

# Salads

**Strawberry Fields** (seasonal) . . . . . **\$9.99**

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

**Fiesta On Fire** . . . . . **\$9.99**

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

**Chicken Salad** . . . . . **\$9.99**

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** . . . . . **\$9.99**

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

(24oz)

**Sweet or Unsweet** . . . . . **\$2.00**

# Soups (seasonal)

**Regular** . . . . . **\$5.50**

**Large** . . . . . **\$7.50**

# 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** . . . . . **\$54.99**

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

**Catered Salad** . . . . . **\$24.99**

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

**Catered Fruit** . . . . . **\$19.99**

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 . . . . \$6.35/\$8.25 (+tax)**

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

**Berry, Berry Good. . . . \$6.35/\$8.25 (+tax)**

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

**Chocolate Frosty . . . . \$6.35/\$8.25 (+tax)**

*Almond milk and chocolate with 40g of chocolate whey protein*

**Peaches and Cream . . \$6.35/\$8.25 (+tax)**

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

**Tropical Triumph . . . . \$6.35/\$8.25 (+tax)**

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

**Cracker Jax . . . . . \$6.35/\$8.25 (+tax)**

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

**Mo'Mass . . . . . \$6.35/\$8.25 (+tax)**

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

**Cookies 'N Cream Extreme. \$6.35/\$8.25 (+tax)**

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

**Green Machine. . . . . \$6.35/\$8.25 (+tax)**

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

**Body Builder. . . . . \$6.35/\$8.25 (+tax)**

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

**Peanut Butter Cup . . . \$6.35/\$8.25 (+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 . . . . . \$8.99**

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

**Meat Granny Smith . . . . . \$8.99**

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

**Bready or Not. . . . . \$8.99**

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

**Chipotle Turkey. . . . . \$8.99**

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

**Tale of Two Meats . . . . . \$8.99**

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