

## Smoothies

16 oz. \$6.00 20 oz. \$7.00

**Hawaiian Crush** Fresh Mangoes, Pineapple, Strawberries, and Banana, with 20g of Vanilla Whey Protein

**Strawberry Split** Fresh Strawberries and Bananas blended with 20g of Vanilla Whey Protein

**Very Berry** Fresh Strawberries, Blueberries, and Bananas, blended w/ Lemon Juice, 20g of Vanilla Whey Protein & NonFat Vanilla Frozen Yogurt

**Veggie Love** Pineapple, Coconut, Spinach, Kale, Avocado, Lemon, Banana and 20g of Vanilla Whey Protein

**The Mass** Choice of Milk, Peanut Butter, Oatmeal, Banana and 40g of Chocolate Whey Protein

**Cust Special** Choice of Milk, Bananas, Peanut Butter, Honey and 40g of Chocolate Whey Protein

**Chocolate Shake** Choice of Milk, Dark Chocolate, 40g of Chocolate Whey Protein, NonFat Frozen Yogurt

**Mocha Mover** Choice of Milk, French Roast Coffee, Dark Chocolate, and 20g of Vanilla Whey Protein

\* Create Your Own \* Make your own custom smoothie masterpiece!

## Juices (Freshly Squeezed)

16 oz. \$6.00 20 oz. \$7.00

**Apple Berry** Carrots, Apples, Strawberries

**Beet Nik** Apple, Beet Root, Carrots, Celery, Spinach, Ginger, Lemon

**Green Breakfast** Green Apples, Green Bell Pepper, Carrots, Cucumber, Grapes, Spinach, Tomato

**Drink the Rainbow** Carrots, Beet, Apple, Kale, Lime

**The Force** Carrots, Orange, Coconut Water, Beet, Turmeric Root, Ginger Root, Lime

## \* JUST FOR KIDS \*

Hot Dog	\$2.00	Chicken Tenders	\$4.95
PB & J Sandwich	\$2.00	Hamburger add cheese \$.50	\$4.95
Macaroni & Cheese	\$4.95	Cheese Quesadilla	\$4.95
Mozzarella Sticks	\$4.95	Chicken Quesadilla	\$6.95
Grilled Cheese	\$4.95	12 oz. Kids Shake	\$5.25
Personal Pizzas	\$4.95		

Coffee \* Sandwiches \* Paninis \* Wraps \* Smoothies



Casual Dining & Take Home Delights

## Summer Hours

Mon - Thu	6:00AM to 8:00PM
Friday	6:00AM to 6:00PM
Saturday	6:30AM to 4:30PM
Sunday	6:30AM to 2:00PM

We also Cater for Special Occasions

## HealthQuest

310 Hwy 31 N • Flemington, NJ  
healthquest-fitness.com

Corey Wapelhorst  
HQ Café Director

cafe@healthquest-fitness.com  
908.782.4009 ext. 270

# Wake Up All Day

- Bagel butter, cream cheese or peanut butter available ..... \$2.50
- Muffin ..... \$2.50
- Cereal ..... \$2.00

## BREAKFAST SANDWICHES

Served on Rye, Multigrain, Kaiser Roll, Bagel, Flat Bread or Wrap

- Egg Sandwich ..... \$3.00
- Egg & Cheese Sandwich ..... \$3.25
- Sausage, Egg & Cheese ..... \$4.25
- Bacon, Egg & Cheese ..... \$4.25
- Pork Roll, Egg & Cheese ..... \$4.25
- Egg White, Avacado, Tomato, & Spinach ..... \$5.95
- Egg White, Turkey Sausage, Tomato, & Spinach ..... \$5.95

## OMELET CREATIONS

- Egg Cheese Omelet ..... \$5.95
- Egg White Omelet ..... \$6.95
- Questern Omelet ..... \$7.95

Add Fillings: \$1.00 each	bacon ham turkey sausage	tomatoes peppers onions avacado	spinach mushrooms broccoli	cheddar cheese american cheese feta cheese swiss cheese
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# Lunch and Dinner

**HOMEMADE SOUP DU JOUR**      Pint \$5.00    Quart \$8.50

**GARDEN FRESH SALADS**    Specialty Salads Change Daily

Salad Bar ..... \$8.50/lb.  
Our fully stocked salad bar is self-serve and kept fresh throughout the day

## BURGERS

Served w/ lettuce, tomato, onion      Add Cheese for \$.50

Veggie Burger ..... \$6.95    Hamburger ..... \$6.95

## SPECIALTY SANDWICHES

Choice of Rye, White, Whole Grain, Sub Roll, Assorted Wraps & Gluten-Free Wraps

Chicken Cutlet Sandwich ..... \$8.95  
Chicken, pesto, roasted red peppers, fresh mozzarella on your choice of bread

Southwest Wrap ..... \$8.95  
Grilled chicken breast, cheddar cheese, salsa, sour cream, lettuce, tomato and avocado in a wrap

Power Wrap ..... \$7.95  
Grilled chicken, power slaw Asian Thai dressing in your choice of wrap

Buffalo Chicken Wrap ..... \$8.95  
Chicken, provolone, lettuce, tomato, red hot sauce w/ blue cheese or ranch dressing

Turkey Club ..... \$7.95  
Turkey, lettuce, tomato, bacon and mayo on your choice of bread

# GRAB N' GO SANDWICHES

Check Our Display Counter For Delicious Ready-to-Eat Sandwiches Made Fresh Daily

# MADE TO ORDER DELI SANDWICHES

If we have it, we can make it!

Choice of Rye, White, Whole Grain, Sub Roll, Assorted Wraps & Gluten-Free Wraps

Chicken Salad \$6.50    Tuna Salad \$6.50    Egg Salad \$5.25