

BOWLS

— 5.95 —

All made with brown rice. **ADD AVOCADO - 75¢**

Chicken-Bacon-Ranch

chicken, bacon, tomato, shredded cheese, ranch dressing

Southwest

chicken, black bean, corn, tomato, green onion, shredded cheese, tortilla strips, house-made creamy salsa sauce, lime wedge

Teriyaki

edamame beans, carrots, green onion, broccoli, wonton strips, sesame seeds, house-made teriyaki sauce

Veggie

edamame beans, carrots, broccoli, cucumber, house-made green goodness dressing

PIZZA

— 4.95 —

25g of protein, 4g of carbs, chicken based crust, grain free, gluten free & guilt free!

Protein Pizza

SUPREME • PEPPERONI • THREE CHEESE

Breakfast Pizza

BACON • SAUSAGE • PEPPERONI

CHOCOLATE CHIP PROTEIN WAFFLE BOWL

— 4.95 —

Includes your choice of two toppings

AGAVE • BANANA • BLUEBERRIES • MANGO
STRAWBERRIES • WALNUTS • MAPLE SYRUP

ORGANIC STEEL CUT OATS

— 12 oz. 2.95 —

Includes your choice of two toppings

ADDITIONAL TOPPINGS - 50¢
ADD CHOCOLATE OR VANILLA PROTEIN - 1.00
AGAVE • ALMONDS • BLUEBERRIES
COCONUT • CRANBERRIES • GREEN APPLE
MANGO • PEANUT BUTTER
STRAWBERRIES • BANANA • WALNUTS

TOASTED PROTEIN BAGEL

— 2.49 —

Includes your choice of one topping

ORGANIC BUTTER • LIGHT CREAM CHEESE
PEANUT BUTTER (28g protein)

THINK HEALTHY. BE HEALTHY.

Making healthy food
convenient and affordable.



7 AM - 7 PM MON-FRI
10 AM - 4 PM SAT & SUN

640 4th Avenue
Monroe, WI 53566

fncofmonroe.com

[608] 325-6900

DELIVERY AVAILABLE

Monday - Friday from 10am - 2pm

(\$30 minimum order - \$3 delivery fee)

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10 AM - 4 PM SAT & SUN

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Fitness Nutrition Center, Inc.



@fitnessnutritioncenter1



SALADS

— 4.95 —

All made with organic greens. **ADD AVOCADO - 75¢**

AVAILABLE DRESSINGS:

Fat-Free Calorie-Free Honey Mustard • Fat-Free Calorie-Free Ranch Ranch • House-made Green Goodness • House-made Teriyaki House-made Raspberry Vinaigrette • House-made Creamy Salsa

Garden Salad

tomato, carrots, cucumber, green onion, havarti horseradish cheese, almonds, choice of dressing

Chicken-Bacon-Ranch

chicken, bacon, tomato, shredded cheese, ranch dressing

Southwest

chicken, black beans, corn, tomato, green onion, shredded cheese, house-made creamy salsa dressing

Merry Berry

fresh raspberries, bacon, green onion, gran queso cheese, walnuts, house-made raspberry vinaigrette

WRAPS

— 5.95 —

Choose regular, spinach herb, garlic-herb or tomato basil tortilla. **ADD AVOCADO - 75¢**

Chicken-Bacon-Ranch

chicken, bacon, tomato, lettuce, shredded cheese, ranch dressing

Southwest

chicken, black beans, rice, corn, tomato, green onion, shredded cheese, lettuce, tortilla strips, house-made creamy salsa dressing

Hawaiian

chicken, pineapple, green onion, mozzarella cheese, lettuce, bbq sauce

Veggie

spinach, lettuce, carrots, cucumber, tomato, house-made green goodness dressing

ALL-NATURAL PB&J

— 3.95 —

made with P28 bread, nuts & more peanut butter, sugar-free mountain berry preserves

SMOOTHIES

25 GRAMS OF PROTEIN IN EACH SMOOTHIE!

24 OZ. 4.29 • 10 OZ. KIDS SMOOTHIE 2.29

Green Machine (210 cal.) 1 scoop greens mix, spinach, pineapple, vanilla protein, turbinado

Morning Sunrise (230 cal.) coffee, nutella, chocolate protein

Fruity Loop (290 cal.) blueberries, strawberries, banana, vanilla protein

Peanut Butter Blaster (290 cal.) banana, chocolate or vanilla protein, PB2

Peach Cobbler (280 cal.) peaches, oats, cinnamon, vanilla protein, turbinado

Rocket Pop (250 cal.) rocket pop amino acids, strawberries, raspberries, vanilla protein

Mango Madness (200 cal.) organic mango puree, mango, vanilla protein, turbinado

Chocolate Lovers (270 cal.) organic cocoa, banana, chocolate protein

Orange Dream (220 cal.) orange amino acids, peaches, strawberries, vanilla protein

Grape Escape (205 cal.) grape amino acid, blueberries, vanilla protein

ADD-INS 75¢ each

ALOE VERA: boost immune system, anti-inflammatory, digestive aid, detoxification, energy

BCAA: repair, recover, rebuild muscles

CHIA SEEDS: source of omega fatty acids, fiber, energy

COCONUT OIL POWDER: essential fatty acid

COLLAGEN: hair, skin, nails, bones, and joint support

CREATINE: supports muscle strength, power, size

FIBER: digestive support

GREENS: detoxifying, alkalizing, energizing

MCT OIL POWDER: weight management, thermogenic, energy

MULTI-VITAMINS & MINERALS: boost energy levels, replenish nutrients

NATURAL ENERGY: green tea, guarana seed, camellia sinensis

ORGANIC PLANT PROTEIN: vegan, dairy free, soy free, probiotics, enzymes

PROBIOTIC: immune system, digestive health

VITAMIN C: immune system, antioxidant

VITAMIN D: immune system, nervous system, fights depression

WEIGHT GAINER PROTEIN: extra 500 calories, 100 carbohydrates, 20 grams of protein



FROZEN KEFIR GF

12 OZ. 4.95

Includes your choice of two toppings

ADDITIONAL TOPPINGS - 50¢

ALMONDS • BLUEBERRIES

STRAWBERRIES • GREEN APPLE

MANGO • DARK CHOCOLATE CHIPS

WALNUTS • COCONUT

PEANUT BUTTER



GF = GLUTEN FREE

In-store items are also available.

Please inform our team members of any food allergies

COFFEE & TEAS

Organic Coffee 16 OZ. 1.95 • 20 OZ. 2.29
regular or decaf

Organic Hot Green Tea 12 OZ. 1.95

AVAILABLE ADDITIVES:

Almond Milk • Agave • Coconut Sugar
ADD RAW HONEY OR MCT OIL - 50¢

Organic Hot Cocoa 12 OZ. 1.95

Organic Iced Coffee 16 OZ. 1.95

Unsweetened Iced Tea 16 OZ. 2.49

Tropical Green Tea 16 OZ. 2.49

Lemon wedge available on request for all teas