

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

Bottled Natural Spring Water 50¢

Electric Avenue (SUGAR FREE)

16 oz. 2.95 • 24 oz. 3.95

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

Purple Rain (SUGAR FREE)

16 oz. 2.95 • 24 oz. 3.95

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

Yankee Rose (SUGAR FREE)

16 oz. 2.95 • 24 oz. 3.95

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



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

[608] 325-6900

fncofmonroe.com

 Fitness Nutrition Center, Inc.

 @fitnessnutritioncenter1



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RICE BOWLS

All made with basmati rice. ADD AVOCADO - 75¢

CHICKEN 6.95 • STEAK 7.95

Chicken-Bacon-Ranch

chicken, bacon, tomato, shredded cheese, ranch dressing

Teriyaki

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

Southwest

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

Mediterranean

chicken or steak, red & green pepper, cucumber, red onion, tomato, oregano, parsley, hummus sauce

Barbecue

chicken or steak, red onion, sweet & red potato, corn, mozzarella, bbq sauce

Hawaiian

chicken or steak, pineapple, green onion, lettuce, mozzarella cheese, wonton strips, bbq sauce

SALADS

— 6.95 —

ADD AVOCADO - 75¢

MAY SUBSTITUTE ROMAINE WITH SPINACH

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

Mediterranean

romaine, chicken, red & green pepper, cucumber, red onion, tomato, oregano, parsley, hummus dressing



SMOOTHIES

25 GRAMS OF PROTEIN IN EACH SMOOTHIE!

24 OZ. 4.95 • 12 OZ. 2.95

Caramel Apple (220 cal.) green apple, apple aminos, vanilla protein, PB2, turbinado

Chocolate Lovers (240 cal.) organic cocoa, banana, chocolate protein

Fruity Loop (260 cal.) blueberries, strawberries, banana, vanilla protein

Grape Escape (175 cal.) grape aminos, blueberries, vanilla protein

Green Machine (180 cal.) 1 scoop greens mix, spinach, pineapple, vanilla protein, turbinado

Mango Madness (165 cal.) mango, vanilla protein, mango aminos

Morning Sunrise (200 cal.) coffee, nutella, chocolate protein

Orange Dream (190 cal.) orange aminos, peaches, strawberries, vanilla protein

Peach Cobbler (250 cal.) peaches, oats, cinnamon, vanilla protein, turbinado

Peanut Butter Blaster (260 cal.) banana, chocolate or vanilla protein, PB2

Piña Colada (160 cal.) banana, pineapple, pineapple aminos, coconut protein

Power Punch (145 cal.) strawberries, fruit punch aminos, vanilla protein, caffeine (from green tea extract)

Rocket Pop (220 cal.) rocket pop aminos, strawberries, raspberries, vanilla protein

Root Beer Float (190 cal.) almond milk, banana, root beer amino acids, vanilla protein

Strawberry Bananza (240 cal.) strawberries, banana, 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 1.00 each

SUBSTITUTE WITH PLANT PROTEIN: vegan, dairy free, gluten free

EXTRA PROTEIN: extra 120 calories, 25 grams of protein



TOASTED PROTEIN BAGEL

(30g 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

In-store items are also available.

Please inform our team members of any food allergies