



# catering menu



## SIDES & SNACKS

<b>Hummus &amp; Pita:</b>	Fresh hummus made with chickpeas, tahini, and heart-healthy olive oil served with whole wheat pitas Serves 15	\$39.99
<b>Quinoa Salad:</b>	Classified as a "super crop" by the United Nations because of its high protein content, quinoa contains all nine essential amino acids. Serves 15	\$39.99
<b>Fruit Platter :</b>	A beautiful assortment of seasonal fruit Serves 15	\$44.99
<b>Fuel Bar Platter:</b>	Fresh baked energy bars made with buckwheat flour – banana nut, pumpkin walnut, peanut butter chocolate chip, blueberry almond Serves 15-20	\$49.99
<b>Healthy Fudgy Brownie:</b>	Delicious and healthy non-fat brownies made with yogurt Serves 15	\$24.99
<b>Bag of All Natural or Sun Chips:</b>	Assorted Varieties	\$1.49 each



## DRINKS

<b>Bottled Water</b>	\$1.89 each
<b>Iced Tea - Gallon Bottles</b> black tea and green tea-based flavored tea	\$14.99 each
<b>Variety of Bottled Juices &amp; Energy Drinks</b>	prices vary
<b>Fresh Brewed Coffee - serves 10</b>	\$24.99 each

**To order, call one of our locations or email  
info@energycafecharlotte.com.  
24-hour advanced notice is required!**

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



## BREAKFAST

<b>Egg White Wraps Platter:</b>	An assortment of our healthy egg white wraps that will keep everyone fueled for a meeting. Choose from the Cheesy Egg Delight, Very Very Veggie, Super Charged Egg 'n' Cheese Serves 10	\$59.99
<b>Signature Power Breakfast:</b>	Our signature Egg Delight Sandwich – egg whites, turkey bacon, low-fat cheddar, tomato, guacamole, marathon multigrain bread Served per person, 5 order minimum	\$5.99 per person
<b>Fuel Bar Platter:</b>	An assortment of our fresh baked energy bars made with buckwheat flour Serves 15-20	\$49.99
<b>Yo-Gi:</b>	A smaller version of our Yo-Ga, creamy fat-free yogurt, fresh berries, flaxseed and granola Served per person	\$2.99 per person

## LUNCH

**\$9.29 per person** (includes sandwich and smart side)  
Served on a platter or lunch-box style (10 order minimum)

<b>Power Packed Chicken Salad:</b>	a super healthy low-fat chicken salad made with roasted chicken, low-fat mayo, dried cranberries and walnuts served on marathon multigrain bread
<b>Lean &amp; Mean Tuna:</b>	low-fat mixture of tuna, sweet chili sauce, low-fat mayo, red onion, low-fat mozz-provolone, tomato, mixed greens, marathon multigrain bread
<b>The Popeye:</b>	roasted chicken, spinach, low-sodium tomato sauce, melted low-fat mozz-provolone, spinach wrap
<b>Hummus Sandwich:</b>	fresh hummus with mixed greens, tomato, cucumbers, shredded carrots, marathon multigrain bread
<b>Southwestern Turkey:</b>	low-sodium turkey, black beans, corn, guacamole, cheddar, mixed greens, tomato, roasted red peppers, low-fat chipotle ranch, whole wheat wrap
<b>Twisted Chix:</b>	roasted chicken breast, guacamole, mixed greens, tomato, cucumbers, whole wheat wrap

## SALAD BOWL

**\$8.29 per person.** By the Bowl (serves 10) or Individual Serving. Add a Protein to any salad for \$1.49. Individual Side Salads are also available for \$5.99. Dressing options: Fat-Free Raspberry, House Vinaigrette, Greek Vinaigrette, Sun-Dried Tomato Vinaigrette, Low-Fat Ranch, Low-Fat Chipotle Ranch

<b>Power House:</b>	mixed greens, shredded parmesan, tomato, cucumbers, shredded carrots, red onion, sliced almonds, house dressing
<b>Greek Goddess:</b>	mixed greens, feta, red peppers, cucumbers, black olives, tomato, greek vinaigrette
<b>Southwestern Superfoods:</b>	mixed greens, black beans, corn, tomato, low-fat cheddar, roasted red peppers, low-fat chipotle ranch