

Breakfast

Arnold Breakfast Wrap:.....\$6.50

Eight scrambled egg whites with fresh sliced turkey breast mixed with peppers, onions, tomatoes and reduced fat cheddar cheese wrapped in your choice of tortilla.

Cal. 425 pro. 48 carb 35 fat 6 fiber 8

Body Sculptor Starter:.....\$4.99

Three scrambled egg whites mixed with fresh ripened tomatoes, peppers, onions, and mushrooms, sprinkled with reduced fat cheddar cheese wrapped in your choice of tortilla.

Cal. 290 pro. 26 carb. 24 fat. 5 fiber 7

Build Your Own Starter:.....\$4.99

We start you out with three scrambled egg whites and your choice of protein, carbs, and three vitamins mixed together and topped with your choice of cheese.

Cal. 290 pro. 25-41 carb. 24-32 fat. 2-6 fiber 7

Build your own omelet:.....\$6.50

We start you out with six scrambled egg whites and you pick your protein, carb and one to three vitamins and your choice of cheese.

Cal.335 pro. 41 carb. 27-35 fat.6 fiber 6-8 

Fitness Cafe Oatmeal:.....\$5.50

Organic steel cut oats, cooked to perfection with your choice of bananas or fresh berries and topped with crunchy almond granola.

Cal. 275 pro. 10 carb. 34 fat 5 fiber 5

MVP Pancakes:.....\$7.50

Multi grain batter mixed with almond granola and blueberries and topped with bananas and honey

Cal. 325 pro. 8 carb. 39 fat 4 fiber 4

Wrap choices, Tomato Basil, Herb Garlic, Wheat, or Spinach

GLUTEN FREE ITEM 

Salads & Wraps

Crosstrainer:.....Salad \$9.75 Wrap \$8.75

Iceberg lettuce, black beans, sweet corn, and reduced fat Monterey Jack cheese all tossed together with our secret ranch dressing, topped with crispy tortilla strips and BBQ chicken breast and surrounded by diced tomatoes and chopped scallions. Served as a salad or wrapped in your choice of tortilla.

Cal. 455 pro 32 carb 32 fat 6 fiber 7 

Olympian:.....Salad \$8.55 Wrap \$7.55

Crisp romaine and garlic-herb croutons with grilled chicken breast and topped with our own signature creamy balsamic caesar dressing and grated parmesan cheese. Served as a salad or wrapped in your choice of tortilla.

Cal. 330 pro.30 carb. 4 fat.12 fiber.3 

Slam Dunk:.....Salad \$9.45 Wrap \$8.45

Spinach lettuce, grilled chicken breast, goat cheese, raisins, granny smith apples and pine nuts tossed with a combination of our raspberry walnut vinaigrette and champagne dressing. Served as a salad or wrapped in your choice of tortilla.

Cal.325 pro.34 carb. 4 fat.6 fiber.2 

P90X:.....Salad \$9.45 Wrap \$8.45

Romaine lettuce, cucumbers, carrots, onions, celery, broccoli and tomato tossed with our lemon dijon vinaigrette dressing and topped with your choice of plain albacore tuna (no mayo) or our homemade tuna salad. Served as a salad or wrapped in your choice of tortilla.

Cal. 275-325 pro.36 carb. 4 fat.4-12 fiber.2 

Tabata:.....Salad \$9.25 Wrap \$8.25

Romaine lettuce, celery, carrots, crumbled blue cheese, croutons and grilled buffalo chicken breast, tossed in our secret ranch. Served as a salad or wrapped in your choice of tortilla.

Cal.345 pro.32 carb. 4 fat.6 fiber.4 

Knockout.....Salad \$9.55 Wrap \$8.55

Iceberg and romaine lettuce, avocado, turkey bacon, crumbled egg, tomato, blue cheese and grilled chicken breast. Tossed in our Cobb dressing. Served as a salad or wrapped in your choice of tortilla.

Cal. 340 pro.34 carb. 4 fat. 5 fiber.4 

Served as a Salad or in your choice of flavored wrap, Tomato basil, herb garlic, wheat or spinach

GLUTEN FREE ITEM  *Gluten free not available for wraps*

Quinoa Bowls

Namaste.....\$6.75

Organic Quinoa mixed with grilled chicken, spinach, parmesan cheese and our homemade pesto

Cal. 410 pro.38 carb. 21 fat. 14 fiber.3 

Warrior.....\$6.99

Organic Quinoa mixed with BBQ chicken, black beans, sweet corn, Monterey Jack cheese, tomatoes, scallions and mixed with our secret ranch sauce and topped with diced avocado.

Cal. 445 pro.41 carb. 23 fat. 15 fiber.3 

Vinyasa.....\$6.75

Organic Quinoa mixed with fresh mozzarella, tomatoes, basil, tossed with a house made olive oil and balsamic vinaigrette.

Cal. 335 pro.22 carb. 21 fat. 9 fiber.2 

Lotus.....\$6.75

Organic Quinoa mixed with grilled buffalo chicken, celery, carrots, crumbled blue cheese and tossed with our secret ranch.

Cal. 415 pro.33 carb. 21 fat. 14 fiber.4 

Cobra.....\$6.75


Organic Quinoa topped with our homemade turkey chili, cheddar cheese, and a dollop of fat-free Greek yogurt.


Cal. 390 pro.25 carb. 24 fat. 21 fiber. 11 

Ashtanga.....\$6.75

Organic Quinoa mixed with grilled chicken breast, parmesan cheese and our signature marinara sauce.

Cal. 390 pro.36 carb. 24 fat. 14 fiber.6 

 These items are consistent with guidelines set by the American Heart Association, regarding the relationship between saturated fat, cholesterol and coronary heart disease.

 These items are consistent with dietary recommendations of health professional organizations.

GLUTEN FREE ITEM 

Sandwich

The Flex.....\$7.50

A stack of turkey breast on multi-grain bread topped with alpine lace swiss cheese, tomatoes, lettuce, cucumbers, red onion, and sprouts with honey mustard spread.

Cal. 425 pro.34 carb. 52 fat. 10 fiber.9

Pull Up.....\$7.50

A stack of turkey breast on multi-grain bread topped with alpine lace swiss cheese, tomatoes, lettuce, turkey bacon and reduced fat mayo.

Cal. 445 pro.39 carb. 52 fat. 11 fiber.9

The Ironman.....\$7.50

Freshly sliced lean roast beef topped with roasted red peppers, red onions, tomatoes, blue cheese crumbles on sour dough bread with reduced fat mayo.

Cal. 412 pro.41 carb. 31 fat. 11 fiber.2

Free Style.....\$6.95

A vegetarian delight with stacks of cucumber, avocado, red onion, tomatoes, lettuce, portobello mushroom, fresh mozzarella cheese and sprouts on multi-grain bread with honey mustard.

Cal. 425 pro.18 carb. 44 fat. 10 fiber.9

The Zeus.....\$7.50

Grilled chicken, diced cucumber, tomato, red onion, lettuce and feta cheese on a pita with tzatziki sauce (greek cucumber sauce)

Cal. 390 pro.30 carb. 29 fat. 9 fiber.7

The Ferrigno.....\$7.95

We start out with a fresh baked rustic roll, add a grilled chicken breast and top it with sauteed bell peppers and fresh mozzarella and cover it with our homemade vodka cream sauce.

Cal. 480 pro.45 carb. 29 fat. 11 fiber.3

The Firm.....\$7.95

Grilled chicken breast, fresh mozzarella, portobello mushroom, roasted red peppers and balsamic vinegar on a fresh baked rustic roll.

Cal. 400 pro.45 carb. 29 fat. 6 fiber.3

Gluten Free bread available upon request

Sandwich

 **Venice Beach.....\$7.95**

Grilled chicken breast with avocado, sprouts, lettuce, tomato, topped with alpine lace swiss cheese on a freshly baked rustic roll.

Cal. 410 pro.45 carb. 27 fat. 8 fiber.3

 **The Crunch.....\$7.50**

Our daily homemade creamy albacore tuna salad on sourdough bread topped with tomato, red onion sprouts, lettuce, and pickles.

Cal. 315 pro.28 carb. 24 fat. 8 fiber.3

 **Olympian Pita.....\$7.50**

Delicious Olympian salad with grilled chicken on a pita

Cal. 370 pro.32 carb. 24 fat. 8 fiber.3

 **Slap Shot Quesadilla\$7.50**

Grilled chicken layered with sauteed peppers, Monterey Jack and cheddar cheese, and onions on your choice of flavored wrap with our secret ranch dipping sauce.

Cal. 365 pro.28 carb. 18 fat. 6 fiber.1

 **Mountain Climber.....\$7.50**

Grilled chicken gyro with red onion, tomato, on a pita and topped with tzatziki sauce (greek cucumber sauce).

Cal. 390 pro.30 carb. 29 fat. 9 fiber.7

Burgers

 **He...Could...Go...All...the...Way!!!.....\$7.95**

The Big Mac of the future without all the fat. We start out with 2 extra lean 1/4 lb. turkey patty cover them with reduced fat cheddar cheese, onions, pickles, tomato, shredded lettuce and our own special sauce on a freshly baked bun.

Cal. 455 pro.51 carb. 32 fat. 9 fiber.6

 **Overtime.....\$6.95**

First a 1/4lb. extra lean patty, onion, lettuce, tomato, and Monterey Jack cheese with your choice of honey mustard, mayo, or ketchup on a freshly baked bun.

(Add turkey bacon \$1.50 Add Avocado \$1.00)

Cal. 305-425 pro.28-42 carb. 32 fat. 9-12 fiber.6

Gluten Free bread available upon request

Pasta

 **The Rock.....\$9.75**

We take our homemade vodka cream sauce ,add some penne pasta, and sweet bell peppers, mix in grilled chicken and top with shaved parmesan.

Cal. 510 pro.36 carb.32 fat. 13 fiber.3

 **Pilates.....\$9.45**

Fresh basil, parsley, garlic, parmesan cheese and olive oil make up this sauce. We add fresh linguini and grilled chicken.

Cal. 455 pro.36 carb. 29 fat. 11 fiber.4



 **Karate Chop.....\$3.99**

Peanut butter and jelly on your choice of carbs and flavor of jelly (grape or strawberry) with a special desert.

Cal. 430 pro.19 carb. 44 fat. 26 fiber.6

 **Jumping Jax.....\$3.99**

Grilled cheese sandwich on either bread or a tortilla with a special desert.

Cal. 365 pro.18 carb.36 fat. 26 fiber.2

 **Homerun.....\$3.99**


Organic Quinoa and grilled chicken breast mixed with our signature marinara sauce and shredded parmesan


Cal. 180 pro.17 carb. 12 fat. 7 fiber.2

 **Penalty Box.....\$3.99**

Noodles and cheese with your choice of butter or our signature marinara sauce with a special desert.

Cal. 320 pro.15 carb. 11 fat. 8 fiber.2

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Smoothies

 **Spinner.....\$3.95**

This combination of raspberries, strawberries, banana, and orange sherbet is sure to send your taste buds spinning.

Cal. 275 pro.9 carb. 36 fat. 5 fiber.4

 **Dead Lift.....\$3.95**

To enhance your daily workout, this muscle-making blend of two egg whites, banana, strawberries, whey protein and fat-free yogurt will lift you all day.

Cal. 520 pro.65 carb. 44 fat. 4 fiber.5

 **Push Up.....\$3.95**

Fresh from the vines, a berry lover's dream! A blend of blueberries, strawberries, raspberries, cranberry juice and fat-free yogurt.

Cal. 270 pro.5 carb. 32 fat. 2 fiber.4

 **Hammer Curl.....\$3.95**

A cool blend of kiwi-strawberry juice, pineapple, strawberries, banana, and fat free yogurt is sure to quench your thirst.

Cal. 310 pro.5 carb.45 fat. 2 fiber.4

 **Splash.....\$3.95**

A blueberry taste out of this world. Blueberries, banana, apple juice and fat free yogurt

Cal. 328 pro.6 carb. 48 fat. 2 fiber.5

 **Sit Up.....\$3.95**

Blend of strawberries, banana and fat free yogurt is the perfect training partner.

Cal. 270 pro.8 carb. 38 fat. 1 fiber.4

 **Match Point.....\$3.95**

This fresh blend of fat free yogurt, mocha, espresso bean, and milk will get you up and ready for any match.

Cal. 390 pro.30 carb. 29 fat. 9 fiber.7

Add Whey Isolate protein or Soy protein to any smoothie for additional \$1.00



FITNESS CAFE
HEALTH . ENERGY . FRESHNESS

The Fitness Cafe is the healthy alternative to fast food. We believe that dieting is not the answer, but instead it must become a life style change; that is what our menu provides to you. It follows guidelines set by the American Heart Association along with other health professional organizations. Nothing is prepared with saturated FAT, therefore reducing the risk of high cholesterol, coronary heart disease and other ailments that can and will worsen from a poor diet. Everything is made fresh to order and our fruits and vegetables are delivered daily. Guaranteeing their freshness and flavor.

Eating Healthy in today's fast paced world can be a challenge.

That is why we've opened a Fitness Cafe near you.

Phone or email your order in for pick-up
In moments, fresh food awaits you!

Catering for all Occasions
Party Trays Available

Visit us at www.fitnesscafechicago.com
or email us at
fitnesscafechicago@gmail.com

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