

breakfast *All natural*

Yogurt Parfait

Lowfat vanilla yogurt, choice of fruit & granola topping

355 CAL/14 g P/68 g C/6 g F

\$3.75

Crisp Bacon & Egg Sandwich

Eggs, bacon, two cheeses & red pepper aioli on wheat

490 CAL/31 g P/31 g C/29 g F

\$5.95

Mediterranean Breakfast Wrap

Eggs, Spanish salsa & three-cheeses wrapped in a tortilla

525 CAL/31 g P/45 g C/30 g F

\$5.75

Huevos Rancheros

Wheat tortilla, refried beans, two cheese blend & eggs topped with salsa

365 CAL/24 g P/27 g C/27 g F

\$6.25

Spanish Frittata

All-natural eggs, salsa, kalamata olives & three cheeses

489 CAL/35 g P/17 g C/29 g F

\$5.75

Garden Vegetable Frittata

All-natural eggs, three-cheese blend & mixed vegetables

490 CAL/27 g P/18 g C/25 g F

\$6.25

Black Bean & Egg Sandwich

Eggs, black bean burger, Swiss cheese & mixed greens on sourdough

325 CAL/22 g P/28 g C/23 g F

\$6.50

Fruit Cup

Seasonal

\$4.50

High fiber cereals

Daily selection

\$3.50

Bagel

Plain or wheat

\$1.50

Muffin

Daily assortment

\$1.95

EXCHANGE CONVERSION GUIDE

7 g of Protein = 1 protein

15 g of Carbs = 1 starch

5 g of Fat = 1 fat

shakes *All natural fruits*

The FastFuel Optimizer

Amino acids, 23 essential vitamins, minerals, antioxidants, 10g L-Glutamine & choice of two fruits

276 CAL/31 g P/32 g C/1 g F

\$5.75

The Energizer

Whey protein, Energy Boost & choice of two fruits

189 CAL/29 g P/16 g C/1 g F

\$5.50

The Body Builder

Creatine, whey protein, fat-free frozen yogurt & two fruits

468 CAL/49 g P/58 g C/1 g F

\$5.50

The Whey of Life

Fat-free frozen yogurt, whey protein & choice of two fruits

218 CAL/29 g P/23 g C/1 g F

\$5.00

The Ultimate Protein

Whey protein, skim milk & choice of two fruits

168 CAL/29 g P/11 g C/1 g F

\$4.75

Green Machine

Organic cruciferous veggies, sea veggies, cereal grasses, blue-green algae, pineapple, banana, & vanilla yogurt

506 CAL/29 g P/92 g C/1 g F

\$5.75

Mocha Madness

Mocha Java Boost, skim milk, dark cocoa & whey protein

316 CAL/30 g P/38 g C/5 g F

\$4.75

LeanSource™ Shake

Our signature LeanSource meal replacement blended with skim milk & choice of two fruits

259 CAL/31 g P/30 g C/1 g F

\$4.75

Build Your Own Shake

Skim milk, fat-free frozen yogurt & choice of two fruits

126 CAL/8 g P/22 g C/0 g F

\$4.50

Kids Shake

Build your own with your choice of two fruits

90 CAL/4 g P/11 g C/0 g F

\$2.50

add-ins *All natural*

Protein, L-Glutamine, Creatine, Energy Boost, Veggie Boost, Mocha Java Boost

\$1.00

smoothies *All natural fruits*

Strawberry Sunrise

Strawberries, banana, orange juice & whey protein

246 CAL/23 g P/38 g C/1 g F

\$4.50

Very Berry Blast

Strawberries, blueberries, raspberries, OJ & whey protein

216 CAL/23 g P/29 g C/1 g F

\$4.50

Build Your Own Smoothie

Orange juice & choice of three fruits

80 CAL/1 g P/18 g C/0 g F

\$4.50

Kids Smoothie

Orange juice & choice of two fruits

54 CAL/1 g P/12 g C/0 g F

\$2.50

All-Natural Fruits

Strawberry, blueberry, raspberry, pineapple, banana

kids menu

Comes with all natural chips and choice of 100% fruit juice or milk.

Cheese Pizza

Marinara sauce & two-cheese mix

295 CAL/12 g P/33 g C/15 g F

\$4.25

Baked Chicken Strips

Baked chicken strips with choice of BBQ sauce or honey mustard

425 CAL/36 g P/43 g C/5 g F

\$4.25

Turkey Sandwich

On white bread with Swiss cheese

200 CAL/4 g P/33 g C/4 g F

\$4.25

Mac & Cheese

400 CAL/15 g P/45 g C/14 g F

\$4.25

Grilled Cheese

Choice of bread with cheddar cheese

440 CAL/15 g P/41 g C/18 g F

\$4.25

PB&J

Choice of bread with all-natural peanut butter & fruit preserves

220 CAL/10 g P/29 g C/11 g F

\$4.25

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salads *All natural*

House

Mixed greens, tomato, cucumber & choice of dressing

80 CAL/1 g P/6 g C/8 g F

\$4.00

LifeCafe

Lettuce, blue cheese, raisins, walnuts & choice of dressing

188 CAL/16 g P/9 g C/21 g F

\$6.95

Asian Sesame

Spring mix, mandarin oranges, peanuts, scallions, cucumber & sesame dressing

290 CAL/15 g P/28 g C/15 g F

\$6.95

Caesar

Half or full
Romaine, parmesan, croutons & housemade Caesar dressing

380 CAL/16 g P/16 g C/21 g F

\$3.75
\$5.75

Quinoa

Quinoa, lentils, mixed greens and vegetables, spices, olive oil

260 CAL/9 g P/20 g C/2 g F

\$6.95

Nicoise

Mixed greens, tuna, egg, tomato, green beans, onion, potato

404 CAL/21 g P/40 g C/15 g F

\$7.50

Pesto Chicken

Mixed greens, chicken pesto, tomato & cucumber

480 CAL/23 g P/6 g C/17 g F

\$6.95

Greek

Romaine, tomato, cucumber & onion, feta dressing & olive tapenade

360 CAL/15 g P/18 g C/12 g F

\$5.50

Salad adds

Chicken, pesto, tuna salad, egg salad or quinoa salad to any salad

\$2.50

appetizers *All natural*

Chips with Salsa

Lowfat pita chips with housemade fat-free salsa

265 CAL/5 g P/35 g C/11 g F

\$4.00

Hummus with Pita Chips

Housemade hummus with lowfat pita chips

310 CAL/8 g P/42 g C/12 g F

\$4.50

Chicken Quesadilla

Chicken, cheese blend & Spanish salsa grilled in a tortilla

390 CAL/26 g P/21 g C/22 g F

\$6.50

Vegetable Quesadilla

Mixed vegetables & three cheeses on a tortilla

350 CAL/21 g P/14 g C/16 g F

\$5.00

sandwiches *All natural*

California Chicken

Chicken breast, Swiss, tomato, mixed greens & aioli on a wheat bun

520 CAL/49 g P/31 g C/24 g F

\$6.95

Margarita Chicken

Chicken breast, aioli, tomato, fresh mozzarella, basil and balsamic vinegar on a baguette

490 CAL/42 g P/30 g C/26 g F

\$6.95

New Orleans Chicken

Chicken breast, cheddar, chipotle, roasted red pepper, avocado spread & red pepper aioli on a wheat bun

535 CAL/49 g P/32 g C/25 g F

\$6.95

Chicken Pesto

Housemade chicken pesto on sourdough bread topped with cheddar cheese, red pepper aioli, chipotle & tomato

505 CAL/32 g P/31 g C/23 g F

\$6.95

Blue Cheese Chicken Baguette

Chicken, blue cheese, onion, tomato on toasted baguette

450 CAL/22 g P/24 g C/25 g F

\$6.95

Black Bean Burger

With red pepper aioli, mixed greens, cheddar cheese & chipotle on a wheat bun

535 CAL/22 g P/43 g C/28 g F

\$6.95

Egg Salad

Egg salad & mixed greens on wheat bread

320 CAL/14 g P/30 g C/15 g F

\$5.50

BLTT

Turkey, bacon, tomato, mixed greens & aioli on wheat

362 CAL/31 g P/45 g C/15 g F

\$6.50

Turkey Baguette

Turkey, dijon mustard, tomato & cucumber on a baguette

368 CAL/25 g P/49 g C/19 g F

\$6.95

Turkey Panini

Turkey, provolone & Swiss cheese, roasted red pepper & red pepper aioli on wheat bread

360 CAL/32 g P/31 g C/18 g F

\$6.25

Pesto Salmon Baguette

Salmon, basil pesto & potato on a toasted baguette

390 CAL/17 g P/28 g C/22 g F

\$7.95

Tuna

Choice of sandwich, wrap or panini with housemade tuna salad, garlic aioli, cucumber, tomato & mixed greens

400 CAL/28 g P/32 g C/21 g F

\$5.95

wraps *All natural*

Chicken Caesar Wrap

Whole wheat tortilla with all-natural chicken, romaine lettuce, parmesan cheese & Caesar dressing

470 CAL/33 g P/51 g C/25 g F

\$6.50

Southwest Chicken Wrap

Chicken, bacon, ranch dressing, mixed lettuce, tomato & cheddar cheese in a tomato basil tortilla

490 CAL/39 g P/55 g C/23 g F

\$6.50

Hummus Wrap

Whole wheat tortilla, hummus, greens, cucumber & tomato

300 CAL/22 g P/22 g C/16 g F

\$5.95

pizzas *All natural*

Garden Vegetable Half or full

Marinara sauce, mixed vegetables & two-cheese mix

416 CAL/4 g P/30 g C/14 g F

\$4.25

\$7.50

Chicken Pesto Half or full

House pesto sauce, tomato & two-cheese mix

425 CAL/21 g P/40 g C/18 g F

\$5.25

\$9.00

Salmon Half or full

Salmon, sour cream, two-cheese mix, tomatoes & fresh dill

445 CAL/17 g P/35 g C/22 g F

\$5.25

\$9.00

BBQ Chicken Half or full

BBQ sauce, chicken & two-cheese mix topped with cilantro

435 CAL/21 g P/45 g C/21 g F

\$5.25

\$9.00

soup *All natural*

Daily selection of all natural soups Cup or bowl

\$3.25

\$4.75

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