

## SALADS

— 5.95 —

ADD AVOCADO - 75¢

### Chicken-Bacon-Ranch

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

### Southwest

romaine, chicken, black beans, corn, tomato, green onion, tortilla strips, shredded cheese, lime wedge, house-made creamy salsa dressing

### Merry Berry

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

## 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.



8 AM - 6 PM MON-FRI  
9 AM - 3 PM SATURDAY

640 4th Avenue  
Monroe, WI 53566

[fncofmonroe.com](http://fncofmonroe.com)

[608] 325-6900

## BEVERAGES

**Organic Coffee** 16 oz. 1.95 • 20 oz. 2.35

AVAILABLE ADDITIVES:

Almond Milk • Agave • Coconut Sugar

### Organic Bullet Proof Coffee

16 oz. 3.95 • 20 oz. 4.95

coffee, grassfed butter, mct oil, cinnamon, turbinado.

**Organic Hot Green Tea** 12 oz. 1.95

**Protein Hot Cocoa** 12 oz. 1.95

(22g protein)

Low fat and low carb

**Electric Avenue (SUGAR FREE)** 16 oz. 2.95

spirulina, aminos, green tea extract  
(energy, antioxidant & immune booster)

**Purple Rain (SUGAR FREE)** 16 oz. 2.95

butterfly pea flower, aminos, coconut water  
(antioxidant, anti-aging, stress relief)

**Yankee Rose (SUGAR FREE)** 16 oz. 2.95

dragon fruit, aminos  
(antioxidant, immune system, healthy gut)

DELIVERY AVAILABLE  
Monday - Friday from 10am - 2pm  
( \$30 minimum order - \$3 delivery fee )

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 Fitness Nutrition Center, Inc.

 @fitnessnutritioncenter1



## BOWLS

All made with basmati rice. ADD AVOCADO - 75¢

### Chicken-Bacon-Ranch

chicken, bacon, tomato, shredded cheese, ranch dressing — **6.95**

### Teriyaki

chicken, edamame beans, carrots, green onion, broccoli, wonton strips, sesame seeds, house-made teriyaki sauce — **6.95**

### Southwest

chicken or steak, black bean, corn, tomato, green onion, shredded cheese, tortilla strips, house-made creamy salsa dressing, lime wedge  
**CHICKEN 6.95 · STEAK 7.95**

### Mediterranean

steak, red & green pepper, cucumber, red onion, tomato, oregano, parsley, hummus sauce — **7.95**

### Pepper Steak

steak, green pepper, onion, tomato, house-made sauce — **7.95**

## WRAPS

Choose regular, spinach herb, garlic-herb or tomato basil tortilla.

ADD AVOCADO - 75¢

### Chicken-Bacon-Ranch

chicken, bacon, tomato, lettuce, shredded cheese, ranch dressing — **6.95**

### Hawaiian

chicken, pineapple, green onion, mozzarella cheese, lettuce, bbq sauce — **6.95**

### Southwest

chicken or steak, black beans, rice, corn, tomato, green onion, shredded cheese, lettuce, tortilla strips, house-made creamy salsa dressing  
**CHICKEN 6.95 · STEAK 7.95**

### Mediterranean

steak, red & green pepper, cucumber, red onion, tomato, lettuce, oregano, parsley, hummus sauce — **7.95**

### Barbecue

steak, red onion, sweet & red potato, corn, mozzarella, lettuce, bbq sauce — **7.95**

## 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

**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

**SUBSTITUTE WITH ORGANIC PLANT PROTEIN:** vegan, dairy free, soy free, probiotics, enzymes

**EXTRA PROTEIN:** extra 150 calories, 25 grams of protein



## ALL-NATURAL PB&J

— 4.95 —

(46g protein)

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

*In-store items are also available.*

*Please inform our team members of any food allergies*

## TOASTED PROTEIN BAGEL

(28g protein)

— 3.65 —

*Includes your choice of one topping.*  
**ADDITIONAL TOPPINGS - 25¢ EACH**

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