

Loyola Center for Fitness Café July 2018

Try Our Smoothies	<u>Smoothies</u> Mango Banana Strawberry Wild Berry Cappuccino Pina Colada Non-Fat Yogurt	<u>Fix & Fun Smoothies</u> Strawberry (cal. 274) Fruit & Sorbet (cal. 178) Super Spinach (cal. 165) Chocolate Strawberry (cal. 354) Super Kale Fruit (cal. 269) Tropical Green Detox (cal. 139) Spinach Mango, Yogurt & OJ (cal. 263)	<u>Breakfast</u> Fresh Fruit Fresh Cookies Fresh Muffin Bagel w / Cheese Hard Boiled Egg Peanut Butter Parfait	<u>Breakfast Specials</u> Waffles (Friday) Omelet's (Tues. & Thurs.) Breakfast Sandwiches (Wednesday)	<u>Beverages</u> Milk Soy Milk Vitamin Water Minute Maid Naked Drink Rock Star Amp Drink Gatorade
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<u>Power Bowls</u>	<u>Salads</u>	<u>Lunch Specials</u>	<u>Lunch Specials</u>
Roasted Vegetable Quinoa Bowl	Southwest Salad w/ spicy chicken	Let us build your Wrap	Beef Taco's
Steak Fajita Power Bowl	Caribbean Chicken Salad	Let us build your Sandwich	Taco Salad
Greek Power Bowl	Asian Salmon Salad	Italian Beef Sandwiches	Doritos Bowl
Zesty Kale & Sweet Potato Bowl	Pasta Mediterranean Salad	Philly Cheese Steak Sandwich	LCF Sub Sandwiches
Honey Lime Fruit Salad	Change Your Weight Chicken Salad	Spicy Parmesan Chicken Sandwich	Jerk Chicken

Hot Panini

Ham
Turkey
Roast Beef
Italian
Tuna Melt (vegetarian option)
Cheese (vegetarian option)

Sandwiches

Turkey
Roast Beef
Ham
Corned Beef
Tuna Salad

Wraps

Turkey with Provolone
Grilled Chicken
Tuna Salad Wrap
Chicken Salad
Veggie Wraps

Side Salad

Tuna & Cottage Cheese
Cottage Cheese & Fruit

**Try
Our New
Lunch
Specials
&
Summer
Salads**

Café Items are subject to Availability For more information call 708-327-2348