

Salads

Strawberry Fields \$7.99

Sun-dried tomato turkey breast, Swiss cheese, fresh strawberries and chopped Walnuts topped with a fresh strawberry lime poppy seed dressing.

Fiesta On Fire \$7.99

Sun-dried tomato turkey breast, smoked cheddar cheese, red onion, and diced jalapenos, topped with an avocado lime dressing.

Chicken Salad \$7.99

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

Garden Salad \$7.99

Chopped tomato, red onion, shredded carrots, roasted sunflower seeds, sliced cage-free hard-boiled egg. Top with your choice of dressing.

Harvest Blend \$7.99

Sun-dried tomato turkey breast, smoked cheddar cheese, red apples, chopped walnuts, shredded carrots, and cranberries. Top with your choice of dressing.

DRESSING CHOICES

- Strawberry Lime Poppy Seed
- Balsamic
- Avocado Lime
- Honey Mustard
- Ranch

EXTRA DRESSING \$1

Tea (24oz)

Sweet or Unsweet \$1.75

Make it a Meal

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

Sandwich/Wrap Combo \$9.99

Salad Combo \$9.99

SOUPS (seasonal)

Regular \$3.75

Large \$4.50

Catering Options

PLEASE PLACE YOUR ORDER 24 HOURS IN ADVANCE

MUFFINS \$3.50 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 \$39.95

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

Catered Sandwich Tray \$39.95

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

Catered Salad \$16.99

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

Catered Fruit \$9.99

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
6AM - 7PM

Saturdays
8AM - 1PM

DELI OPEN

Monday thru Friday
BREAKFAST 6:30AM - 11AM
LUNCH 11AM - 2PM



HEALTHWORKS
FITNESS

304 N Madison Ave
El Dorado, AR 71730

870.862.2870

HEALTHWORKSFITNESSCENTER.COM

Smoothies (12oz/20oz)

Strawberry Slam \$4.50/\$6.50

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

Java Jolt \$4.50/\$6.50

Almond milk , Columbian coffee, and milk chocolate with 20g vanilla whey protein

Berry, Berry Good. \$4.50/\$6.50

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

Chocolate Frosty \$4.50/\$6.50

Almond milk and chocolate with 40g of chocolate whey protein

Peaches and Cream \$4.50/\$6.50

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

Tropical Triumph \$4.50/\$6.50

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

Double Chocolate Crunch. . \$4.50/\$6.50

Almond milk, chocolate, and organic sandwich cookies with 20g of chocolate whey protein

Chocolate Frosty \$4.50/\$6.50

Almond milk, chocolate, and organic sandwich cookies with 20g vanilla whey protein

Cracker Jax \$4.50/\$6.50

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

Black and Tan Chai \$4.50/\$6.50

Almond milk and chai tea with 20g of vanilla and chocolate whey protein

Mo'Mass \$4.50/\$6.50

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

Cookies 'N Cream Extreme. . \$4.50/\$6.50

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

I love Veggies \$4.50/\$6.50

pineapple, spinach ,kale, avocado, lemon, and banana with 20g of vanilla whey

Orange Creamsicle. \$4.50/\$6.50

Oranges, tangerines, pineapple and banana, with 20g vanilla whey protein

PB&J \$4.50/\$6.50

Peanut butter, raspberries, strawberries, blueberries, and blackberries with 20g of vanilla whey

Green Machine. \$4.50/\$6.50

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

Body Builder. \$4.50/\$6.50

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

Keto-Rific \$4.50/\$6.50

Almond milk, PB lite, and flax seed oil with 20g of chocolate and vanilla whey protein

Peanut Butter Cup \$4.50/\$6.50

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

ADD-INS \$1.50

- **Protein-whey or plant** (20g vanilla or chocolate)
- **Glutamine or Creatine** (increases stamina, strength or size)
- **BCAAs** (reduce fatigue and accelerate recovery)
- **Get Energized** (short and long term energy naturally)
- **Get Greens** (for healthy greens, phytonutrients)
- **Get Lean** (for fat burning and natural weight loss)
- **Get Regular** (daily dose of fiber and probiotics)
- **Get Resistance** (a natural antibiotic immunity booster)
- **Get Youthful** (improve beauty from the inside out)

Breakfast

Fresh Baked Muffin \$3.50

Assorted Flavors

Sandwiches

Chicken Salad Sandwich \$6.99

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

Meat Granny Smith \$6.99

Toasted multigrain oat bread topped with chipotle mayo, sun-dried tomato turkey breast, smoked cheddar cheese, Granny Smith apples , and a dark leaf salad blend

The Arnold Club \$6.99

Three slices of multigrain oat bread, black forest ham, sun-dried tomato turkey breast, avocado, tomato, red onion, a dark leaf salad blend, spicy mustard, and chipotle mayo sauce

Bready or Not. \$6.99

Sliced sun-dried tomato turkey breast, smoked cheddar cheese, red onion, tomato, a dark leaf salad blend and house Sriracha sauce on toasted jalapeño cornbread

Wraps

Honey, Date Me \$6.99

Black forest ham, a dark leaf salad blend, swiss cheese, chopped pecans, medjool dates, and a greek yogurt honey sauce in a multigrain wrap

Chipotle Turkey. \$6.99

Sun-dried tomato turkey breast, smoked cheddar cheese, red onion, a dark leaf salad blend, and avocado guacamole in a chipotle wrap

It's a Wrap \$6.99

Sun-dried tomato turkey breast, Granny Smith apple, avocado, a dark leaf salad blend, provolone cheese, and house sriracha sauce in a multigrain wrap

Tale of Two Meats \$6.99

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

Honey Mustard Chicken Wrap. . . \$6.99

Seasoned chicken breast, smoked cheddar cheese, tomato and homemade honey mustard dressing in a chipotle wrap.