

LUNCH

- Fit Chicken Salad Sandwich** **\$6.95**
Chicken breast, grapes, and walnuts with light mayo on multigrain bread.
- Losano Hero Sandwich** **\$6.95**
Salami, mortadella, turkey, ham, low-fat provolone, shredded lettuce, Roma tomatoes, and pepperoncini peppers on a light Italian dressed hoagie.
- Turkey Bacon Ranch Wrap** **\$6.95**
Turkey, bacon, lettuce, tomato, cheese, and ranch dressing
- Grilled Chicken Club Salad** **\$8.95**
A 5oz. chicken breast, grapes, tomatoes, avocado, cheddar cheese, Asiago cheese, and bacon. Served on mixed greens.

SCOOP & SERVE

- Fresh Fruit Cup, 16oz** **\$3.95**
Fresh mixed fruit, pineapple, strawberry, grapes, and melon
- Mediterranean Quinoa Salad** **\$4.95**
Diced chicken, red onions, diced cucumber, green peppers, quinoa, and feta cheese. Tossed in olive oil, lemon juice, and balsamic vinegar.
- Assorted Seasonal Fruit** **\$1.25**
Oranges, bananas, or apples



THE FIT BAR

(830) 298-5661
Mitchell Blvd. | BLDG 362
Mon-Fri: 0700-1300
Sat & Sun: Closed

PUB. 21 Mar 2023



47th Force Support Squadron
LaughlinFSS.com
@LaughlinFSS

THE FIT BAR

FRESH, HEALTHY EATERY
SERVING UP STARBUCKS
COFFEE.



COLD BEVERAGES

	Tall	Grande	Venti
Iced Caffè Latte	\$2.95	\$3.75	\$4.25
Iced Caramel Macchiato	\$3.75	\$4.45	\$4.75
Iced Caffè Mocha	\$3.75	\$4.50	\$4.75
Iced White Choc. Mocha	\$3.75	\$4.50	\$4.75
Iced Caffè Americano	\$2.75	\$2.95	\$3.25
Iced Tazo® Chai	\$3.25	\$3.50	\$3.95
Iced Brewed Coffee	\$2.50	\$2.75	\$2.95
Tazo® Iced Tea	\$2.05	\$2.25	\$2.50
Tazo® Iced Tea Lemonade	\$2.35	\$2.75	\$2.95
Brown Sugar Shaken Espresso	\$3.75	\$4.45	\$4.75

ESPRESSO & COFFEE

	Tall	Grande	Venti
Caffè Latte	\$3.25	\$3.95	\$4.25
Cappuccino	\$3.25	\$3.95	\$4.25
Caramel Macchiato	\$3.85	\$4.50	\$4.85
Caffè Mocha	\$3.85	\$4.25	\$4.75
White Choc. Mocha	\$3.85	\$4.50	\$4.75
Caffè Americano	\$2.75	\$2.95	\$3.25
Cinnamon Dolce Latte**	\$4.30	\$4.95	\$5.25
Pumpkin Spice Latte**	\$4.30	\$4.95	\$5.25
Coffee (Choice of Blend)	\$2.20	\$2.45	\$2.55

	<u>Solo</u>	<u>Double</u>	<u>Triple</u>
Espresso	\$1.75	\$1.95	\$2.15

** Denotes a seasonal item. Item availability is limited.

FRAPPUCCINOS

	Tall	Grande	Venti
Coffee	\$3.55	\$4.00	\$4.55
Caramel	\$4.25	\$4.50	\$4.75
Mocha	\$4.25	\$4.50	\$4.75
Vanilla Bean	\$3.75	\$3.95	\$4.25
Strawberries & Creme	\$4.25	\$4.50	\$4.95

EXTRAS

Additional Espresso Shot	\$1.00
Add Flavored Syrup	\$1.00
Add Caramel	\$1.00
Soy Milk	\$1.25
Organic Milk	\$1.25



SNACKS, PASTRIES, & DRINKS

Assorted Muffins	\$2.95
Danishes	\$2.50
Kellogg 12g Protein Bar	\$2.25
Quaker Variety Chewy Bar	\$1.25
Orange Juice	\$2.35
Assorted Gatorade	\$2.50
Red Bull & Energy Drinks	\$3.00

SMOOTHIES

12 oz. \$5.95 / 16 oz. \$6.55 / 20oz. \$7.25
Add whey protein to any smoothie: \$1.00.

Coffee Core

Iced coffee, banana, whey protein, & splash of almond milk

Muscle Max

Yogurt, banana, peanut butter, & whey protein

Gladiator

Almond milk, yogurt, banana, peanut butter, & protein powder.

Mango-Melon Burst

Mango, watermelon, yogurt, & chili powder.

Nana Berry Smoothie

Strawberries, banana, & yogurt.

Red Bull Re-Boot Smoothie

Red Bull, grapes, mango, & watermelon.

Toxic Quencher

Kale, pear, banana, & pineapple.

Pina Colada Extreme

Coconut milk & pineapple

Pro Berry Plus

Blueberries, pomegranate, yogurt, banana, & whey protein.

All smoothies are made with concentrated all natural ingredients

GRAB & GO

Mixed Berry & Yogurt Parfait	\$4.05
16oz cup with assorted berries with non-fat yogurt and granola.	
Ultimate Protein Pack	\$5.05
Boiled egg, grapes, cheese, & nut box	
Veggie Pack	\$3.95
Carrots, celery, cucumber, broccoli, & cauliflower with ranch	
Deli Pack	\$4.55
Salami, mozzarella cheese, crackers, apple, and sweet peppers. Served with mustard.	
Hummus Pack	\$5.95
Roasted red pepper hummus with pita chips, grapes, and almonds.	
Ready to Heat & Go Meals	
Options and pricing varies	