

BREAKFAST

Whole-Wheat Breakfast Wrap.....\$5.95

Upgrade to Omelette....\$.55

Served with Eggs and Cheddar Cheese. Side of Fruit Included.

Choice of One Protein and One Vegetable OR Two Vegetables:

Chicken	Tomato
Turkey Sausage	Spinach
Avocado	Red Onion
Sprouts	Roasted Red Peppers

Breakfast Bagel.....\$4.95

Eggs, Turkey Sausage and Cheddar Cheese

Served with a Piece of Fruit.

Whole-Wheat Bagel & Lox.....\$6.50

Smoked Salmon, Cream Cheese, Capers and Red Onion

Whole-Wheat Bagel Sandwich.....\$4.50

Avocado, Tomato, Sprouts and Red Onion

Whole-Wheat Bagel.....\$2.25

Cream Cheese. Add Peanut Butter \$.75

BEVERAGES

Coffee.....\$1.75

Mango Ice Tea.....\$1.95

(Add to a Meal for \$1.50)

SANDWICH/WRAP/SALADS \$7.50

Sandwiches and Wraps: Served with your Choice of one Piece of Fruit, Chips or Potato Salad

Wraps: Served on your Choice of: Wheat, Spinach, Garlic-Herb or Tomato Basil

Sandwiches: Served on a Salt and Pepper Bun

Greek Chicken

Grilled Chicken, Romaine Lettuce, Red Onion, Tomato, Feta Cheese and Kalamata Olives. Served with a Lemon-Mint-Garlic Vinaigrette.

Add Avocado \$.99

Grilled Chicken Pear and Cranberry

Grilled Chicken, Romaine Lettuce, Sliced Pears, Dried Cranberries and Feta Cheese. Served with a Balsamic Vinaigrette. Add Avocado \$.99

Albacore Tuna

Seasoned Chunky Tuna, Romaine Lettuce, Sprouts, Tomatoes and Red Onion.

Tossed with Olive Oil, Parmesan Cheese, Capers and House Seasonings.

Add Avocado \$.99

Chicken Caesar

Grilled Chicken, Romaine Lettuce and Parmesan Cheese. Served with Caesar Dressing. Add Avocado \$.99

Garden Turkey

Turkey Breast, Romaine Lettuce, Sprouts, Tomato, Red Onion and Avocado. Served with Creole Mustard or your Choice of Dressing.

Upgrade any Protein to Grilled Salmon for \$2.75

ATM HIGH FAVORITES

Smoked Salmon Salad.....\$8.95

Smoked Salmon, Romaine Lettuce, Roasted Red Peppers, Sprouts, Parmesan Cheese, Tomato, Red Onion, Kalamata Olives and Hard-Boiled Egg. Served with your Choice of Dressing.

Creole Chicken Sandwich.....\$6.95

Grilled Chicken Breast, Romaine Lettuce, Tomato, Avocado and Creole Mustard. Served on Salt & Pepper Bun with your Choice of: Piece of Fruit, Potato Salad or Chips.

Chicken Hummus Wrap.....\$7.50

Grilled Chicken, Hummus, Feta Cheese, Spinach, Tomato and Roasted Red Peppers. Served with your Choice of: Piece of Fruit, Potato Salad or Chips. Add Avocado \$.99

Grilled Chicken Rice Bowl.....\$6.95

Grilled Chicken, Steamed Seasonal Vegetables Served over Brown Rice with a side of Ponzu. Add Avocado \$.99

Grilled Salmon Rice Bowl.....\$9.95

Grilled Salmon, Steamed Seasonal Vegetables Served over Brown Rice with a side of Ponzu. Add Avocado \$.99

VEGETARIAN

Veggie Bowl.....\$5.95

Steamed Seasonal Vegetables Served over Brown Rice with a side of Ponzu. Add Avocado \$.99

Hummus Wrap.....\$5.95

Hummus, Feta Cheese, Spinach, Tomato and Roasted Red Peppers. Served with your Choice of: Piece of Fruit, Potato Salad or Chips. Add Avocado \$.99

Hummus.....\$4.25

Served with Pita Bread.

FRESH FRUIT SMOOTHIES \$4.95

Smoothies Contain Zero Calorie Sweetener

Sage

Kale, Mango, Peaches, Bananas and Orange Juice

The Classic

Strawberries, Bananas, Fat-Free Yogurt and Fat-Free Milk

Tropical

Mango, Pineapple, Bananas, Fat-Free Yogurt and Orange Juice

Very Berry Blend

Mixed Berries, Strawberries, Bananas, Fat-Free Yogurt and Orange Juice

Blue Fusion

Blueberries, Mango, Peaches, Low-Fat Yogurt and Orange Juice

Peanut Butter Split

Bananas, Peanut Butter, Hershey Syrup, Fat-Free Yogurt and Fat-Free Milk

PinaBanana

Pineapple, Bananas, Fat-Free Yogurt and Fat-Free Milk

ADD A FRUIT/VEGETABLE

Banana.....\$1.00	Blueberries.....\$.75	Almond Milk.....\$.60
Peaches.....\$.75	Strawberries.....\$.75	Avocado.....\$.99
Pear.....\$1.00	Mango.....\$.75	Kale.....\$1.00
Pineapple.....\$1.00	Mixed Berries.....\$1.00	Spinach.....\$1.00



SHAKE IT UP \$5.75

Super Green

Strawberry Whey Protein, Powdered Greens, Mixed Berries, Bananas and Orange Juice

Strawberry Banana

Strawberry Whey Protein, Bananas, Strawberries, Fat-Free Yogurt and Fat-Free Milk

Java Smoothie

Chocolate or Vanilla Whey Protein, Coffee, Fat-Free Yogurt and Fat-Free Milk

Plenty Of Energy

Strawberry Protein, Energy Boost, Strawberries, Fat-Free Yogurt and Fat-Free Milk

Bring It

Vanilla Whey Protein, Creatine, Bananas, Fat-Free Yogurt and Orange Juice

Peanut Protein Time

Chocolate Whey Protein, Peanut Butter, Banana, Fat-Free Yogurt and Fat-Free Milk

Mango & Dreams

Vanilla Whey Protein, Mango, Pineapple, Fat-Free Yogurt and Orange Juice

Green Giant

Strawberry Whey Protein, Spinach, Bananas, Pineapples and Pineapple Juice

Cookies and Creme

Vanilla Whey Protein, Hershey Syrup, Real Cookie Crumbles, Low-Fat Yogurt and Fat-Free Milk

Peanut Berry Time

Strawberry Whey Protein, Mixed Berries, Peanut Butter and Fat-Free Milk

Bananacado

Vanilla Whey Protein, Avocado, Bananas, Low-Fat Yogurt and Fat-Free Milk

PB & JAVA

Chocolate or Vanilla Whey Protein, Coffee, Peanut Butter, Low-Fat Yogurt and Fat-Free Milk

SHAKE IT UP CONTINUED

Mint Chip

Chocolate Mint Whey Protein, Chocolate Flavoring, Low-Fat Yogurt and Fat-Free Milk

Luna

Strawberry Whey Protein, Peaches, Pineapples, Spinach, Coconut Water and Fat-Free Milk

Andro

Strawberry Whey Protein, Strawberries, Peanut Butter, Low-Fat Yogurt and Fat-Free Milk

Magic Matcha

Vanilla Whey Protein, Green Tea Matcha, Fat-Free Yogurt and Fat-Free Milk

Add a Boost \$1.00

Energy Boost • Creatine • Soy Protein • Powdered Greens • BCAA's
Oatmeal • Peanut Butter • Glutamine • Coconut Water
Extra Whey Protein • Matcha Green Tea



AIMHIGH

FITNESS CAFE

LOCATED IN THE
WARRIOR FITNESS CENTER

BREAKFAST
SMOOTHIES • SHAKES
SALADS • WRAPS
SANDWICHES

Hours of Operation

Monday-Friday


0700-2000

Saturday

0900-1700

Sunday Hours: Seasonal

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