Fuel - Menu

Monday, September 20, 2021

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

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