

COOL DOWN café

hot bowls

Add Avocado to Bowl \$1.50

Add Chopped Spinach to Bowl \$0.50

Fuller Filler \$9.00

Chicken, brown rice, black beans, tomato, avocado, non-fat Italian dressing, and Cholula sauce.

Belinski Bomber \$8.00

Chicken, brown rice, black beans, tomato, and Caesar dressing.

J² Surprise \$8.00

Albacore tuna, brown rice, black beans, tomato, and honey mustard.

hot and cold sandwiches

All sandwiches are served with tomato, onion, lettuce, mayonnaise, and mustard. Prepared on whole grain wheat bread. Have it cold or try it toasted on our panini maker!

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|------------------|--------|
| Chicken Sandwich | \$9.00 |
| Ham Sandwich | \$8.50 |
| Turkey Sandwich | \$8.50 |
| Tuna Sandwich | \$8.50 |



wraps

Add Avocado to Wrap \$0.75

GVAC Classic \$8.50

Chicken, brown rice, tomato, onion, spinach leaves, and choice of dressing. Wrapped in a whole wheat tortilla.

Fiesta \$8.50

Chicken, brown rice, black beans, yellow corn, tomato, romaine lettuce. Topped with a ranch / BBQ blend or salsa. Wrapped in a whole wheat tortilla.

Spicy Mike \$8.50

Chicken, brown rice, black beans, and tomato. Topped with a BBQ, honey teriyaki, Cholula, and Sriracha blend. Wrapped in a whole wheat tortilla.

Tuna \$8.50

Albacore tuna, brown rice, yellow corn, tomato, onion, spinach, and choice of dressing. Wrapped in a whole wheat tortilla.

Veggie \$8.50

Avocado, brown rice, black beans, tomato, spinach and choice of dressing. Wrapped in a whole wheat tortilla.

dressings

BBQ, Honey Mustard, Honey Teriyaki, Caesar, Balsamic, Reduced-Fat Ranch, Non-Fat Italian, Sriracha, Cholula

Cheese available on all items per request

Vegetarian Substitutes:

Chicken and Tuna may be replaced with Avocado and Spinach for no additional charge.



salads

Add Avocado to Salad \$1.50

Tuna Delight \$8.50

Albacore tuna, mixed greens, tomato, onion, yellow corn, croutons, and choice of dressing.

Chicken Caesar \$8.50

Romaine lettuce, chicken, grated parmesan, croutons and Caesar dressing.

Sean Salad \$7.50

Mixed greens, avocado, brown rice, tomato, black beans, and choice of dressing.

Mission Tex-Mex \$7.50

Mixed greens, black beans, tomato, onion, and yellow corn, topped with a blend of non-fat ranch and BBQ dressings.



sides

| | |
|---------------------------|--------|
| Chicken | \$2.25 |
| Albacore Tuna | \$2.25 |
| Avocado | \$1.50 |
| Black Beans | \$1.35 |
| Corn | \$1.35 |
| Brown Rice | \$1.35 |
| Tortilla / Bread | \$1.35 |
| Cheese | \$0.75 |
| Spinach / Romaine Lettuce | \$0.75 |
| Tomato | \$0.75 |
| Onion | \$0.75 |
| Dressing / Sauce | \$0.75 |
| Peanut Butter | \$0.75 |

TAX INCLUDED IN ALL MENU PRICES

COOL DOWN **café**

DRINKS, BARS and SNACKS



bars

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|-----------------------------|--------|
| | |
| Zone Perfect Bar | \$2.00 |
| Cliff Bar | \$2.25 |
| KIND Bar | \$2.50 |
| Think Thin High Protein Bar | \$2.50 |
| Santa Barbara Bar | \$3.00 |
| Quest Bar | \$3.00 |
| Bobo's Oat Bar | \$3.50 |

snacks

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| Fruit | \$1.00 |
| Fruit Snacks | \$1.00 |
| Trail Mix | \$1.25 |
| Snickers | \$1.25 |
| Sun Chips | \$2.00 |

energy drinks

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| | |
| Red Bull | \$3.00 |
| Celsius | \$3.00 |
| FRS - Can | \$3.00 |
| VPX Redline | \$4.30 |

protein drinks

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| | |
| EAS Complete Protein | \$3.75 |
| Orgain Nutritional Shake | \$4.00 |
| Muscle Milk Shake | \$4.85 |
| IsoPure Protein Drink | \$5.50 |

beers

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| | |
| Canned Beer - 12 oz | \$3.00 |
| <small>Bud Light, Budweiser</small> | |
| Draft Beer - 12 oz | |
| <small>Michelob Ultra</small> | \$3.50 |
| <small>Pyramid Hefeweizen</small> | \$4.50 |

water & other drinks

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| Nestle PureLife Water | |
| <small>Small - 750 ml</small> | \$1.50 |
| <small>Large - 1 L</small> | \$2.50 |
| Pellegrino Sparkling Water | \$2.00 |
| Gatorade | \$2.00 |
| Vitamin Water | \$2.00 |
| VitaRain | \$2.00 |
| Coconut Water | \$2.50 |
| Naked Juice - Regular | \$4.50 |
| Naked Juice - Premium | \$4.75 |
| Canned Soda | \$1.00 |

coffee & tea

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|---------------------------------------|--------|
| | |
| Coffee | \$1.50 |
| Tea - All Flavors | \$1.50 |
| <small>Orange Spice, Grey Tea</small> | |

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