

Smoothies

12oz \$4.50 | 20oz \$6.50

Protein \$1 | Amino Acids \$2 | Pre Workout \$2

Strawberry Banana

Vanilla yogurt, banana, strawberries,
strawberry banana juice

Chocolate Fruit

Chocolate yogurt, mixed berries,
chocolate syrup and milk

Rainbow Symphony

Vanilla yogurt, mixed berries, banana
and pineapple juice

Chocolate Peanut Butter

Chocolate yogurt, banana, peanut
butter & skim milk

Tropical

Vanilla yogurt, banana, mango,
pineapple juice

Fresh Pressed Juice

12oz \$6.00 | 20oz \$8.00

Energizer- Carrots, Apples, Ginger

Apple Juice- Fresh Apples & Cinnamon

Carrot Juice- Carrots & Lemon

Cucumber Cooler- Celery, Cucumber,

Apple & Spinach

Beverages

Ice Tea or Hot Tea	\$1.70
Soda	\$1.00
Coffee	\$1.00
Bottled Water	\$1.20
Sparkling Water	\$1.99
Beer	\$3.50
Wine	\$5.00

*Feeding
Fayetteville NC
with healthy &
nutritious meals*

*860 ELM ST.
FAYETTEVILLE
910-484-2111*

Order from us now!



Light Fare

Cheese & Cracker Plate \$7

Assortment of gourmet cheeses paired with a variety of crackers, grapes and salami

Tuna Salad Plate \$6

Classic Tuna Salad served with crackers or toasted pita wedges

Granola Parfait \$6

Layers of berries, granola, low-fat vanilla yogurt topped with cinnamon and honey

Bagels \$2

Served with butter, cream cheese or peanut butter

Hummus Plate \$10

Middle Eastern garbanzo bean dip served with a variety of fresh vegetables and warm pita wedges



Gourmet Sandwiches

& Wraps

Served with a deli pickle and chips

Roasted Turkey \$8

Fresh roasted turkey, provolone cheese, cucumber, lettuce, tomato, and hummus on a whole wheat pita or whole wheat bread

Mediterranean Wrap \$10

Grilled chicken, tomato, cucumber, black olives, red pepper, feta cheese and balsamic

Vegeterranean \$7

Veggie pita served with pesto, provolone cheese, roasted red peppers, black olives, balsamic artichoke hearts, spinach, cherry tomato and feta cheese

Tuna or Chicken Sandwich \$10

Served on hole wheat bread with fresh greens and tomato

Club Wrap \$10

Ham, turkey, bacon, provolone cheese, lettuce, tomato, and mayonnaise on a spinach wrap

Italian Melt \$9

Ham, salami, pesto, provolone cheese, lettuce, tomato and onion served on a toasted pita

Fresh From The Garden

All salads served with pita slices and your choice of Balsamic, Ranch, Caesar, or Raspberry Vinaigrette dressing

Chicken Caesar \$9

Romaine lettuce with parmesan cheese, croutons, and grilled chicken

The Spa Gourmet \$11

Mixed greens with strawberries, mandarin oranges, dried cranberries, pecans, feta cheese, and grilled chicken

Rejuvenation Signature \$11

Mixed greens with tomatoes, mushrooms, black olives, sunflower seeds, feta cheese, croutons, and grilled chicken

Greek Salad \$8

Romaine lettuce, feta cheese, tomatoes, cucumbers, black olives, bell peppers, pepperoncini, onion, and oregano. Add grilled chicken for \$2

Garden Salad \$8

Mixed greens, carrots, black olives, red peppers, mushrooms, red onion, tomato & ranch dressing *Add Chicken \$2*

Kids 12 & Under \$4

Grilled Cheese, Turkey & Cheese, PB&J, All served with chips