



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

**SMART SIDES ..... 5OZ \$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**



[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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**LIGHTLY GRILLED EGG WHITE WRAPS, SANDWICHES & BOWLS SERVED ON A HEART-HEALTHY TORTILLA OR FRESH BAKED WHOLE GRAIN BREAD**

**Egg Delight Sandwich:** \$5.19  
egg whites, turkey bacon, cheddar cheese, tomato, guacamole, marathon multigrain bread  
▶ calories 490 - protein 31g - carbs 46g - fat 20g - fiber 7g

**Supercharged Egg 'n' Cheese:** \$5.95  
egg whites, low-fat mozz-provolone, tomato, charged with a choice of: turkey bacon, turkey sausage, low-sodium turkey, or chicken, low carb whole wheat wrap  
▶ calories 393 - carbs 34g - protein 32g - fat 14g - fiber 22g

**Very Very Veggie:** \$4.95  
egg whites, mushrooms, black beans, red peppers, sun-dried tomato vinaigrette, low-carb whole wheat wrap  
▶ calories 395 - carbs 55g - protein 29g - fat 7g - fiber 28g

**Protein-packed Breakfast Bowl:** \$5.95  
two eggs whites, low-fat cheese, your choice of turkey bacon, turkey sausage, low-sodium turkey, roasted chicken or tofu. Comes with unlimited vegetables.  
▶ nutritional information varies depending on chosen vegetables & dressing

**Power Oats:** \$2.75  
served with a side of honey, add any fresh fruit or nuts for \$.50 each  
▶ calories 150 - protein 5g - carbs 27g - fat 4g - fiber 4g

**Yo-Ga:** \$3.99  
creamy yogurt blended with granola and flaxseed, topped with fresh fruit  
▶ calories 279 - protein 14g - carbs 37g - fat 7g - fiber 5g



**Make It A Combo:  
Add a medium coffee,  
tea, or orange juice  
at breakfast  
for only \$0.99!**

see reverse for sides, soups, & beverages

**SO GOOD, GOOD-FOR-YOU SALADS  
CHOOSE ONE BELOW OR BUILD YOUR OWN!**

**Power House Salad:** \$6.79  
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:** \$6.79  
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:** \$6.99  
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:** \$6.99  
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:** \$7.19  
comes with unlimited toppings

**Large Salad Bowl:** \$7.89  
comes with unlimited toppings

**ADD A PROTEIN TO ANY SALAD:**

- chicken, turkey, tofu, tuna, chicken salad ..... **\$1.69**
- turkey bacon ..... **\$1.79**
- sliced avocado ..... **\$1.19**
- guacamole, hummus..... **\$1.00**
- substitute spinach for mixed greens ..... **\$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:** \$6.79  
unlimited vegetable toppings served on brown rice with soy sauce or dressing of choice  
▶ nutritional information varies depending on chosen vegetables & dressing

**Black Bean Burger:** \$7.59  
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  
roasted chicken, chopped walnuts, red onion, raisins, mixed greens, fat-free raspberry vinaigrette, whole wheat wrap  
▶ calories 533 - carbs 66g - protein 24g - fat 21g - fiber 9g

**Power Packed Chicken Salad:** \$7.59  
a super healthy low-fat chicken salad made with roasted chicken, low-fat mayo, low-fat yogurt, celery, dried cranberries and nuts served on multi grain bread, great for a post-workout meal!  
▶ calories 574 - carbs 59g - protein 40g - fat 19g - fiber 9g

**Lean & Mean Tuna:** \$7.59  
low-fat mixture of tuna, low-fat mayo, dried cranberries, topped with tomato, red onions, low-fat mozz-provolone and a sweet chili sauce, multi-grain bread  
▶ calories 465 - carbs 48g - protein 37g - fat 14g - fiber 6g

**The Popeye:** \$7.59  
roasted chicken, spinach, low-sodium tomato sauce, low-fat mozz-provolone, spinach wrap  
▶ calories 574 - carbs 55g - protein 29g - fat 22g - fiber 4g

**Chick' n' Cheese:** \$7.59  
roasted chicken, low-fat mozz-provolone, mixed greens, tomato, house vinaigrette, whole wheat wrap  
▶ calories 583 - carbs 56g - protein 30g - fat 28g - fiber 8g

**Hummus Sandwich:** \$7.59  
hummus with mixed greens, tomato, cucumbers, shredded carrots, multi-grain bread  
▶ calories 327 - carbs 58g - protein 13g - fat 6g - fiber 11g

**The Avenger:** \$7.59  
chicken breast, turkey bacon, guacamole, tomato, mixed greens, chipotle ranch dressing on multi-grain bread  
▶ calories 455 - fat 15 - protein 40 - carbs 33 - fiber 7

**Southwestern Turkey:** \$7.59  
low-sodium turkey, black beans, corn, guacamole, cheddar, roasted red peppers, mixed greens, tomato, chipotle ranch, whole wheat wrap  
▶ calories 609 - carbs 65g - protein 35g - fat 25g - fiber 11g

**Towering Turkey & Cheddar:** \$7.59  
low-sodium sliced turkey breast, cheddar cheese, spinach, tomato, cucumbers, shredded carrots, house vinaigrette, multi-grain bread  
▶ calories 474 - carbs 45g - protein 30g - fat 19g - fiber 7g

**EXTRA PROTEIN PROVIDERS:**

**The Ranger:** \$8.49  
low-sodium turkey breast, egg whites, low-sodium tomato sauce, low-fat mozz-provolone, spinach, whole wheat wrap  
▶ calories 555 - carbs 56g - protein 44g - fat 17g - fiber 8g

**The Arnold:** \$8.49  
roasted chicken, egg whites, turkey bacon, guacamole, tomato, low-fat mozz-provolone, whole wheat wrap  
▶ calories 654 - carbs 55g - protein 44g - fat 29g - fiber 7g



\*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.