YOUR BODY NEEDS HEALTHY FOOD!

Each meal is nutritionally balanced using only whole foods and natural ingredients. Using organic products whenever possible, we strive to serve clean, healthy food that will leave you energized for your day!

FUEL BARS $3.29
ALL NATURAL, PRESERVATIVE-FREE, AND FRESH BAKED DAILY!
A wholesome blend of whole grains and superfoods freshly baked for you. These convenient homemade energy bars are full of the goodness without all the extra baggage. They are preservative-free and all natural making this a healthier choice over prepackaged, factory made bars. Don't be surprised to feel energized after eating just one. Great for a pre-work out snack, post-workout recovery or to power you through a busy day.

- Blueberry Almond: calories 186 - carbs 32g - protein 10g - fat 5g - fiber 2.8g
- Banana Nut: calories 180 - carbs 35g - protein 11g - fat 4.2g - fiber 2.6g
- Pumpkin Walnut: calories 174 - carbs 30g - protein 11g - fat 5g - fiber 2.6g
- Peanut Butter Chocolate Chip: calories 210 - carbs 40g - protein 15g - fat 10g - fiber 3g

SMART SIDES $1.99

Quinoa Salad: classified as a “Super Crop” by the United Nations because of its high protein content, quinoa is a complete protein, which means it has all nine essential amino acids.

- Hummus & Pita: fresh hummus made with chickpeas, tahini, and heart-healthy olive oil served with a whole wheat pita for dipping
- Snacks & Chips: varied selection available
- Fresh Fruit Cup: seasonably available fresh fruit

SUPER SOUPS
SEASONAL SELECTION OF NUTRITIOUS & DELICIOUS
ALL NATURAL SOUPS

Medium: $3.49  Large: $4.49

BEVERAGES

Coffee:
- 12 oz $1.99  16 oz $2.19
- fresh brewed black and flavored coffee

Tea:
- 16 oz $1.79  24 oz $1.99
- unsweetened black tea
- variety of cold unsweetened flavored teas
- selection of hot black, green and herbal teas

Bottled Water and Varied Selection of Energy Drinks & Coconut Water

FUEL BARS

All nutritional information verified by third party consultants utilizing MasterCook Software.

energycafecharlotte.com
Fueling your body with healthy food to help energize you throughout your day!

energycafecharlotte.com

Bank of America Plaza
101 S. Tryon Street
Suite 1
704.910.1094

Duke Energy Center
550 S. Tryon Street
Suite 120
980.355.0240
**SO GOOD, GOOD-FOR-YOU SALADS**

**CHOOSE ONE BELOW OR BUILD YOUR OWN!**

**Power House Salad:**
- mixed greens, shredded parmesan, tomato, cucumbers, shredded carrots, red onion, sliced almonds, house dressing
  - calories 222 - carbs 15g - protein 13g - fat 14g - fiber 6g

**Greek Goddess:**
- mixed greens, feta, red peppers, cucumbers, kalamata olives, tomato, greek vinaigrette
  - calories 233 - carbs 10g - protein 5g - fat 21g - fiber 4g

**Energy Cafe Signature Salad:**
- topped with roasted chicken or protein of choice, mixed greens, sliced apples, walnuts, mandarin oranges, fat-free raspberry vinaigrette
  - calories 273 - carbs 25g - protein 25g - fat 9g - fiber 7g

**Southwestern Superfoods:**
- mixed greens, black beans, corn, tomato, cheddar cheese, roasted red peppers, chipotle ranch dressing
  - calories 256 - carbs 27g - protein 17g - fat 11g - fiber 8g

**Medium Salad Bowl:**
- comes with unlimited toppings
  - calories 7.19

**Large Salad Bowl:**
- comes with unlimited toppings
  - calories 7.89

**ADD A PROTEIN TO ANY SALAD:**
- chicken, turkey, tofu, tuna, chicken salad
  - calories 1.69
- turkey bacon
  - calories 0.79
- sliced avocado
  - calories 1.19
- guacamole, hummus
  - calories 1.00
- substitute spinach for mixed greens
  - calories 1.00

**DRESSINGS:**
- Fat-Free Raspberry, House Vinaigrette, Balsamic Vinaigrette, Greek Vinaigrette, Chipotle Ranch, Low-fat Ranch, Sun-Dried Tomato Vinaigrette

**POWER WRAPS, SANDWICHES & BOWLS**

**MADE FRESH TO ORDER AND LIGHTLY GRILLED TO PERFECTION**

**Brown Rice Energy Bowl:**
- unlimited vegetable toppings served on brown rice with soy sauce or dressing of choice
  - nutritional information varies depending on chosen vegetables & dressing
  - calories 495 - fat 12 - protein 27 - carbs 71 - fiber 14

**Black Bean Burger:**
- 4.5 oz black bean patty served on a greek yogurt bun with mixed greens, tomato, low-fat cheddar cheese, low-fat chipotle ranch dressing
  - calories 495 - fat 12 - protein 27 - carbs 71 - fiber 14

**Make It A Combo**
- $9.29! Add a medium tea with any smart side
*Excluding extra protein sandwiches.

**Fit Nut:**
- $7.59
- guarantee that all products are organic due to seasonality, availability and cost.

**see reverse for sides, soups, & beverages**

*We strive to serve organic or local ingredients whenever possible but cannot always guarantee that all products are organic due to seasonality, availability and cost.