

Wraps and Sandwiches

*Build a wrap - prices vary *Sandwiches/Wraps made with whole wheat tortilla/bread or Ezekial sprouted grain bread *All served with a hearty portion of fresh fruit.

City Club Chicken Wrap						8.95
Oven roasted chicken breast, mixed greens, sliced red onions, diced tomatoes & diced bell peppers drizzled with our lite vinaigrette dressing.						
On Whole Wheat	482 cal	10g fat	24g fiber	51g pro.	31g carb	
City Club Tuna Salad Wrap						7.95
Freshly made tuna salad combined with crispy Romaine lettuce & fresh sliced tomatoes.						
On a Low Carb Tortilla	382 cal	11g fat	23g fiber	29g pro.	32-33g carb	
Turkey Wrap						7.95
Piled high thinly sliced turkey topped with crispy Romaine lettuce & drizzled with City Club Ranch Dressing.						
WW low carb tortilla	502 cal	12g fat	24g fiber	51g pro.	31g carb	
CC Grilled Chicken Sandwich						8.95
Tender house marinated Chicken Breast served with crisp lettuce, tomatoes, and pickles.						
On wheat bread	363 cal	8g fat	5g fiber	50g pro	21g carb	
Housemade Grilled Hamburger						7.95
8 oz pure ground beef served grilled to perfection served with crisp lettuce, tomatoes, onions, and pickles.						
"Big Bite" Turkey & Ham Sandwich						7.95
Sliced turkey & ham served on wheat bread, combined with crisp lettuce, tomatoes, and pickles						
Optional lowfat swiss Alpine Lace	459	11	4	56	21	
Turkey Sandwich						6.95
Sliced turkey served on kaiser bun, combined with crisp lettuce, tomatoes, and pickles						
Optional lowfat swiss Alpine Lace	429	8	5	56	21	
Grilled Cheese Sandwich						4.95
Grilled American cheese on whole wheat bread						
	220 cal	7g fat	4g fiber	9g pro.	26g carb	
Make your own Quesadilla						7.00
Options include chicken, a variety of cheeses & vegetables served on wheat wrap.						

Protein Smoothies....\$5.95

Muscle Pump

Skim Milk, Chocolate Protein, Oatmeal

Power Juice

Orange Juice, Banana Protein, Pineapple, Banana

Blueberry Cobbler

Skim Milk, Blueberry Protein, Banana, Blueberries

Tropical Smoothie

Skim Milk, Vanilla Protein, Banana, Strawberries, Pineapple

Chunky Monkey

Skim Milk, Chocolate Protein, Banana, Chocolate Syrup, Peanut Butter

Grasshopper

Skim Milk, Chocolate Mint Chip Protein, Chocolate Syrup, Chocolate Chips

Sweet Honey Heaven

Vanilla Protein, Honey, Strawberries, Granola

Almond Joy

Skim Milk, Chocolate Protein, Coconut Extract, Almond Extract, Splenda

Banana Nut

Skim Milk, Banana Protein, Banana, Cinnamon, Splenda

MTO Protein Smoothie

Your choice of protein and two smoothie add-ins

Protein Options Include:

Muscle Milk	Lean Body for Her
Lean Body Carb Watchers	Muscle Milk Light
Pro V 60	

Smoothie Add Ins....\$0.95

Frozen Pineapples	Frozen Blueberries	Frozen Strawberries	Banana	Aloe Vera
Chocolate Chips	Oatmeal	Local B Pollen	Granola	Lecithin
Extra Protein Powder	Cinnamon	Flax Seed (Omega 3 Heart Health)	Honey	

Herbal/green tea

\$1.50

Classic Fruit Smoothies

16 oz.....\$3.75 24 oz.....\$4.50

Assorted fruit flavors available

Supplements

\$1.95 per scoop

Cellmass	SuperPump 250	N.O.-Xplode	SuperCharge
----------	---------------	-------------	-------------

Ready to Drink Muscle Milk Protein Shakes

Vanilla Creme	\$3.95	Chocolate	\$3.95
Cookies 'n Creme	\$3.95	Mocha Joe	\$5.95
Banana Creme	\$3.95		



OASIS

To Go Orders 216.6504

Breakfast On the Go

Garden Scramble					\$5.50
Egg whites scrambled with mushrooms, jalapenos, Julienned carrots, peppers, green onions, tomatoes, chopped broccoli, and carrots. Add turkey, ham or chicken for \$1 extra.					
Veggie only,	115 cal	1g fat	4g fiber	16g pro.	4g carb
spinach, tomatoes, 3 oz turkey/chicken,	220	3	4	37	4
broccoli, carrots, peppers, 3 oz ham	265	6	4	37	4
Egg White Omelet					\$5.50
Plain or "build your own" with ingredients listed above. Add turkey, ham or chicken for \$1 extra.					
Egg whites, spray olive oil, low-fat cheese	155 cal	3g fat	4g fiber	23g pro.	5g carb
salsa, jalapenos, mushrooms, peppers, onions, 3 oz turkey/chicken	260	5	4	44	5
tomatoes, broccoli, carrots & spinach, 3 oz ham	305	8	4	44	5
Breakfast Burrito					\$5.50
Egg whites, salsa, and low fat cheese rolled into a whole wheat tortilla. Add turkey, ham or chicken for \$1 extra.					
Egg whites, spray olive oil, salsa	240 cal	5g fat	14g fiber	30g pro.	26g carb
Jalapenos, low fat swiss, 3 oz turkey or chicken	345	7	14	51	26
La Tortilla Factory WW low carb tortilla, 3 oz ham	370	10	14	51	26
Egg Muffin					\$4.50
Egg whites and low fat cheese served on a toasted double fiber English muffin. Add turkey, ham or chicken for \$1 extra.					
Egg whites and muffin	216 cal	3g fat	8g fiber	23g pro.	30g carb
Double fiber English muffin, 3 oz turkey or chicken	321	5	8	44	30
egg whites, low-fat swiss, 3 oz ham	366	8	8	44	30
Yogurt Parfait					\$3.25
Low fat yogurt combined with granola flavored with blueberries or strawberries with optional ground flax.					
Fat free, fruit flavored, 6 oz, no added sugar	168 cal	3g fat	4g fiber	7g pro.	27g carb
Bagels, Plain or Loaded					\$3.95

Salads & Specialties

Farmers Market Salad					6.95
Crispy mixed lettuce, sliced tomatoes, cucumbers wheels, sliced bell peppers & red onions tossed with a dressing of choice.					
(w/out dressing)	75 cal	0.5g fat	5g fiber	2g pro.	9g carb
Chef Salad					7.95
Crispy iceberg lettuce, thinly sliced turkey and ham, boiled eggs, shredded cheddar cheese, sliced red onions & drizzled with a dressing of choice					
	254 cal	10g fat	2g fiber	33g pro.	3g carb
Fresh Chicken or Tuna Salad					4.95
Made with the freshest Albacore Tuna or all white chicken breast and light mayonaise.					
Fruit Cup					\$2.95
Whole Fruit					\$1.25

Chef Betsy's Klean Eatz Menu

HOLISTIC GRAB & GO SEASONAL ENTRES		
Monday: Buffalo Lasagna with Broccoli and Pumpkin Seed Pesto		\$10.95
Tuesday: Italian Style Turkey Loaf with Whipped Sweet Potato		\$8.95
Wednesday: Harvest Tamale Pie w/Organic Black Beans & Hormone/Anti-Biotic Free Chicken		\$8.95
Thursday: Wasabi Crusted Tilapia w/Schezuan Green Beans & Ginger-Citrus Sweet Potatoes		\$10.95
Friday: Cozy Quinoa Casserole w/Vegetable Medley		\$8.95
HOLISTIC HOT SEASONAL SOUPS		\$5.95
Monday: Red Beans & Rice, Gumbo Style	Tuesday: Ajiaco Soup (Traditional Colombian)	
Wednesday: Lentil w/Kale and Italian Turkey Sausage Soup	Thursday: Low Fat Broccoli & Cheese	
Friday: Split Pea (Vegetarian)		
HOLISTIC SPECIALS & EXTRA'S		
Monday: Hummus Ibiza		\$5.95
Monday: Quinoa Tabouli		\$5.95
Wednesday: Shrimp Sushi Rolls		\$7.95
Wednesday: Vegetable Sushi Rolls		\$7.95
Daily: Flax n' Fruit Muffins		\$3.50