



## Breakfast Anytime Menu

### Main Dishes

	4 oz	6 oz	8 oz	12 oz
Frittata with black beans or home fries		\$ 6.00		
Egg or Tofu Scramble	\$ 3.25			
Organic Hot Cereal			\$ 3.00	\$ 4.25
Organic Steel Cut Oatmeal			\$ 3.00	\$ 4.25
Non-Fat Organic Yogurt Fruit Parfait			\$ 3.00	\$ 4.00

### Bakery & Sides

Wheat-free, Dairy-free Bread banana, pumpkin, and seasonal flavors				\$ 3.25
Good ol' Granola				\$ 3.00
Organic Dried Fruit & Nut Mix				\$ 3.50
Boca Veggie Sausage Patties				\$ 3.00
Organic Turkey Sausage Patties				\$ 2.25
Teff Energy Nugget our homemade energy nugget made from dried fruit, honey, & Teff				\$ 2.25



### Organic Desserts

Satisfy your sweet tooth with our desserts, free of refined sugars and butter and loaded with taste!

Soy Pudding available in chocolate, pumpkin, vanilla, & peanut butter-chocolate				\$ 3.00
Rice Pudding				\$ 3.00
Warm Berry Crisp				\$ 3.50
Polenta Pudding				\$ 3.50



Food for Fitness Café



# Menu

healthy - gourmet - to go

**Our Philosophy** - We use only the very best ingredients to create our unique items that make healthy eating easy and tasty. We provide natural proteins, free-range turkey and eggs, organic tofu, and quality fish selections. We also boil our carbohydrates to avoid their break down into simple sugars.



We feature all organic grains, beans, dairy products, and seasonal organic produce.



We cook with reverse osmosis filtered water, and use no butter, no cream, no partially hydrogenated products. No refined sugars and - of course - no preservatives...



For the Healthy Mind resides in the Healthy Body!



## Main Entrees

Prepared daily, our entrees are served with a side of seasonal vegetables, and a starch and are available in 3.5oz, 4oz, 6oz portions

	3.5 oz	4 oz	6 oz
Salmon Fillet - Color Free	\$ 8.00		\$12.00
Fresh Fish of the Day	\$ 7.25		\$ 9.75
Natural Meatballs			\$ 9.50
Natural Chicken Entree		\$ 6.75	\$10.00
Natural Turkey Burger			\$ 7.50
Organic Italian Turkey Sausage		\$ 6.75	
Vegetarian Entree			\$ 8.00
Natural Buffalo Entree			\$ 9.50
Seasonal Chile Relleno			\$ 9.25

*pasta dishes do not include sides*

Pasta Dish 10 oz meat or veggie sauce			\$ 7.25
--	--	--	---------



## Entree Salads & Vegetarian Meals

	4 oz	6 oz	8 oz
Mayo Free Natural Chicken Salad	\$ 4.25		\$ 7.00
Mayo Free Albacore Tuna Salad	\$ 4.25		\$ 7.00
Raw Vegetable Salad			\$ 5.25
Large Specialty Salad			\$10.00
Fruit, Nut, & Cheese Plate		\$ 6.00	
Organic Vermicelli Spring Bowl		\$ 5.25	
Organic Vegetable Spring Roll with peanut sauce		\$ 4.25	



## Soups, Sides & Snacks

	8 oz	12 oz
Natural Buffalo Chili	\$ 4.50	\$ 7.25
Organic Soup vegetarian and meat options available	\$ 3.25	\$ 5.50
	4 oz	8 oz
Seasonal Vegetable Side	\$ 3.00	\$ 4.50
Organic Grain Side Salad	\$ 2.75	\$ 4.50
Organic Sea Vegetable Side	\$ 4.00	
Organic Bean Side Salad	\$ 2.75	\$ 4.50
Organic Potato/Sweet Potato Side	\$ 2.75	\$ 4.25
Organic Hummus		\$ 4.50
Ezekiel Pita Bread		2 for \$ 2.00
Organic Raw Veggie Crudité	\$ 2.00	
Organic Fresh Fruit	\$ 1.75	
Deviled Egg	\$ 1.50	



**WELCOME** to our delicious healthy food cafe. We vary our menu daily to offer you an eclectic mix of flavors that will never lead to a boring meal.

Check our cases for this week's options!  
All our items are skillfully prepared by our Food for Fitness staff.

We guarantee your satisfaction!

Food for Fitness Cafe - Austin, Texas  
www.food4fitness.com - (512) 472-1674