

SALADS

— 5.95 —

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, tortilla strips, shredded cheese,
house-made creamy salsa dressing

Merry Berry

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

BEVERAGES

Organic Coffee 16 oz. 1.95 • 20 oz. 2.35
regular or decaf

Organic Bullet Proof Coffee 16 oz. 3.95
coffee, grassfed butter, mct oil,
cinnamon, turbinado.

Organic Hot Green Tea 12 oz. 1.95

AVAILABLE ADDITIVES:

Almond Milk • Agave • Coconut Sugar

Organic Hot Cocoa 12 oz. 1.95

Organic Iced Coffee 16 oz. 1.95

Unsweetened Iced Tea 16 oz. 2.65

Tropical Green Tea 16 oz. 2.65

Lemon wedge available on request for all teas

Electric Avenue 16 oz. 3.95
spirulina, aminos, green tea extract
(energy, antioxidant & immune booster)

FROZEN KEFIR GF

12 oz. 4.95 • 8 oz. 3.45

Includes your choice of two toppings

ADDITIONAL TOPPINGS - 50¢

ALMONDS • BLUEBERRIES • MANGO

STRAWBERRIES • GREEN APPLE

DARK CHOCOLATE CHIPS

WALNUTS • COCONUT

PEANUT BUTTER • BANANA



THINK HEALTHY. BE HEALTHY.

Making healthy food
convenient and affordable.



DELIVERY AVAILABLE

Monday - Friday from 10am - 2pm

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

7 AM - 7 PM MON-FRI

9 AM - 3 PM SATURDAY

640 4th Avenue • Monroe, WI 53566

[608] 325-6900

fncofmonroe.com



Fitness Nutrition Center, Inc.



@fitnessnutritioncenter1

7 AM - 7 PM MON-FRI
9 AM - 3 PM SATURDAY

640 4th Avenue
Monroe, WI 53566

fncofmonroe.com

[608] 325-6900



BOWLS

— 6.95 —

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

WRAPS

— 6.95 —

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 and more peanut butter, sugar-free mountain berry preserves

SMOOTHIES

25 GRAMS OF PROTEIN IN EACH SMOOTHIE!

24 OZ. 4.95 • 12 OZ. 2.95

Caramel Apple (250 cal.) green apple, candy apple aminos, vanilla protein, PB2, turbinado

Chocolate Lovers (270 cal.)

organic cocoa, banana, chocolate protein

Cranberry Cream (375 cal.) cranberries, walnuts, carrots, cream cheese, vanilla protein

Fruity Loop (290 cal.)

blueberries, strawberries, banana, vanilla protein

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

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

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

Morning Sunrise (230 cal.)

coffee, nutella, chocolate protein

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

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

Peanut Butter Blaster (290 cal.)

banana, chocolate or vanilla protein, PB2

Piña Colada (190 cal.) banana, pineapple, pineapple bcaa, coconut protein

Power Punch (175 cal.) strawberries, fruit punch aminos, vanilla protein, caffeine (from green tea extract)

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

ADD-INS 75¢ each

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

AVOCADO: healthy fats, potassium, fiber

BCAA: repair, recover, rebuild muscles

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

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

PROBIOTIC: immune system, digestive health

VITAMIN C: immune system, antioxidant

VITAMIN D: immune system, nervous system, fights depression

ADD-INS 1.25 each

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

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



PROTEIN PIZZA

— 4.95 —

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

SUPREME • PEPPERONI • THREE CHEESE

GF = GLUTEN FREE

In-store items are also available.

Please inform our team members of any food allergies

TOASTED PROTEIN BAGEL -OR- TOAST

(28g protein)

— 2.65 —

Includes your choice of one topping.

ADDITIONAL TOPPINGS - 25¢ EACH

**ORGANIC BUTTER • LIGHT CREAM CHEESE • PEANUT BUTTER
SUGAR-FREE MOUNTAIN BERRY PRESERVES**