

# Fresh & Delicious Sandwiches, Salads, and Smoothies

## BREAKFAST

All entrees are served with fresh seasonal fruit.  
For an extra 20g of protein, add chicken for \$1.50.

<b>Golden Egg Wrap</b> Protein-34g, Carbs-52g, Fat-22g, Fiber-5g, 500 Calories Herb garlic tortilla, cage-free eggs, roma tomatoes, roasted red peppers, and mozzarella cheese, and light mayo	\$5.00
<b>Ham and Cheese Bagel</b> Protein-38g, Carbs-55g, Fat-18g, Fiber-6g, 525 Calories Wheat bagel, hickory smoked sliced ham, Swiss cheese, and cage-free eggs	\$5.00
<b>Egg and Cheese Bagel</b> Protein-30g, Carbs-50g, Fat-16g, Fiber-6g, 500 Calories Wheat Bagel, Swiss cheese, and cage-free eggs	\$5.00
<b>Mediterranean Wrap</b> Protein-28g, Carbs-50g, Fat-10g, Fiber-5g, 450 Calories Wheat tortilla, roma tomatoes, roasted red peppers, feta cheese, and cage-free eggs	\$5.00
<b>Speedy's Egg Wrap</b> Protein-39g, Carbs-56g, Fat-19g, Fiber-10g, 550 Calories Cheddar jalapeño tortilla, refried beans, pepper jack cheese, fresh salsa, and cage-free eggs	\$5.00
<b>Buckeye Cheer</b> Protein-28g, Carbs-50g, Fat-20g, Fiber-4g, 450 Calories Wheat tortilla, spinach, goat cheese, oven roasted red peppers, basil pesto sauce, avocado, and cage-free eggs	\$6.00
<b>Breakfast Veggie</b> Protein-30g, Carbs-50g, Fat-20g, Fiber-4g, 475 Calories Wheat tortilla, hummus, sun-dried tomatoes, roasted red peppers, and cage-free eggs	\$5.00
<b>Yogurt Parfait</b> Protein-15g, Carbs-14g, Fat-12g, Fiber-2g, 120 Calories Yogurt with your choice of one of the following toppings: strawberry, blueberry, raspberry, or mango and a side of granola	\$4.50
<b>Acai Bowl</b> Protein-8g, Carbs-60g, Fat-10g, Fiber-5g, 360 Calories Frozen Acai blend, strawberries, blueberries, banana, granola, shaved coconut, with a drizzle of honey over top	\$8.00
<b>SANDWICHES</b>	
<b>Ham and Swiss</b> Protein-20g, Carbs-30g, Fat-21g, Fiber-3g, 520 Calories Hickory smoked sliced ham, Swiss cheese, lettuce, roma tomatoes, and light mayo served on wheat bread	\$7.50
<b>Buckeye Deluxe</b> Protein-38g, Carbs-44g, Fat-28g, Fiber-3g, 550 Calories Oven roasted sliced turkey breast, hickory smoked ham, Swiss cheese, lettuce, roma tomatoes, light mayo, and bacon tomato dressing served on wheat bread	\$8.50
<b>O-H-I-O n Swiss</b> Protein-24g, Carbs-30g, Fat-24g, Fiber-3g, 540 Calories Toasted wheat bread, sliced roast beef, Swiss cheese, lettuce, roma tomatoes, and pesto mayo	\$8.00
<b>Archie's Club</b> Protein-45g, Carbs-46g, Fat-34g, Fiber-4g, 625 Calories Toasted wheat bread, sliced roast beef, turkey, ham, Swiss cheese, roma tomatoes, lettuce, pesto mayo and bacon tomato dressing	\$9.00
<b>Turkey Avocado</b> Protein-30g, Carbs-25g, Fat-17g, Fiber-3g, 480 Calories Oven roasted sliced turkey breast, avocado, lettuce, alfalfa sprouts, roma tomatoes, and Chuck's pepper mayo served on wheat bread	\$7.50
<b>Egg Salad</b> Protein-34g, Carbs-32g, Fat-28g, Fiber-3g, 590 Calories Fresh homemade egg salad, lettuce, alfalfa sprouts, roma tomatoes, and light mayo served on wheat bread	\$7.50
<b>Hummus Veggie</b> Protein-26g, Carbs-30g, Fat-22g, Fiber-3g, 500 Calories Hummus, roasted red peppers, sun dried tomatoes, alfalfa sprouts, lettuce, and avocado served on wheat bread	\$7.50

### Take Two

Create Your Own Combo for \$6.50

Caesar Salad      Half Sandwich      Cup of Soup  
House Salad      Half Wrap

\*Add \$1 for specialty salad or specialty sandwich/wrap

## SIDES

<b>Hard Boiled Egg</b>	\$2.00
<b>Chicken Salad</b>	\$3.00
<b>Bean and Spinach Salad</b>	\$3.00
<b>Frozen Yogurt</b>	\$2.00
<b>Spicy Tuna</b>	\$3.00
<b>Yogurt Parfait</b>	\$4.50
<b>Egg Salad</b>	\$3.00

## SOUPS

<i>*Tomato Bisque or Soup of the Day</i>	
<b>8oz Cup</b>	\$3.00
<b>12oz Bowl</b>	\$4.00

## QUINOA SALADS

<b>Black Bean and Tomato Quinoa Salad</b> Quinoa, black beans, cumin, olive oil, tomatoes, green onion, cilantro, lime juice, red pepper flakes		
Protein-14g, Carbs-55g, Fat-12g, Fiber-10g, 380 Calories (Bowl)	\$7.00	
Protein-8g, Carbs-35g, Fat-8g, Fiber-6g, 280 Calories (Cup)	\$3.00	
<b>Quinoa Citrus Salad</b> Quinoa, orange juice, lemon juice, tomatoes, olive oil, green onions, raisins, cilantro, black pepper, cumin		
Protein-8g, Carbs-75g, Fat-10g, Fiber-10g, 360 Calories (Bowl)	\$7.00	
Protein-6g, Carbs-40g, Fat-6g, Fiber-5g, 260 Calories (Cup)	\$3.00	

## PIZZA

<b>Buffalo Chicken</b> Protein-32g, Carbs-45g, Fat-24g, Fiber-3g, 500 Calories Buffalo sauce, grilled chicken breast, mozzarella cheese, fresh celery, and drizzled with ranch dressing	\$9.50
<b>Thai Chicken</b> Protein-34g, Carbs-70g, Fat-26g, Fiber-5g, 675 Calories Sesame oriental dressing, mozzarella cheese, shredded carrots, grilled chicken breast, and crunchy noodles	\$8.50
<b>Just Cheese Baby</b> Protein-30g, Carbs-55g, Fat-20g, Fiber-3g, 550 Calories Marinara sauce, mozzarella cheese, and Italian herbs	\$7.50
<b>Italian</b> Protein-34g, Carbs-55g, Fat-20g, Fiber-3g, 600 Calories Marinara sauce, mozzarella cheese, tomatoes, roasted red peppers, pamesan cheese, and Italian herbs	\$9.50
<b>Pepperoni</b> Protein-34g, Carbs-58g, Fat-22g, Fiber-3g, 625 Calories Marinara sauce, mozzarella cheese, and pepperoni	\$8.50
<b>Buckeye Bounce</b> Protein-32g, Carbs-45g, Fat-30g, Fiber-3g, 550 Calories Basil pesto sauce, grilled chicken breast, roasted red peppers, sun dried tomatoes, mozzarella cheese, and goat cheese. Served on gluten free crust (may substitute with regular crust).	\$10.00
<b>Barbecue Chicken</b> Protein-32g, Carbs-55g, Fat-30g, Fiber-4g, 600 Calories BBQ sauce, grilled chicken breast, mozzarella cheese, pepper jack cheese, red onions	\$9.50

\*Gluten-free pizza crust available for \$2.00.

## KIDS

<b>Baked Chicken Strips</b> Protein-25g, Carbs-17g, Fat-15g, Fiber-2g, 310 Calories	\$4.50
<b>Grilled Cheese</b> Protein-20g, Carbs-38g, Fat-15g, Fiber-4g, 360 Calories	\$4.50
<b>Little Buckeye Cheese Pizza</b> Protein-16g, Carbs-26g, Fat-14g, Fiber-1g, 260 Calories	\$4.50
<b>Turkey and Swiss Sandwich</b> Protein-24g, Carbs-31g, Fat-14g, Fiber-2g, 340 Calories	\$4.50
<b>Cheese Quesadilla</b> Protein-17g, Carbs-27g, Fat-14g, Fiber-3g, 280 Calories	\$4.50
<b>Little King</b> Protein-14g, Carbs-56g, Fat-16g, Fiber-5g, 400 Calories	\$4.50
<b>Peanut Butter and Jelly Sandwich</b> Protein-10g, Carbs-45g, Fat-14g, Fiber-4g, 325 Calories	\$4.50

## SALADS

<b>Caesar Salad</b> Protein-12g, Carbs-16g, Fat-16g, Fiber-2g, 225 Calories Romaine spinach blend, roma tomatoes, parmesan cheese, croutons, and Caesar dressing	\$6.50
<b>Chicken Salad</b> Protein-32g, Carbs-18g, Fat-25g, Fiber-2g, 400 Calories Romaine spinach blend, fresh homemade chicken salad, pepper jack cheese, shredded carrots, alfalfa sprouts, roma tomatoes, and sunflower seeds	\$8.00
<b>Spicy Tuna Salad</b> Protein-30g, Carbs-18g, Fat-26g, Fiber-2g, 400 Calories Romaine spinach blend, fresh homemade spicy tuna salad, pepper jack cheese, shredded carrots, alfalfa sprouts, and roma tomatoes	\$8.00
<b>Thai Salad</b> Protein-25g, Carbs-20g, Fat-22g, Fiber-2g, 375 Calories Romaine spinach blend, grilled chicken breast, shredded carrots, crunchy noodles, alfalfa sprouts, and sesame oriental dressing	\$8.00
<b>Cobb Salad</b> Protein-34g, Carbs-21g, Fat-20g, Fiber-2g, 380 Calories Romaine spinach blend, grilled chicken breast, avocado, roma tomatoes, hard boiled eggs, and goat cheese crumbles	\$8.50
<b>Chef Salad</b> Protein-32g, Carbs-20g, Fat-20g, Fiber-2g, 375 Calories Romaine spinach blend, oven roasted sliced turkey breast, hickory smoked ham, shredded carrots, roma tomatoes, goat cheese, alfalfa sprouts, sunflower seeds, and croutons	\$8.50
<b>Greek Salad</b> Protein-25g, Carbs-22g, Fat-22g, Fiber-2g, 415 Calories Romaine spinach blend, grilled chicken breast, oven roasted red peppers, black olives, and feta cheese	\$8.50
<b>Avocado Salad</b> Protein-5g, Carbs-20g, Fat-18g, Fiber-3g, 300 Calories Romaine spinach blend, avocado, roma tomatoes, cucumber, served with a creamy Japanese Ginger dressing	\$8.00
<b>Spinach Salad</b> Protein-13g, Carbs-19g, Fat-24g, Fiber-6g, 320 Calories Baby Spinach, dried raisins, roasted almonds, citrus segments, avocado, and goat cheese	\$8.00
<b>Southwest Kale Salad</b> Protein-12g, Carbs-40g, Fat-18g, Fiber-14g, 350 Calories Kale blend with fresh cilantro over tomato, red onion, avocado, black beans, and corn served with a spicy avocado vinaigrette	\$8.50
<b>WRAPS</b>	
<b>Chicken Caesar</b> Protein-36g, Carbs-60g, Fat-20g, Fiber-3g, 525 Calories Herb garlic tortilla, grilled chicken breast, romaine spinach blend, pamesan cheese, roma tomatoes, and Caesar dressing	\$7.50
<b>Asian Thai</b> Protein-33g, Carbs-65g, Fat-22g, Fiber-4g, 625 Calories Spinach tortilla, grilled chicken breast, romaine spinach blend, mozzarella cheese, shredded carrots, alfalfa sprouts, crunchy noodles, and sesame oriental dressing	\$7.50
<b>Urban Chicken</b> Protein-36g, Carbs-43g, Fat-15g, Fiber-3g, 520 Calories Herb garlic tortilla, grilled chicken breast, romaine spinach blend, shredded carrots, roma tomatoes, black olives, goat cheese, and honey mustard dressing	\$7.50
<b>Varsity Club</b> Protein-34g, Carbs-32g, Fat-28g, Fiber-3g, 520 Calories Cheddar jalapeño tortilla, smoked sliced ham, oven roasted sliced turkey, pepper jack cheese, romaine spinach blend, roma tomatoes and bacon tomato dressing	\$8.00
<b>Chicken Salad</b> Protein-34g, Carbs-36g, Fat-28g, Fiber-3g, 590 Calories Honey wheat tortilla, fresh homemade chicken salad, romaine spinach blend, alfalfa sprouts, and roma tomatoes	\$7.50
<b>Spicy Tuna Salad</b> Protein-34g, Carbs-32g, Fat-28g, Fiber-3g, 590 Calories Honey wheat tortilla, fresh homemade spicy tuna salad, romaine spinach blend, alfalfa sprouts, and roma tomatoes	\$7.50
<b>Buffalo Chicken</b> Protein-39g, Carbs-48g, Fat-28g, Fiber-3g, 600 Calories Cheddar jalapeño tortilla, buffalo chicken tenders, romaine spinach blend, roma tomatoes, and ranch dressing	\$7.50
<b>Woody's Veggie</b> Protein-12g, Carbs-28g, Fat-24g, Fiber-3g, 500 Calories Spinach tortilla, romaine spinach blend, pepper jack cheese, shredded carrots, roma tomatoes, alfalfa sprouts, sunflower seeds, and honey mustard	\$7.50
<b>Turkey Avocado</b> Protein-32g, Carbs-34g, Fat-22g, Fiber-3g, 525 Calories Spinach tortilla, sliced turkey breast, mozzarella cheese, romaine spinach blend, avocado, alfalfa sprouts, Chuck's pepper mayo and roma tomatoes	\$7.50
<b>Chicken Parmesan</b> Protein-38g, Carbs-45g, Fat-35g, Fiber-3g, 580 Calories Oven baked chicken, marinara, mozzarella cheese, pamesan cheese, and Italian seasoning	\$7.50

10259 Sawmill Parkway Powell, Ohio 43065

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422 Polaris Parkway Westerville, Ohio 43082

614-568-8275

# Healthy never tasted so good.

## SMOOTHIES

16oz \$5.00 20oz \$6.00 32oz \$7.00

### Protein

#### The Buckeye

Protein-30g, Carbs-32g, Fat-7g, Fiber-4g, 280 Calories  
Chocolate whey protein, skim milk, peanut butter, and banana

#### The Arnold

Protein-50g, Carbs-30g, Fat-5g, Fiber-4g, 350 Calories  
Frozen yogurt, skim milk, 2 scoops of whey protein, creatine or glutamine, and choice of two fruits

#### The Slim & Trim

Protein-26g, Carbs-22g, Fat-3g, Fiber-3g, 210 Calories  
Whey protein, skim milk, and choice of two fruits

#### The Sunrise

Protein-22g, Carbs-3g, Fat-2g, Fiber-1g, 220 Calories  
Whey protein, strawberries, banana, and orange juice

#### The TripleBerry

Protein-22g, Carbs-40g, Fat-3g, Fiber-2g, 225 Calories  
Whey protein, strawberries, raspberries, blueberries, and orange juice

#### The Mango Tango

Protein-22g, Carbs-48g, Fat-3g, Fiber-2g, 230 Calories  
Whey protein, peaches, mango, and pineapple juice

### Energy

#### Palm Breeze

Protein-3g, Carbs-30g, Fat-8g, Fiber-3, 300 Calories  
Mango, banana, coconut water, splash of honey, and energy boost

#### Almond Joyed

Protein-25g, Carbs-55g, Fat-8g, Fiber-4g, 350 Calories  
Coconut water, shaved coconut, chocolate almond milk, chocolate whey protein, and energy boost

#### Little Popeye

Protein-15g, Carbs-50g, Fat-10g, Fiber-3g, 330 Calories  
Chocolate almond milk, banana, spinach, peanut butter, and energy boost

#### Rainin' Berries

Protein-3g, Carbs-35g, Fat-2g, Fiber-2g, 360 Calories  
Acai juice, strawberries, blueberries, raspberries, and energy boost

#### Bahama Breezin'

Protein-3g, Carbs-65g, Fat-8g, Fiber-2g, 380 Calories  
Acai juice, orange juice, almond milk, mango, blueberries, and energy boost

#### Matta Madness

Protein-35g, Carbs-25g, Fat-6g, Fiber-3g, 300 Calories  
Mocha java blend, whey protein and skim milk

Customize your smoothies for just \$1.00.

-Add creatine, glutamine, energy boost, or your choice of meal supplement

-Add whey protein for an additional 22g of protein

-Substitute almond milk to reduce sugar content by 10g

-Substitute coconut milk to reduce sugar content by 14g

### Healthy Choices

#### Strawberry Coconut

Protein-5g, Carbs-18g, Fat-2g, Fiber-1g, 150 Calories  
Coconut water, strawberries, banana, splash of honey, and shaved coconut

#### Acai Berry

Protein-3g, Carbs-30g, Fat-4g, Fiber-1g, 140 Calories  
Acai juice, strawberries, blueberries, and banana

#### Spinach Avocado

Protein-5g, Carbs-55g, Fat-12g, Fiber-2g, 260 Calories  
Spinach, fresh avocado, banana, water, and splash of honey

#### Sunny Beaches

Protein-5g, Carbs-20g, Fat-3g, Fiber-2g, 180 Calories  
Coconut water, peaches, pineapple, splash of honey, and shaved coconut

#### Mango Berry

Protein-2g, Carbs-24g, Fat-3g, Fiber-2g, 150 Calories  
Coconut milk, mango, strawberries, and splash of honey

### Meal Supplements

#### Beach Bod

Protein-25g, Carbs-30g, Fat-10g, Fiber-2g, 280 Calories  
Chocolate whey protein, skim milk, peanut butter, and banana

#### Orange Dreamsicle

Protein-30g, Carbs-55g, Fat-20g, Fiber-2g, 350 Calories  
Orange juice, frozen yogurt, vanilla whey protein, and meal replacement supplement

#### The King

Protein-15g, Carbs-55g, Fat-15g, Fiber-3g, 400 Calories  
Peanut butter, banana, splash of honey, skim milk, and meal replacement

#### Aloha

Protein-6g, Carbs-40g, Fat-10g, Fiber-1g, 300 Calories  
Peaches, mango, splash of honey, pineapple juice, and meal replacement supplement

#### Peaches 'n Berries

Protein-6g, Carbs-50g, Fat-10g, Fiber-1g, 300 Calories  
Peaches, blueberries, splash of honey, orange juice, and meal replacement supplement

## Let us deliver a catering order tomorrow!

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