	Whole	280	8	48	5	500	7
Wheat Wrap	Whole	280	8	49	2	510	7
Gluten Free Bread	2 slices	200	3	21	4	125	2
Flatbread	1	170	5	26	1.5	280	4
Multigrain Bun	1	210	4	41	4	510	7
Pita( for Burger)	1/2	90	1	13	1	160	2
<b>RICE BOWLS</b>							
Avocado Black Bean	Full	458	8	85	13	2183	14
Ginger Chicken	Full	498	5	80	8.5	4532	39
Ginger Tofu	Full	430	5	82	8.5	4518	23
Sweet Potato Risotto	Full	499	11	90	10	3100	19
Thai Chicken Rice	Full	488	5	99	11	1179	19
Thai Tofu Rice	Full	487	12	89	11	994	23
Gyro Tofu Rice	Full	453	5	82	7	1534	19
Gyro Chicken Rice	Full	495	11	87	11	981	27
Teriyaki Chicken Rice	Full	496	4	97	11	1166	23
Teriyaki Tofu Rice	Full	461	4	80	7	1521	23



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<b>ADD ONS</b>							
Grilled Chicken	4oz	120	2	0	0	54	24
Shrimp	4	80	2	2	0	280	16
Tuna	1/4 cup	200	5	0	0	89	30
Salmon	2oz	234	7	0	0	700	12
Turkey	4oz	120	3	0	0	720	24
Tofu	4oz	52	2	2	0	40	8
Avocado	1/2 avocado	90	8	4	2	4	4
Roasted Veggies	3oz	120	8	20	4	768	2
Tortilla Chips	1 Cup	156	7	20	2	135	2
Veggies for Dips	1 Cup	47	0	8	3	6	2
Pita	1	186	1	26	2	322	5
Wontons	each	20	0	5	0	46	1
Additional Balsamic Vinaigrette	3oz	70	4	1	0	35	0
Additional Caesar	3oz	160	9	4	0	422	4
Additional Lemon Dijon	3oz	70	5	2	0	48	0
Additional Jalapeno Vinaigrette	3oz	70	4	1	0	45	0
Additional Berry Vinaigrette	3oz	84	6	9	1	67	1
Additional Red Wine Vinaigrette	3oz	70	4	1	0	35	0
Additional Peanut Sauce	3oz	166	7	4	1	67	6
Additional Pesto	3oz	75	5	3	1	103	3
<b>DESSERTS</b>							
Pumpkin Cheesecake	1 Slice	330	12	18	2	170	2
Chocolate Mousse	1 Slice	310	14	23	1	70	9
Key Lime Pie	1 Slice	370	12	24	0	150	5
Plain Banana Whip	6 ounce	150	1	0	0	0	0
Nutella Banana Whip	6 ounce	210	6	4	1	32	4
Strawberry Banana Whip	6 ounce	174	2	3	0	0	0
Gluten Free Chocolate Fudge	1 slice	350	15	24	6	70	7
Cannoli Dip	6 ounce	339	16	38	2	93	5
<b>BRUNCH</b>							
Greek Frittata Whole Eggs	Full	402	27	8	1	1342	27
Greek Frittata Egg Whites	Full	221	12	8	1	1342	19
South Philly Frittata Whole Eggs	Full	323	20	13	4	1056	25
South Philly Frittata Egg Whites	Full	142	5	13	4	1056	17
Lox Arugula Frittata Whole Eggs	Full	497	26	3	1	1427	35
Lox Arugula Frittata Egg Whites	Full	316	11	3	1	1427	27
Sweet Potato Brie Frittata Whole Eggs	Full	379	22	13	2	752	24
Sweet Potato Brie Frittata Egg Whites	Full	198	7	13	2	752	16
Buckwheat Pancakes	Full	408	6	84	6	902	8
Protein Buster Pancakes	Full	478	9	93	4	1066	19
Gluten Free French Toast	Full	458	20	54	5	589	10
ABC Waffle	Full	487	21	61	5	877	13
Parfait Waffle	Full	362	9	66	2	743	8
Egg Turkey Avocado Whole Eggs	Add Bread	348	21	4	3	1138	26
Egg Turkey Avocado Egg whites	Add Bread	241	11	4	3	1138	26
South Of Border Whole Egg	Add Bread	216	11	10	5	855	13
South of Border Egg Whites	Add Bread	109	1	10	5	855	17
Fuel BLT Whole eggs	Add Bread	211	14	1	0	900	10
Fuel BLT Egg Whites	Add Bread	104	4	1	0	900	14
Nutella Fresh Fruit	Add Bread	321	13	46	6	15	4
Avocado Toast	Add Bread	245	14	9	4	765	8
California Scrambler Whole Egg	Full	425	29	6	3	1149	30
California Scrambler Egg whites	Full	244	14	6	3	1149	22
Tofu Scrambler Whole Egg	Full	400	23	9	4	800	28
Tofu Scrambler Egg Whites	Full	219	8	9	4	800	20
Sweet Potato Scrambler Whole Egg	Full	424	25	11	2	916	29
Sweet Potato Scrambler Egg White	Full	243	10	11	2	916	21
Fuel Skillet Hash	Add Bread	409	24	14	3	1162	29
Sides- Eggs Whole	3	222	15	1	0	210	18
Sides- Eggs Whites	3	142	0	1	0	210	10
Sides- Turkey Bacon	3	90	6	1	0	450	6
Sides- Turkey Sausage	2	100	7	1	0	420	11
Sides- Sweet Potato Homefries	1 Cup	96	0	20	4	64	2
Sides- Fresh Fruit	1 Cup	129	0.5	33	5	2	1
Kids Scrambled Eggs Whole	3	252	15	12	0	360	20
Kids Scrambled Egg Whites	3	172	2	2	0	360	12
Kids Waffles	2	206	6	36	2	466	3

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Kids Pancakes	2	225	1	50	1	1000	8
Extra Maple Syrup	1oz	73	0	19	0	3	0
<b>JUICE/SMOOTHIE BAR</b>							
16oz Hulk	Full	193	2	45	1	46	3
20oz Hulk	Full	241	2	56	2	58	3
24oz Hulk	Full	290	3	68	2	69	4
16oz Give me a Tan	Full	196	1	44	3	44	4
20oz Give me a Tan	Full	245	1	55	4	55	5
24oz Give me a Tan	Full	294	2	66	5	66	6
16oz Kale Pineapple	Full	248	2	53	4	103	9
20oz Kale Pineapple	Full	310	3	66	5	128	11
24oz Kale Pineapple	Full	372	3	80	6	154	13
16oz Avocado Shake	Full	302	9	40	6	40	5
20oz Avocado Shake	Full	378	11	50	7	50	6
24oz Avocado Shake	Full	453	14	60	8	60	7
16oz Hangover Helper	Full	196	1	47	2	51	1
20oz Hangover Helper	Full	245	1	59	3	64	1
24oz Hangover Helper	Full	294	1	71	3	77	1
16oz Orange Mango	Full	230	2	52	4	153	6
20oz Orange Mango	Full	288	2	65	5	191	7
24oz Orange Mango	Full	345	2	78	6	230	8
16oz Fruit Fuzzion	Full	157	1	39	3	5	1
20oz Fruit Fuzzion	Full	196	1	49	4	6	1
24oz Fruit Fuzzion	Full	236	1	59	5	7	2
16oz Detox	Full	420	1	56	0	25	0
20oz Detox	Full	525	1	70	0	31	0
24oz Detox	Full	630	2	84	0	38	0
16oz Protein Buster	Full	388	15	38	4	334	38
20oz Protein Buster	Full	485	18	48	5	417	47
24oz Protein Buster	Full	582	22	57	6	500	56
16oz Green Tea	Full	212	6	35	1	189	6
20oz Green Tea	Full	265	8	44	1	236	7
24oz Green Tea	Full	318	9	53	2	318	8
16oz Mango Madness	Full	129	0	29	1	126	3
20oz Mango Madness	Full	161	0	36	2	158	3
24oz Mango Madness	Full	194	0	44	2	189	4
16oz Zen	Full	91	1	22	1	36	1
20oz Zen	Full	114	1	28	1	44	2
24oz Zen	Full	137	1	33	2	53	2
16oz Chocolate Strawberry	Full	169	0	34	2	154	7
20oz Chocolate Strawberry	Full	211	0	43	3	193	9
24oz Chocolate Strawberry	Full	254	0	51	3	231	11
16oz Islander	Full	238	1	47	3	71	4
20oz Islander	Full	298	1	59	3	88	4
24oz Islander	Full	357	1	71	4	106	5
16oz Chocolate Banana	Full	272	1	42	6	341	32
20oz Chocolate Banana	Full	340	1	53	8	426	39
24oz Chocolate Banana	Full	408	1	63	9	512	47
16oz Pineapple Power	Full	173	1	41	3	68	3
20oz Pineapple Power	Full	216	1	51	3	85	4
24oz Pineapple Power	Full	260	1	62	4	102	5
16oz High Octane	Full	177	0	16	2	340	30
20oz High Octane	Full	221	0	20	3	425	37
24oz High Octane	Full	266	0	24	3	510	44
16oz Wake Me Up	Full	144	1	32	4	100	5
20oz Wake Me up	Full	180	1	40	5	124	6
24oz Wake Me up	Full	216	2	48	6	149	7
16oz Tropical Paradise	Full	127	1	30	2	33	1
20oz Tropical Paradise	Full	159	1	38	3	41	1
24oz Tropical Paradise	Full	191	1	45	3	49	2