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.

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 (24oz)

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**

the Juice BAR at HFC

HOURS

Monday thru Friday
6AM - 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