

# PROTEINHOUSE

FIT FOOD & ESPRESSO

## Create Your Own

Bowl  Burger  Salad  Wrap

### Pick your Protein

- | 3oz                          | 6oz                          | 12oz                          |                           |
|------------------------------|------------------------------|-------------------------------|---------------------------|
| <input type="radio"/> \$2.50 | <input type="radio"/> \$5.00 | <input type="radio"/> \$10.00 | • Chicken                 |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Bison                   |
| <input type="radio"/> \$2.50 | <input type="radio"/> \$5.00 | <input type="radio"/> \$10.00 | • Turkey Burger           |
| <input type="radio"/> \$2.50 | <input type="radio"/> \$5.00 | <input type="radio"/> \$10.00 | • Southwest Veggie Burger |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Ahi Tuna                |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Salmon                  |
| <input type="radio"/> \$3.50 | <input type="radio"/> \$7.00 | <input type="radio"/> \$14.00 | • Orange Roughy           |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Tilapia                 |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$6.00 | <input type="radio"/> \$12.00 | • Top Sirloin             |
| <input type="radio"/> \$4.00 | • 4 Egg White                | <input type="radio"/> \$3.00  | • 3 Whole Eggs            |
| <input type="radio"/> \$8.00 | • 8 Egg White                | <input type="radio"/> \$6.00  | • 6 Whole Eggs            |

### Pick your Carbs

- | 1/2cup                       | 1cup                         | 2cups                        |                       |
|------------------------------|------------------------------|------------------------------|-----------------------|
| <input type="radio"/> \$1.00 | <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | • White Rice          |
| <input type="radio"/> \$1.00 | <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | • Brown rice          |
| <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | • Quinoa              |
| <input type="radio"/> \$2.00 | <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | • Wheat Pasta         |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | <input type="radio"/> \$5.00 | • Sweet Potato Sticks |
| <input type="radio"/> \$3.00 | <input type="radio"/> \$4.00 | <input type="radio"/> \$5.00 | • Sweet Potato Mash   |
| <input type="radio"/> \$1.00 | • Whole Wheat Bun            |                              |                       |
| <input type="radio"/> \$2.00 | • Ezekiel Bread              |                              |                       |
| <input type="radio"/> \$2.00 | • Gluten Free Bread          |                              |                       |
| <input type="radio"/> \$1.00 | • Whole Wheat Tortilla       |                              |                       |
| <input type="radio"/> \$1.00 | • Lettuce Wrap               |                              |                       |
| <input type="radio"/> \$2.50 | • Portobello                 |                              |                       |

### Pick your Greens, Veggies, Fruits, Fats and Seeds

- |                              |                  |                              |                   |                              |                           |
|------------------------------|------------------|------------------------------|-------------------|------------------------------|---------------------------|
| <input type="radio"/> \$1.00 | • Almonds        | <input type="radio"/> \$0.50 | • Chick Peas      | <input type="radio"/> \$1.00 | • Pineapple               |
| <input type="radio"/> \$0.50 | • Apple          | <input type="radio"/> \$0.50 | • Cranberry       | <input type="radio"/> \$0.50 | • Red Onions              |
| <input type="radio"/> \$1.00 | • Asparagus      | <input type="radio"/> \$1.00 | • Croutons        | <input type="radio"/> \$0.50 | • Red Peppers             |
| <input type="radio"/> \$1.00 | • Avocado        | <input type="radio"/> \$0.50 | • Cucumber        | <input type="radio"/> \$2.00 | • Romaine Lettuce (Salad) |
| <input type="radio"/> \$0.50 | • Banana         | <input type="radio"/> \$0.50 | • Edamame         | <input type="radio"/> \$0.50 | • Spinach                 |
| <input type="radio"/> \$0.50 | • Black Olives   | <input type="radio"/> \$0.50 | • Grapes          | <input type="radio"/> \$2.00 | • Spinach (Salad)         |
| <input type="radio"/> \$1.00 | • Blueberry      | <input type="radio"/> \$0.50 | • Green Onions    | <input type="radio"/> \$2.00 | • Spring Mix (Salad)      |
| <input type="radio"/> \$0.50 | • Broccoli       | <input type="radio"/> \$1.00 | • Hard Boiled Egg | <input type="radio"/> \$0.50 | • Squash                  |
| <input type="radio"/> \$0.50 | • Cabbage        | <input type="radio"/> \$0.50 | • Jalapeno        | <input type="radio"/> \$0.50 | • Strawberries            |
| <input type="radio"/> \$2.00 | • Canadian Bacon | <input type="radio"/> \$0.50 | • Lemon           | <input type="radio"/> \$1.00 | • Sunflower Seeds         |
| <input type="radio"/> \$0.50 | • Carrots        | <input type="radio"/> \$0.50 | • Lettuce         | <input type="radio"/> \$0.50 | • Tomato                  |
| <input type="radio"/> \$0.50 | • Cauliflower    | <input type="radio"/> \$0.50 | • Mushroom        | <input type="radio"/> \$1.00 | • Turkey Bacon Bits       |
| <input type="radio"/> \$0.50 | • Celery         | <input type="radio"/> \$0.50 | • Peas            | <input type="radio"/> \$1.00 | • Walnuts                 |
| <input type="radio"/> \$0.50 | • Cherry Tomato  | <input type="radio"/> \$1.00 | • Pecans          |                              |                           |

### Pick your Sauce / Dressing

- |  |  |
|--|--|
| <input type="radio"/> • Agave Mustard Dressing | <input type="radio"/> • Hummus               |
| <input type="radio"/> • Balsamic Vinaigrette   | <input type="radio"/> • Teriyaki Sauce       |
| <input type="radio"/> • BBQ Sauce              | <input type="radio"/> • Thai Peanut Sauce    |
| <input type="radio"/> • Black Bean Salsa       | <input type="radio"/> • Light Ranch Dressing |
| <input type="radio"/> • Caesar Dressing        |  |
| <input type="radio"/> • Cilantro Lime Dressing |  |

### Pick your Cheese

- |                              |                        |
|------------------------------|------------------------|
| <input type="radio"/> \$1.00 | • Bleu Cheese Crumbles |
| <input type="radio"/> \$1.00 | • Feta Cheese          |
| <input type="radio"/> \$1.00 | • FF Cheddar Cheese    |
| <input type="radio"/> \$1.00 | • Parmesan Cheese      |

EAT HERE

TO GO