

Fuel - Menu

Friday, August 12, 2022

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
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Breakfast

Bagel with Butter	1 ea	290	2	1	520	62	2	10	Milk;Wheat	
Bagel with Cream Cheese	1 ea	420	15	8	730	66	2	12	Milk;Wheat	
Bagel with Egg, Meat, Cheese	8.07 oz	510	18	7	1030	66	2	25	Eggs;Milk; Soy;Wheat; Pork	

Coffee & Tea

Americano (medium)	1 ea	70	1		45	12		1	Milk;Soy; Tree nuts; NY Local	
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Iced Americano (medium)	1 ea	70	1		45	12		1	Milk;Soy; Tree nuts; NY Local
Espresso (single)	1 ea	5							
Latte (medium)	1 ea	170	6	2	210	17	1	9	Milk;Soy; Tree nuts
Iced Latte (medium)	1 ea	160	6	2	190	16	1	9	Milk;Soy; Tree nuts
Cappuccino (medium)	1 ea	110	4	1	130	11	1	6	Milk;Soy; Tree nuts
Macchiato (medium)	1 ea	170	6	2	210	17	1	9	Milk;Soy; Tree nuts
Iced Macchiato (medium)	1 ea	160	6	2	190	16	1	9	Milk;Soy; Tree nuts
Cold Brew (medium)	1 ea	60	1		40	12		1	Milk;Soy; Tree nuts; NY Local
Tea (small)	1 ea	30			25	6		1	Milk;Soy; Tree nuts; NY Local
Chai Latte (medium)	1 ea	240	3.5	1	160	48	1	5	Milk;Soy; Tree nuts
Iced Chai Latte	1 ea	240	3.5	1	160	48	1	5	Milk;Soy; Tree nuts

(medium)

Almond Milk	1 ea	100	4		240	13	2	2	Tree nuts
Oat Milk	1 ea	190	6		180	32	2	3	
Flavor Shots	2 fl oz	180	4	2.5	40	38		3	Milk;Soy; Tree nuts; Wheat

Fruit Bowls

Acai Rainbow Bowl	6 oz	390	8	9	45	63	7	3	Tree nuts
Sunshine	6 oz	320	3.5		220	65	6	9	Milk
PB&J	6 oz	520	22	4.5	180	77	7	11	Peanuts;Soy; Tree nuts
Mango Surprise	6 oz	300	6	6	85	51	6	4	Milk;Soy; Tree nuts

Shakes

Brownie	16 fl oz	820	43	11	180	101		15	Eggs;Milk; Soy;Wheat
Candy Bar	16 fl oz	1160	67	25	640	107	5	37	Eggs;Milk; Peanuts;Soy; Tree nuts; Wheat

Reese's	16 fl oz	660	34	16	300	74	1	15	Milk; Peanuts;Soy; Wheat
Oreo	1 ea	640	27	13	350	78	2	13	Milk;Soy; Wheat
Vanilla	16 fl oz	360	19	10	160	36		11	Milk
Chocolate	16 fl oz	440	22	11	170	55		11	Milk

Smoothies

Tropical Blast	1 ea	740	24	20	140	122	7	11	Milk;Tree nuts;NY Local
Red Dragon	1 ea	340	5	2.5	190	56	3	16	Milk;NY Local
The Elvis	1 ea	630	29	9	360	66	4	25	Milk; Peanuts;Soy; Tree nuts; NY Local
Hawaii 5 OH	1 ea	440	6	3	80	83	5	8	Milk;NY Local
Java Chip	1 ea	490	21	12	80	69	4	8	Milk;Soy; NY Local
Blue Island	1 ea	460	12	10	40	81	5	3	Tree nuts