



Be Fit.
Live Well.
Eat Smart.

Food & Beverage **MENU**



136 Hopper Avenue
Waldwick, NJ
Phone: (201) 493-2017

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BEVERAGES

Fiji Water.....	\$1.79	Gatorade.....	\$1.79
Poland Springs Bottled Water.....	\$1.25	Snapple/Diet Snapple.....	\$1.50
Poland Springs Sport Bottle.....	\$1.59	Naked Juice.....	\$3.50
Vitamin Water.....	\$1.85	Inko's White Tea.....	\$1.85

A FULL ASSORTMENT OF GOURMET COFFEES, ESPRESSOS & TEAS.
BREWED FRESH EVERY DAY!

PROTEIN SHAKES – BOOST OR REPLACE YOUR ENERGY STORES
WITH PRE-WORKOUT OR RECOVERY SHAKES – SPECIALS FOR KIDS TOO!

BREAKFAST

Assorted Yogurt Muffins and Loaves, Scones, Healthy Spreads, and a Variety of Breakfast Cereals and Oatmeals Available.

Bagel		With Plain Cream Cheese.....	\$1.50
With Butter.....	\$1.50	With Organic Peanut Butter.....	\$2.00
With Flavored Cream Cheese.....	\$2.00	Mini Bagel.....	\$1.00
Fresh Fruit.....	\$1.50		
Bananas, Apples, Oranges			
Fruit Salad.....	\$3.00		
Yogurt and Granola Parfait.....	\$3.00		
Low-Fat Yogurt and Fresh Berries			

SALADS

Healthy House Salad Mixed Greens, Topped with Tomatoes, Cucumbers, Carrots, Roasted Red Peppers and Choice of Dressing.....	\$3.95
Greek Salad Mixed Greens, Cucumbers, Black Olives, Red Onions, Tomatoes and Feta Cheese.....	\$4.95
Classic Caesar Salad Crisp Romaine Leaves, Shaved Parmesan and Crispy Croutons with a Lite Caesar Dressing	\$4.95
Mesclun Salad Mixed Organic Baby Greens, Cucumbers, Black Olives, Red Onions and Tomatoes with Choice of Dressing.....	\$4.25
Chicken Salad All White Meat Chicken with Diced Celery and Lite Mayo.....	\$4.25
*Add Grilled Chicken, Buffalo Chicken or Scoop of Tuna.....	\$2.00

WRAPS

All Wraps.....	\$6.95
Turkey, Red Leaf Lettuce, Swiss, Sundried Tomato and Mayo Grilled Chicken, Arugula, Mozzarella, Roasted Peppers, and Sundried Tomato Paste Roast Beef, Red Leaf Lettuce, Swiss and Ranch Dressing An Assortment of Grilled Veggies Wrapped in a Whole Grain Tortilla with Homemade Hummus Spread La Strada Special - Prosciutto Di Parma, Roasted Peppers, Fresh Mozzarella & Grilled Eggplant Chicken Caesar – Crisp Romaine Leaves, Grilled Chicken Breast, Tomatoes, Parmesan Cheese and a Lite Caesar Dressing	

SANDWICHES

Italian - Ham, Salami, Provolone, Lettuce, Tomato & Onion on a Soft Hero Roll.....	\$6.50
Turkey - Freshly Roasted Turkey, Red Leaf Lettuce and Tomato on a 7-Grain Roll.....	\$6.50
Tuna Salad - Chunk White Tuna, a Touch of Red Onions and Celery in a Pita.....	\$6.50
Buffalo Chicken - Buffalo Chicken, Blue Cheese, and Lettuce on a Soft Hero Roll.....	\$7.50
Grilled Chicken - Grilled Chicken Breast, Arugula and Sundried Tomato on a Whole Grain Roll.....	\$7.50
Gary's Favorite - Mozzarella, Eggplant, Vinaigrette, and Sundried Tomatoes on a Soft Hero Roll.....	\$7.50

PANINI'S

Caprese.....	\$6.25
Fresh Mozzarella, Sliced Tomato with Basil Pesto	
Ham & Cheese.....	\$6.25
Black Forest Ham, Sliced Tomatoes, Swiss Cheese and Dijon Mustard	
California.....	\$6.25
Grilled Chicken, Brie, Arugula, and Roasted Tomato	
Smoked Turkey and Jack.....	\$6.25
Smoked Turkey, Monterey Jack Cheese, Roasted Red Pepper	
Veggie.....	\$6.25
Assorted Grilled Vegetables, Portobello Mushrooms, Roasted Peppers, Mozzarella Cheese and Chopped Fresh Basil	