

**MEAL ORDER FORM**

LUNCH BOXES- INCLUDE SANWICH CHIPS COOKIE AND DRINK- $8.00 (INCLUDES TAX AND DELIVERY)

(ANY SPECIAL REQUESTS WRITE IN BOX PROVIDED NEXT TO ITEM) **PLEASE SPECIFY ANY ALLERGIES**

**NAME**-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **TEAM**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CIRCLE ITEMS YOU WOULD LIKE ON SANDWICH**

***$8 ROASTED TURKEY***- SWISS CHEESE LETTUCE TOMATO MAYO MUSTARD

***$8 BLACK FOREST HAM -***  AMERICAN CHEESE LETTUCE TOMATO MAYO MUSTARD

***$8 ROAST BEEF***- PROVOLONE CHEESE LETTUCE TOMATO HORSEY SAUCE

***$8 ITALIAN*** – HAM SALAMI PEPPERONI PROVOLONE CHEESE LETTUCE TOMATO ITALIAN DRESSING

***$8 PEANUT BUTTER AND JELLY***- BANANAS

***$8 CHICKEN CAESAR WRAP***- CHICKEN CAESAR DRESSING PARM CHEESE

***$8 BUFFALO CHICKEN WRAP***- CHICKEN BUFFALO SAUCE TOMATO LETTUCE SHREDDED CHEESE RANCH

***$8 CHICKEN SALAD CROISSANT***-

***$9 HOUSE CHICKEN SALAD***- GRILLED CHICKEN TOMATOES CUCUMBERS SHREDDED CHEESE RED ONION CHOICE OF DRESSING- RANCH BLUE CHEESE BALSAMIC VINAGRETTE HONEY MUSTARD

***$9 CHICKEN CAESAR SALAD***- ROMAINE LETTUCE PARM CHEESE CAESAR DRESSING CROUTONS

***$9 CHEF SALAD-*** TURKEY HAM EGG TOMATO SHREDDED CHEESE RED ONION

Training Menu

Breakfast

Black Bean Bowl

Scrambled eggs, black beans, avocado topped with salsa

Scrambled egg bowl

Scrambled eggs, turkey sausage, spinach, topped with cheddar cheese

quinoa veggie egg bowl

sweet potato hash, bell peppers, onions, mushrooms, kale served over quinoa and topped with 2 fried eggs

Paleo hash

Sautéed sweet potato, chorizo, garlic, zucchini, spinach

Can add meat - turkey sausage

POWER BOWL

Acai, banana, strawberries, protein powder, almond butter, almond milk topped with granola

Island Bowl

Acai, banana, mango, pineapple, coconut milk topped with granola berries and coconut shaving

Green smoothie bowl

Spinach, Banana, Coconut Milk, Raspberries, Blue Berries, Mango Coconut water granola and chia seeds

***BUDDA BOWL***

Sautéed Sweet Potatoes, Roasted Chick Peas, Garlicky Kale. tossed in a Tahini Sauce

\*\*Vegan

Spinach Salad

Bed of Spinach layered with hard boiled eggs, cherry tomatoes, red onion, sliced almonds and tossed in a balsamic vinaigrette

Can be topped with chicken

Mediterranean Salad

Spring mixed greens topped with roma tomatoes, cucumbers, feta cheese, red onions, black olives and grilled chicken with a side of Greek dressing

Grilled Chicken Strips

Grilled Chicken marinated in a balsamic glaze served with steamed broccoli and quinoa

Breakfast Sandwiches- $6.00

*includes sandwich granola bar and drink*

Breakfast Bagel

Egg, SAUSAGEor ***BACON***, cheese served on a choice o*f* ***bagel*** ***biscuit*** ***English muffin*** or ***homemade waffle* (circle sausage or bacon and choice of bread)**

Pancakes /waffles/French toast sticks - $6.00

**Choice** of **PANCAKES WAFFLES**  or **FRENCH TOAST STICKS side** of sausage and syrup for dipping (circle 1 option)

Burrito Wrap- $6.00

Scrambled eggs tossed with cheese **SAUSAGE** or  **BACON** home fries all folded in a wrap