



## 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

**All natural, preservative free, and fresh baked daily!** **\$2.50 each**

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-workout 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 250 - carbs 40g - protein 15g - fat 10g - fiber 3g

### SMART SIDES

**5oz \$1.99**



- Organic 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.
- Organic Hummus:** fresh organic hummus made with chickpeas, tahini, and heart healthy olive oil served with a whole wheat pita
- Organic Snacks & Chips:** variety
- Fresh Fruit Cup:** seasonably available fresh fruit

**Check out our Combo Meal for 8.79!**

see inside for details

### SUPER SOUPS

**Nutritious and Delicious All Natural Soups** Medium: \$3.49  
 Nutritional information shown for medium size. Large: \$4.49

- All Natural Chicken Tortilla Soup:** dairy free  
▶ calories 195 - carbs 24g - protein 15g - fat 6g - fiber 4g
- All Natural Three Bean Chili:** gluten free and vegetarian/vegan  
▶ calories 330 - carbs 54g - protein 17g - fat 5g - fiber 19g
- All Natural Carrot Ginger Soup:** vegetarian/vegan and dairy free  
▶ calories 150 - carbs 23g - protein 2g - fat 4g - fiber 7g

### BEVERAGES



- | <b>All Natural and Organic</b> |   | Medium | Large  |
|--------------------------------|---|--------|--------|
|                                |   | 16 oz. | 24 oz. |
| <b>Coffee Bar:</b>             | premium organic fair trade coffee   | \$1.49 | \$1.89 |
| <b>Tea Bar:</b>                | • fresh brewed organic teas<br>• organic Vibrance green tea<br>• organic Detox herbal<br>• organic black tea sweetened with raw sugar<br>• ginger peach | \$1.49 | \$1.99 |
| <b>Bottled Organic Drinks:</b> | variety   |        |        |

### FROZEN YOGURT BAR

**Premium, All Natural, Fat Free, Tart Vanilla Frozen Yogurt with Fresh Fruit Toppings:**  
 chock full of probiotic live cultures: \$3.99  
 ▶ calories 110 - carbs 24g - protein 3g - fat 0g - fiber 0g



[energycafecharlotte.com](http://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

All nutritional information verified by third party consultants utilizing Master Cook Software.



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

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## HIGH PERFORMANCE SMOOTHIES

ISS Research is known in the sports nutrition industry as the premier leader in high quality, great tasting products. Whey Matrix® is a blend of Whey Proteins (WPC & WPI) enhanced with Glutamine Peptides. Nutritional values shown for smoothies are for the 16 oz. size.

### Go Diesel and double up the protein for \$1.00!

Medium 16 oz. Large 24 oz.

#### Performance Blends

<b>Energizer:</b>	strawberries, banana, nonfat or soy milk, vanilla ISS Whey Protein ▶ <b>calories 186</b> - carbs 27g - protein 17g - fat 1g - fiber 2g	\$4.95	\$5.99
<b>Hercules:</b>	orange juice, strawberries, blueberries, vanilla ISS Whey Protein ▶ <b>calories 215</b> - carbs 39g - protein 13g - fat 2g - fiber 3g	\$4.95	\$5.99
<b>"Doc" Holladay:</b>	nonfat or soy milk, natural peanut butter, banana, chocolate ISS Whey Protein ▶ <b>calories 347</b> - carbs 31g - protein 25g - fat 16g - fiber 3g	\$4.95	\$5.99
<b>Morning Fuel:</b>	espresso, no sugar added (NSA) vanilla ice cream, crushed ice, non fat or soy milk, chocolate ISS Whey Protein ▶ <b>calories 264</b> - carbs 29g - protein 19g - fat 10g - fiber 0g	\$4.95	\$5.99
<b>Berry Fit:</b>	blueberries, pineapples, banana, apple juice, ISS Whey Protein ▶ <b>calories 243</b> - carbs 47g - protein 12g - fat 2g - fiber 3g	\$4.95	\$5.99
<b>Monkey Food:</b>	banana, nonfat or soy milk, NSA vanilla ice cream, chocolate ISS Whey Protein ▶ <b>calories 290</b> - carbs 42g - protein 19g - fat 8g - fiber 2g	\$4.95	\$5.99

#### Energy Blends

<b>Overdrive:</b>	strawberries, banana, apple juice, NSA vanilla ice cream ▶ <b>calories 253</b> - carbs 53g - protein 2g - fat 6g - fiber 2g	\$3.99	\$4.50
<b>Fifth Gear:</b>	blueberries, strawberries, apple juice, NSA vanilla ice cream ▶ <b>calories 246</b> - carbs 51g - protein 2g - fat 7g - fiber 3g	\$3.99	\$4.50
<b>Sunburst:</b>	peaches, banana, orange juice, NSA vanilla ice cream ▶ <b>calories 259</b> - carbs 52g - protein 4g - fat 7g - fiber 2g	\$3.99	\$4.50
<b>Joe Diesel:</b>	Organic Coffee, ISS Chocolate Whey Protein, Peanut Butter, Ice ▶ <b>calories 287</b> - carbs 24g - protein 17g - fat 16g - fiber 1g	\$3.99	\$4.50

#### Pure Blends

<b>Your Choice!</b>	any choice of fresh fruit and non fat milk or soy milk, strawberries, banana, blueberry, pineapples, peach calorie content will vary with fruit choice	\$3.50	\$4.75
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<b>Energy Extras:</b>	\$ .75 each
<b>ISS Creatine:</b>	for boosting energy levels and stimulating muscle growth
<b>ISS Glutamine:</b>	great for muscle repair and recovery, the most abundant amino acid in the bloodstream
<b>Ground Flaxseed:</b>	highly recommended for general well being and whole body nutrition, considered to be nature's richest source of omega-3 fatty acids.
<b>Bran Complete:</b>	a great way to add some fiber to your diet!
<b>Bee Pollen Ginseng:</b>	all the energy without the caffeine!
<b>Vitamin Boost:</b>	a carefully formulated blend of vitamins and minerals
<b>Super Green:</b>	a super blend of spirulina, alfalfa, carrot, wheat grass chlorella and kelp

## GET UP AND GO BREAKFAST

### Lightly Grilled Egg White Wraps or Sandwiches

Served on a Heart Healthy Tortilla or Fresh Baked Whole Grain Bread

<b>Egg Delight Sandwich:</b>	egg whites, turkey bacon, cheddar cheese, tomato, organic guacamole, marathon multigrain bread ▶ <b>calories 490</b> - protein 31g - carbs 46g - fat 20g - fiber 7g	\$4.95
<b>Cheesy Egg Delight:</b>	egg whites, low-fat mozz-provolone, tomato, low carb whole wheat wrap ▶ <b>calories 341</b> - carbs 33g - protein 29g - fat 10g - fiber 22g	\$3.99
<b>Supercharged Egg 'n' Cheese:</b>	egg whites, low-fat mozz-provolone, tomato, charged with: turkey bacon, low-sodium turkey, roast beef, or chicken, low carb whole wheat wrap ▶ <b>calories 393</b> - carbs 34g - protein 32g - fat 14g - fiber 22g	\$5.95
<b>Very Very Veggie:</b>	egg whites, mushrooms, black beans, red peppers, sun dried tomato vinaigrette, low carb whole wheat wrap ▶ <b>calories 395</b> - carbs 55g - protein 29g - fat 7g - fiber 28g	\$4.95
<b>Power Oats:</b>	served with a side of honey, add any fresh organic fruit for \$.50 ▶ <b>calories 150</b> - protein 5g - carbs 27g - fat 4g - fiber 4g	\$2.50
<b>Yo-Ga:</b>	Stoneyfield Organic French Vanilla yogurt blended with granola and flaxseed, topped with fresh fruit ▶ <b>calories 279</b> - protein 14g - carbs 37g - fat 7g - fiber 5g	\$3.75

## SO GOOD, GOOD-FOR-YOU SALADS

### Organic\* & 100% Nutritious Choose One Below or Build Your Own!

<b>Medium Salad Bowl:</b>	comes with unlimited toppings	\$ 5.99
<b>Large Salad Bowl:</b>	comes with unlimited toppings	\$ 6.99
<b>Add a protein to any salad:</b>	chicken, turkey, organic baked tofu, tuna, turkey bacon, guacamole, hummus	\$1.49 \$.75 \$1.00
<b>Power House Salad:</b>	mixed greens, shredded parmesan, tomato, cucumbers, shredded carrots, red onion sliced almonds, house dressing ▶ <b>calories 222</b> - carbs 15g - protein 13g - fat 14g - fiber 6g	\$5.49
<b>Greek Goddess:</b>	mixed greens, feta, red peppers, cucumbers, black olives, tomato, greek vinaigrette ▶ <b>calories 233</b> - carbs 10g - protein 5g - fat 21g - fiber 4g	\$5.49
<b>Energy Cafe Signature Salad:</b>	topped with roasted chicken or tuna, mixed greens, sliced apples, walnuts, mandarin oranges, fat free raspberry vinaigrette ▶ <b>calories 273</b> - carbs 25g - protein 25g - fat 9g - fiber 7g	\$6.79
<b>Southwestern Superfoods:</b>	mixed greens, black beans, corn, tomato, cheddar cheese, roasted red peppers, low fat chipotle ranch ▶ <b>calories 256</b> - carbs 27g - protein 17g - fat 11g - fiber 8g	\$6.49
<b>Dressing:</b>	Fat Free Raspberry, House Vinaigrette, Greek Vinaigrette, Chipotle Ranch, Low-fat Ranch, Sun Dried Tomato Vinaigrette *all of our dressings are low in fat and calories	



## POWER WRAPS AND SANDWICHES

### Organic\* & 100% Nutritious Made Fresh to Order and Lightly Grilled to Perfection

Our chicken breasts are low in fat, all natural, hormone/antibiotic free, and roasted fresh daily with no added preservatives! Our sandwiches are served on your choice of a heart healthy tortilla or fresh baked whole grain breads.

### Combo Meal! see reverse for sides Any wrap/sandwich, medium tea, and any side for \$8.79!

<b>Fit Nut:</b>	roasted chicken, chopped walnuts, red onion, golden raisins, mixed greens, fat free raspberry vinaigrette, whole wheat wrap ▶ <b>calories 533</b> - carbs 66g - protein 24g - fat 21g - fiber 9g	\$6.95
<b>Power Packed Chicken Salad:</b>	a super healthy low-fat chicken salad made with roasted chicken, low-fat mayo, dried cranberries and nuts served on marathon multigrain bread, great for a post workout meal! ▶ <b>calories 574</b> - carbs 59g - protein 40g - fat 19g - fiber 9g	\$6.95
<b>Lean &amp; Mean Tuna:</b>	low fat mixture of tuna, low fat mayo, dried cranberries, nuts, topped with red onion, low fat mozz provolone and sweet chili sauce, marathon multigrain bread ▶ <b>calories 465</b> - carbs 48g - protein 37g - fat 14g - fiber 6g	\$6.95
<b>The Popeye:</b>	roasted chicken, spinach, low-sodium tomato sauce, low-fat mozz-provolone, spinach wrap ▶ <b>calories 539</b> - carbs 55g - protein 29g - fat 22g - fiber 4g	\$6.95
<b>Chick' n' Cheese:</b>	roasted chicken, low-fat mozz-provolone, mixed greens, tomato, house vinaigrette, whole wheat wrap ▶ <b>calories 583</b> - carbs 56g - protein 30g - fat 28g - fiber 8g	\$6.95
<b>Hummus Sandwich:</b>	organic homemade hummus with mixed greens, tomato, cucumbers, shredded carrots, marathon multigrain bread ▶ <b>calories 327</b> - carbs 58g - protein 13g - fat 6g - fiber 11g	\$6.95
<b>The Hulk:</b>	low-sodium roast beef, cheddar cheese, mushrooms, spinach, low-sodium BBQ sauce, tomato, chipotle ranch dressing, whole wheat wrap ▶ <b>calories 632</b> - carbs 57g - protein 42g - fat 27g - fiber 9g	\$6.95
<b>Southwestern Turkey:</b>	low-sodium turkey, black beans, corn, organic guacamole, cheddar, roasted red peppers, mixed greens, tomato, chipotle ranch, whole wheat wrap ▶ <b>calories 609</b> - carbs 65g - protein 35g - fat 25g - fiber 11g	\$6.95
<b>Towering Turkey &amp; Cheddar:</b>	low-sodium sliced turkey breast, cheddar cheese, spinach, tomato, cucumbers, shredded carrots, marathon multigrain bread ▶ <b>calories 474</b> - carbs 45g - protein 30g - fat 19g - fiber 7g	\$6.95
<b>Twisted Chix:</b>	roasted chicken breast, organic guacamole, mixed greens, tomato, cucumbers, spinach wrap ▶ <b>calories 466</b> - carbs 55g - protein 22g - fat 19g - fiber 8g	\$6.95
<b>Extra Protein Providers:</b>		
<b>The Ranger:</b>	low-sodium turkey breast, egg whites, low-sodium tomato sauce, low-fat mozz-provolone, spinach, whole wheat tortilla ▶ <b>calories 555</b> - carbs 56g - protein 44g - fat 17g - fiber 8g	\$7.99
<b>The Arnold:</b>	roasted chicken, egg whites, turkey bacon, organic guacamole, tomato, low-fat mozz-provolone, whole wheat tortilla ▶ <b>calories 654</b> - carbs 55g - protein 44g - fat 29g - fiber 7g	\$7.99
<b>Make It Your Own:</b>	Take any of our signature sandwiches or wraps above and <b>make it your own!</b> Substitute any of the following proteins: low-sodium all natural roast beef, low-sodium all natural turkey breast, low-sodium all natural chicken breast, turkey bacon, organic baked tofu. Add your favorite veggies, spreads, or cheeses too!	



\*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.

Signature Item Extra Protein

see reverse for sides, soups, beverages, & our frozen yogurt bar