

Salads

Strawberry Fields (seasonal) \$9.25

Turkey breast, swiss cheese, fresh strawberries and chopped walnuts topped with a fresh strawberry lime poppy seed dressing.

Fiesta On Fire \$9.25

Turkey breast, smoked cheddar cheese, red onion, and diced jalapenos, topped with an avocado lime dressing.

Chicken Salad \$9.25

Shredded chicken breast, Greek yogurt, chopped grapes, Granny Smith apples, dried cranberries, sliced almonds, and chopped pecans, on top of a dark leaf blend.

Harvest Blend \$9.25

Turkey breast, smoked cheddar cheese, red apples, chopped walnuts, shredded carrots, and cranberries, topped with your choice of dressing.

DRESSING CHOICES

- Balsamic
- Avocado Lime
- Ranch

EXTRA DRESSING \$1

Tea (2.4oz.)

Sweet or Unsweet \$2.00

Make it a Meal

Add a 24 oz. drink and a bag of chips or a fresh fruit cup!

Wrap Combo \$10.99

Salad Combo \$11.25

Soups (seasonal)

Regular \$4.50

Large \$5.25

Catering Options

PLEASE PLACE YOUR ORDER 24 HOURS IN ADVANCE

Muffins \$4.00 each

Take your favorite or bring an assortment to your office or loved ones. Baked fresh daily, we guarantee you will love them.

Catered Wrap Tray \$45.99

Choice of favorite or assorted. Feeds approx. 6-7 people.

Catered Salad \$21.99

Choose from any salad on our menu. The perfect side dish with individual dressings to go.

Catered Fruit \$15.99

The perfect addition to your wrap or sandwich tray. A large bowl of fresh, seasonal fruit, ready to eat.



870.862.2870



HOURS

Monday thru Friday

7AM - 7PM

Saturdays

8AM - 1PM

DELI OPEN

Monday thru Friday

LUNCH 11AM - 2PM



HEALTHWORKS
FITNESS

304 N Madison Ave
El Dorado, AR 71730

870.862.2870

HEALTHWORKSFITNESSCENTER.COM

Smoothies (12oz/20oz)

Strawberry Slam \$5.50/\$7.25 (+tax)

Strawberries, bananas, and more strawberries with 20 grams of vanilla whey protein

Berry, Berry Good. . . . \$5.50/\$7.25 (+tax)

Strawberries, blueberries, and bananas with 20g of vanilla whey protein

Chocolate Frosty \$5.50/\$7.25 (+tax)

Almond milk and chocolate with 40g of chocolate whey protein

Peaches and Cream . . \$5.50/\$7.25 (+tax)

Peaches, apricots, pears, strawberries, and bananas with 20g of vanilla whey protein

Tropical Triumph \$5.50/\$7.25 (+tax)

Strawberries, pineapple, and banana with 20g of vanilla whey protein

Cracker Jax \$5.50/\$7.25 (+tax)

Almond milk, salted caramel, PB lite, and oatmeal with 20g of vanilla whey protein

Mo'Mass \$5.50/\$7.25 (+tax)

Almond milk, peanut butter, oatmeal, and banana with vanilla or chocolate daily mass builder

Cookies 'N Cream Extreme . . . \$5.50/\$7.25 (+tax)

Almond milk, vanilla, and chocolate cookie bits with 20g of chocolate whey protein

Green Machine. \$5.50/\$7.25 (+tax)

Pineapple, banana, and Get Greens with 20g of vanilla whey protein

Body Builder. \$5.50/\$7.25 (+tax)

Almond milk, banana, and 5g creatine with 40g of vanilla or chocolate whey protein

Peanut Butter Cup . . . \$5.50/\$7.25 (+tax)

Almond milk, chocolate, and peanut butter with 40g of chocolate whey protein

ADD-INS \$1.75

- Protein-whey or plant (20g vanilla or chocolate)
- Creatine (increases stamina, strength or size)
- Get Energized (short and long term energy naturally)
- Get Greens (for healthy greens, phytonutrients)
- Get Lean (for fat burning and natural weight loss)
- Get Youthful (improve beauty from the inside out)

Breakfast

Fresh Baked Muffin \$4.00

Assorted Flavors



Wraps

Chicken Salad \$7.99

Greek yogurt combines shredded chicken breast, Granny Smith apples, grapes, sliced almonds, chopped pecans, and cranberries on multigrain wrap.

Meat Granny Smith \$7.99

Multigrain wrap topped with chipotle mayo, turkey breast, smoked cheddar cheese, Granny Smith apples, and a dark leaf salad blend.

Bready or Not. \$7.99

Sliced turkey breast, smoked cheddar cheese, red onion, tomato, a dark leaf salad blend and house Sriracha sauce on chipotle wrap.

Chipotle Turkey. \$7.99

Turkey breast, smoked cheddar cheese, red onion, a dark leaf salad blend, and avocado guacamole in a chipotle wrap.

Tale of Two Meats \$7.99

Black forest ham, turkey breast, smoked cheddar cheese, swiss cheese, tomato, a dark leaf salad blend, and chipotle mayo sauce in a multigrain wrap.