



## PERFORMANCE MENU



ALL MENU ITEMS ARE SERVED INDIVIDUALLY PACKAGED

### Beverages

|                                                                                                    |   |
|----------------------------------------------------------------------------------------------------|---|
| Bottled Water                                                                                      | 2 |
| Gatorade                                                                                           | 3 |
| Smoothies                                                                                          | 6 |
| Add Protein Powder                                                                                 | 1 |
|                   |   |
| <b>Chocolate Peanut Butter Banana</b><br>Cocoa powder, banana, peanut butter • V • NGI             |   |
| <b>Strawberry Banana</b><br>Greek vanilla yogurt, strawberries, banana • V • NGI                   |   |
| <b>Green Machine</b><br>Kale, spinach, apple, avocado, cucumber, celery, apple juice<br>• VG • NGI |   |

### Sides

|                                                                                                                              |   |
|------------------------------------------------------------------------------------------------------------------------------|---|
| <b>Sweet Potato Fries</b><br>Hand Cut & Baked                                                                                | 4 |
| <b>Pasta Salad</b><br>Whole Wheat Penne, Cherry Tomato, Spinach,<br>Shredded Carrot, Broccoli, Red Onion in Italian Dressing | 4 |
| <b>Brown Rice (4oz.)</b><br>Prepared in Vegetable Stock                                                                      | 4 |
| <b>Red Bliss Potato Salad</b><br>Red Bliss Potato, Turkey Bacon, Red Onion,<br>Whole Grain Mustard, Lite Mayo                | 4 |
| <b>Baked Potato</b><br>Served with Scallions, Sour Cream & Cheddar Cheese                                                    | 5 |
| <b>Barley &amp; Kale Salad</b><br>Barley, Kale, Cherry Tomato, Scallion in a Balsamic Dressing                               | 5 |
| <b>House Salad</b><br>Spring Mix, Yellow & Red Tomato, Cucumber, Carrot in<br>Low Fat Italian Dressing                       | 5 |
| <b>Spinach Salad</b><br>Spinach, Turkey Bacon, Cherry Tomato, Feta, Craisins,<br>Low Fat Ranch Dressing                      | 6 |
| <b>Fruit Salad</b><br>Mix of Seasonal Varieties                                                                              | 5 |
| <b>Light Mac -N- Cheese</b><br>Whole Wheat Pasta in a Low-Fat Cheddar Sauce                                                  | 6 |

### Made to Order

|                                                                                         |    |
|-----------------------------------------------------------------------------------------|----|
| <b>Grilled Buffalo Chicken Wrap</b><br>Cal: 532   PRO: 46g   CHO: 39g   Fat:22g         | 10 |
| <b>Grilled Chicken Caesar Wrap</b><br>Cal: 760   PRO: 63g   CHO: 51g   Fat:22g          | 10 |
| <b>Grilled Chicken Salad on Whole Wheat</b><br>Cal: 460   PRO: 53g   CHO: 37g   Fat:11g | 10 |
| <b>Tuna Salad on Whole Wheat</b><br>Cal: 704   PRO: 66g   CHO: 89g   Fat:12g            | 10 |
| <b>BBQ Chicken Sandwich</b><br>Cal: 660   PRO: 54g   CHO: 68g   Fat:19g                 | 10 |
| <b>Turkey BLT</b><br>Cal: 730   PRO: 52g   CHO: 84g   Fat:32g                           | 10 |
| <b>Chicken Cheesesteak</b><br>Cal: 860   PRO: 52g   CHO: 84g   Fat:42g                  | 10 |
| <b>Santa Fe Wrap</b><br>Cal: 408   PRO: 15g   CHO: 52g   Fat:25g                        | 15 |
| <b>Blackened Chicken Primavera</b><br>Cal: 810   PRO: 85g   CHO: 95g   Fat:10g          | 15 |
| <b>Chicken Stir Fry</b><br>Cal: 840   PRO: 76g   CHO: 97g   Fat:15g                     | 15 |
| <b>Sweet &amp; Sour Chicken</b><br>Cal: 1010   PRO: 66g   CHO: 160g   Fat:12g           | 15 |
| <b>Turkey Bolognese</b><br>Cal: 1030   PRO: 57g   CHO:145   Fat:26g                     | 15 |
| <b>Baked Wings (BBQ or Buffalo)</b><br>Cal: 770   PRO: 66g   CHO: 130g   Fat:37g        | 15 |
| <b>Teriyaki Salmon</b><br>Cal: 900   PRO: 76g   CHO: 97g   Fat:20g                      | 18 |
| <b>Beef Stir Fry</b><br>Cal: 840   PRO: 75g   CHO: 97g   Fat:15g                        | 18 |

Please submit all orders to [monica@highbroweventgroup.com](mailto:monica@highbroweventgroup.com) 48hrs prior to your game.

# Build Your Own Meal

(Protein, Carb, Veg)

**\$9.99 PER ATHLETE**

Plus cost of protein

## PROTEINS (8 OZ)

Grilled Chicken \$7  
Grilled Tofu \$7  
Grilled Pork Tenderloin \$9  
Grilled Steak \$11  
Seared Tuna \$13  
Sauteed Seitan \$13  
Grilled Salmon \$15  
Grilled Filet \$19

## CARBS (4 OZ)

Quinoa  
Barley  
Brown Rice  
Roasted Fingerling Potato  
Whole Wheat Spaghetti  
Whole Wheat Penne  
Whole Wheat Linguine  
Mashed Sweet Potato  
Garlic Mashed Potato

## VEGGIES

Steamed Broccoli  
Steamed Cauliflower  
Steamed Asparagus  
Steamed Green Beans  
Steamed Baby Carrots  
Roasted Corn  
Sauteed Spinach  
Sauteed Kale  
Sauteed Collard Greens  
Roasted Butternut Squash

## SEASONING & SAUCES

Salt & Pepper  
Blackening Seasoning  
Teriyaki  
Roasted Red Pepper Sauce  
Honey Soy Sauce  
Honey, Lemon, Thyme  
White Bean Red Wine Sauce  
Peach & Garlic Sauce

## Breakfast

### Choice of Bowl or Wrap 8

+ price of protein  
Individually Packaged with Utensils

#### PROTEIN CHOOSE 1

Turkey Sausage 4  
Sausage 4  
Turkey Bacon 4  
Bacon 4  
Chicken 4  
Salmon 6

#### HOME FRIES CHOOSE 1

Potatoes  
Sweet Potatoes  
Cauliflower

#### VEGGIES CHOOSE 3

Spinach  
Broccoli  
Tomato  
Asparagus  
Mushrooms  
Brussel Sprouts  
Peppers  
Onions

#### EGGS CHOOSE 1

Scrambled  
Egg Whites  
Over Easy

## Sides & Snacks

Blueberry Muffin 4  
Banana Walnut Muffin 4  
Protein Bark 4  
Peanut Butter Energy Bites 4  
Brownie 4  
Chocolate Chip Cookie 4  
Trailmix 4

## Oatmeal or Yogurt bowl 8

### 10oz Choose One:

Vanilla Greek Yogurt  
Steel Cut Oats



#### TOPPINGS CHOOSE 1

Nutella  
Honey  
Chipotle Honey  
Almond Butter  
Peanut Butter  
Brown Sugar

#### FRUITS | NUTS | GRAINS CHOOSE 3

Strawberries  
Blueberries  
Raspberries  
Apples  
Bananas  
Pineapples  
Apricots  
Raisins  
Granola  
Walnuts  
Almonds  
Pumpkin Seeds  
Sunflower Seeds  
Dried Cranberries  
Flax Seeds  
Chia Seeds



**\$20 DELIVERY FEE**