

SMOOTHIE

\$4.99 16oz / \$5.99 20oz

MANGO (320 Cal.)	VANILLA BEAN SHAKE (280 Cal.)
STRAWBERRY BANANA (222 Cal.) Blend of banana & strawberries	GREEN MACHINE (120 Cal.) Blend of spinach, pineapple, strawberries & lime
BANANA BOAT (340 Cal.) Banana, ginger & almond milk	HYBRID BLEND (360 Cal.) Mixture fo Mango & the Caribbean
BLUEBERRY BANANA	ORGANIC BERRY BLEND (297 Cal.) Blend of strawberries, blueberries & raspberries
MANGO & PINAPPLE (340 Cal.) Blend of mangos & pineapple	KINGSTON (290 Cal.) Blend of strawberries, banana, mango & pineapple
PIÑA COLADA (360 Cal.) Banana, pineapple & coconut milk	CARIBBEAN (350 Cal.) Coconut & pineapple
PINEAPPLE, ORANGE & BANANA (225Cal.)	CHAMP DEAN (20oz only - \$6.49) POST WORKOUT SMOOTHIE (320 Cal.) Blend of strawberries, banana, peanut butter, protein & almond milk

SPECIALTY BURGERS

Burgers come on 100 calorie wheat bun, sandwich thin (unless otherwise requested) with Veggie Straws

TURKEY BURGER (305 Cal.) Turkey burger melt, all natural ground turkey infused with nutritious spinach, hearty brown rice, savory roasted onions & cheese	\$7.99
BLACK BURGER MELT (270 Cal.) ¼ lbs Black bean patty, lettuce & cheese	\$7.99
SALMON BURGER (330 Cal.) Salmon filet with lettuce, cheese & your choice of tartar or chipotle sauce	\$8.49
SLIDER SANDWICHES (Choice of sauces: Chipotle Mayo, Jalapeno Ranch or Light Mayo)	
TURKEY (190 Cal.)	\$2.99 or 2 for \$5.00
CHICKEN (205 Cal.)	\$2.99 or 2 for \$5.00
TURKEY BACON & RANCH (235 Cal.) Maple turkey, turkey bacon, lettuce, tomato & special ranch sauc	\$3.19 or 2 for \$6.00

BEVERAGES

COCONUT WATER	\$2.99
BOTTLED WATER	\$1.99
HYBRID PUNCH	16oz \$2.19 20oz \$2.69
HOT COFFEE	\$1.99
JB MORNING GLORY	\$4.99

SANDWICHES

HYBRID TURKEY MELT (620 Cal.) Turkey, turkey bacon, Colby cheese, guacamole, chipotle ranch, lettuce & tomato on wheat	\$7.99
BBQ FLATBREAD (420 Cal.) Grilled barbecue chicken breast strips, with Colby cheese	\$7.99
TBLT(550 Cal.) Turkey bacon, lettuce and tomato with light mayo on wheat	\$6.99
SWEET AND SPICY GRILL CHEESE (400 Cal.) Pepper jack, Colby cheese with grilled onion and tomato on wheat	\$5.99
HYBRID CAESAR WRAP (820 Cal.) Grilled Chicken, romaine, Parmesan and Caesar dressing on a Spinach wrap	\$6.99
GRILL CHEESE PANINI (625Cal.) Old fashion cheddar grilled cheese on your choice of bread	\$5.29
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FLATBREAD CHICKEN AVOCADO MELT(350 Cal.) Grilled chicken, avocado, lettuce, ranch & cheese	\$7.99
BLACK BEAN PATTY PANINI (340 Cal.) ¼ Black bean patty & greens with a zesty sauce	\$7.99
2K CLUB PANINI (350 Cal.) Smoked turkey breast, turkey bacon, spinach, provolone & light mayo	\$7.99
GRILLED CHICKEN WRAP (410 Cal.) Grilled chicken, lettuce, & tomato	\$6.99
JERK CHICKEN WRAP (470 Cal.) Jerk chicken, lettuce, & tomato and cheese	\$7.99
THE VEGGIE (190 Cal.) Cucumber, avocado, lettuce & onion	\$5.50
TURKEY & CHEESE (450 Cal.) Choice of bread, cheese, lettuce & light mayo	\$6.50
L.C.'s TUNA FISH (640 Cal.) Tuna fish signature blend	\$6.49
COMBO DAILY SPECIAL ½ Sandwich & ½ Salad	\$8.99
CELLA'S CHICKEN APPLE CRAISIN SALAD (400 Cal.) Signature fat free yogurt dressing, chicken & sliced apples	\$6.99

CHOICE OF BREADS: Artesian, Whole Wheat & Hawaiian Bread (available for an additional 0.25 cents)

Tomatoes can be added to any sandwich for an additional 0.25 cents