

# Smoothies

## City Burners

\$5.21

- Peachylicious
- Route 66
- Urban Orange
- Slender U
- Coconut Grove
- Berry Appealing
- The Elvis
- Strawberry Fields
- Get your Peanuts Here
- Rush Hour
- Mocha
- Java Jolt BOLD
- Java Jolt

## City Gainers

\$4.91

- Purple Rain
- The Teeter
- Chunky Monkey
- Oreos-Oover
- Manhattan
- The Scale Breaker
- Java the Hut
- Mango Tango

## City Builder

\$4.91

- Orange you Beautiful
- The City Sticker
- Park Avenue
- Monkey Business
- Island Breeze
- Greased Lightning
- The Caffeinator

## City

## Performance

\$5.50

- Super Charger
- Champion
- The incinerator

## Kids Smoothie

\$5.21

- Orange Craze
- Chocolate Elephant
- Strawberry Breeze
- Purple Dragon
- Crazy Coconut

# City Blend Add-Ins

- Fat Loss \$0.50

*Good addition before or after a workout.*

*This Herbal and mineral is designed to speed up your metabolism, increase your energy and assist with fat loss.*

- Energy Pack \$0.50

*Good addition before workout.*

*A natural energizer design to improve the use of oxygen in your muscles, enabling longer aerobic activity with a quicker recovery.*

- Green Pack \$0.50

*Good addition anytime.*

*A powerful blend of 18 different nutrients designed to protect healthy cells. Assist the body in flushing out toxins. And support overall health and longevity.*

- Glutamine \$0.50

*Good addition anytime.*

*Serves as fuel for the immune system and provides an anti-catabolic effect.*

- Creatine Pack \$0.50

*Good addition before and after workout.*

*Creatine can greatly enhance athletic*

*Performance by speeding up muscle*

*Recovery during intense exercise and helps to*

*Promote muscle growth.*

- Vita Pack \$0.50

*Good addition anytime.*

*A potent blend of 34 different vitamins and minerals designed to keep the body strong, energized and nourished.*

- Wellness Pack \$0.50

*Good addition anytime.*

*A special blend of powerful herbs designed to assist your body in fighting off infections, the*

*Digestive process and helps to strengthen immune system.*

# SPA 23

FITNESS AND LIFESTYLE

## Café Menu

381 Route 23 Pompton Plains, NJ 07444

973-839-8823 - [www.spa23.com](http://www.spa23.com)

# Kids+

*All items include a choice of one side of mandarin oranges, or small salad*

<b>Grilled Cheese</b>	
<i>White or multigrain.</i>	<b>\$3.00</b>
<b>Peanut Butter &amp; Jelly</b>	
<i>With or without crust.</i>	<b>\$2.50</b>
<b>Chicken Nuggets</b>	<b>\$3.00</b>
<b>Pizza</b>	<b>\$4.25</b>
<b>Fries</b>	<b>\$ .85</b>
<b>Milk/Chocolate Milk</b>	<b>\$ .90</b>
<b>Ice Pops</b>	<b>\$ .50</b>

# Quesadillas

*Served with red, & green peppers / Mild salsa, & sour cream on the side*

<b>Chicken</b>	<b>\$7.50</b>
<b>Steak</b>	<b>\$8.00</b>
<b>Egg White</b>	<b>\$6.00</b>
<b>Tuna</b>	<b>\$7.00</b>
<b>Cheese</b>	<b>\$5.00</b>

# Salad

<b>House Salad</b>	<b>\$3.50</b>
<i>Romaine, tomatoes, red &amp; green Peppers, Shredded cheese, with choice of dressing</i>	
<b>Add chicken, Steak, or Tuna</b>	<b>\$3.75</b>
<b>Asian Chicken Salad</b>	<b>\$8.75</b>
<i>Romaine, toasted almonds, mandarins, crispy noodles, light Asian sesame dressing.</i>	
<b>Caesar Salad</b>	<b>\$4.00</b>
<i>Romaine, parmesan cheese, croutons, Light Caesar dressing.</i>	
<b>Add Chicken</b>	<b>\$3.75</b>
<b>Soup of the Day</b>	<b>\$3.75</b>

# Hot Dish

<b>Chicken &amp; Brown Rice Bowl</b>	<b>\$5.25</b>
<i>Brown rice, chicken, &amp; mild salsa.</i>	
<b>Steak &amp; Brown Rice Bowl</b>	<b>\$5.99</b>
<i>Brown rice, steak, &amp; mild salsa</i>	

# Wraps

*All Wraps come with a side salad*

<b>Protein Plus</b>	
<i>Grilled chicken, eggs whites, shredded cheese, Mild salsa, red &amp; green peppers.</i>	<b>\$9.25</b>
<b>Chicken &amp; Brown Rice</b>	
<i>Grilled chicken, brown rice, mild salsa, Shredded cheese, red &amp; green peppers.</i>	<b>\$7.50</b>
<b>Steak &amp; Brown Rice</b>	
<i>Steak, Brown rice, mild salsa, Shredded cheese, red &amp; green peppers.</i>	<b>\$8.00</b>
<b>Chicken Cesar</b>	
<i>Romaine, grater parmesan cheese, Caesar dressing.</i>	<b>\$7.00</b>
<b>Egg or Egg &amp; Cheese</b>	
<i>Shredder cheese, red &amp; green pepper, and Mild salsa.</i>	<b>\$6.00</b>
<b>BBQ Chicken</b>	
<i>Shredded cheese, red &amp; green pepper, with a zesty BBQ sauce.</i>	<b>\$7.00</b>
<b>South Western Chicken</b>	
<i>Red &amp; green pepper, with a touch of mild salsa.</i>	<b>\$7.00</b>
<b>Chicken Club</b>	
<i>Lettuce, tomatoes, turkey bacon, and A little honey mustard dressing.</i>	<b>\$7.00</b>
<b>Buffalo Chicken</b>	
<i>Lettuce, buffalo sauce, and light ranch or blue cheese.</i>	<b>\$7.00</b>
<b>Tuna or Tuna Melt</b>	
<i>Lettuce, tomatoes, with light mayo.</i>	<b>\$7.00</b>