

LAUGHLIN AIR FORCE BASE THE FIT BAR



MENU

Hours
 Monday-Friday 0600-1400
 Saturday 0900-1200

CONTACT US
 (830) 298-4640 | Mitchell Blvd. | BLDG 362

FRAPPUCCINOS®

	Tall	Grande	Venti
Coffee	\$3.05	\$3.75	\$4.05
Caramel	\$3.55	\$4.25	\$4.55
Mocha	\$3.55	\$4.25	\$4.55
Vanilla Bean	\$3.05	\$3.75	\$4.05
Strawberries & Crème	\$3.55	\$4.25	\$4.55

COLD BEVERAGES

	Tall	Grande	Venti
Iced Caffè Latte	\$2.75	\$3.45	\$3.95
Iced Caramel Macchiato	\$3.45	\$4.25	\$4.55
Iced Caffè Mocha	\$3.25	\$3.95	\$4.45
Iced White Choc. Mocha	\$3.55	\$4.25	\$4.55
Iced Caffè Americano	\$2.05	\$2.45	\$2.75
Iced Tazo® Chai	\$3.05	\$3.75	\$4.05
Iced Brewed Coffee	\$2.05	\$2.45	\$2.75
Tazo® Iced Tea	\$1.55	\$2.05	\$2.75
Tazo® Iced Tea Lemonade	\$2.25	\$2.75	\$3.25



ESPRESSO & COFFEE

	Tall	Grande	Venti
Caffè Latte	\$2.75	\$3.45	\$3.95
Cappuccino	\$2.75	\$3.45	\$3.95
Caramel Macchiato	\$3.55	\$4.25	\$4.55
Caffè Mocha	\$3.25	\$3.95	\$4.45
White Choc. Mocha	\$3.55	\$4.25	\$4.55
Caffè Americano	\$2.05	\$2.45	\$2.75
Cinnamon Dolce Latte	\$3.45	\$4.25	\$4.55
Coffee (Choice of Blend)	\$1.55	\$1.90	\$2.15

Espresso Solo \$1.55
 Doppio \$1.75

EXTRAS

Additional Espresso Shot \$0.75
 Add Flavored Syrup \$0.50
 Add Caramel \$0.50
 Choose Your Milk \$0.60
 Soy or Organic



BREAKFAST

Breakfast Croissant	\$3.95
Bacon, egg white, and low-fat provolone on a croissant.	
Breakfast Muffin	\$3.45
Turkey sausage and egg white on a whole wheat English muffin.	
Breakfast Wrap	\$3.45
Egg white, feta, spinach, and tomato on a whole wheat tortilla.	
Ultimate Breakfast Turnover	\$4.95
Baked sourdough crust filled with fried egg, sausage, and cheddar cheese.	

LUNCH

Fit Chicken Salad Sandwich	\$5.95
Chicken breast, grapes, and walnuts with light mayo	
Egg White Salad Sandwich	\$4.95
Egg whites, celery, onions, and pickle relish with light	
Light Turkey Flatbread	\$5.95
Turkey, spinach, Roma tomatoes, and feta cheese on	
Losano Hero Sandwich	\$5.95
Salami, mortadella, turkey, ham, low-fat provolone, shredded lettuce, Roma tomatoes, and pepperoncini	
Mediterranean Wrap	\$5.95
Turkey, red pepper hummus, cucumbers, red onions, Kalamata olives, Roma tomatoes, and field greens on	
Strawberry Avocado Salad	\$4.95
Mixed greens, sliced strawberries, and avocado with	
Grilled Chicken Club Salad	\$5.95
A 5oz. Chicken breast, grapes, tomatoes, avocado, cheddar, Asiago cheese, and bacon. Served on mixed	

SCOOP & SERVE

Fresh Fruit Salad	\$2.95
Fresh mixed berries, melon, pineapple, and apple.	
Mediterranean Quinoa Salad (Gluten Free)	\$3.95
Diced chicken, red onions, Kalamata olives, green peppers, quinoa, and feta cheese. Tossed in olive oil, lemon juice, and balsamic vinegar.	
Mandarin Chicken Pasta Salad (Gluten Free)	\$3.95
Fusilli, chicken, spinach, Roma tomatoes, mandarin orange, and sliced almonds with light Asian dressing.	

GRAB & GO

Mixed Berry & Yogurt Parfait	\$2.95
Assorted berries with non-fat yogurt and granola.	
Protein Pack	\$2.95
Sliced apples, cheese, and nut box.	
Ultimate Protein Pack	\$4.95
Boiled egg, sliced apples, grapes, cheese, and nut box.	
Veggie Pack	\$2.95
Carrots, celery, cucumber, almonds, and cranberries with ranch.	
Deli Pack	\$3.95
Salami, mozzarella cheese, crackers, apple, and sweet peppers with mustard.	
Hummus Pack	\$2.95
Roasted red pepper hummus with pita chips, grapes, and almonds.	

PASTRIES & SWEETS

Lemon Bundt Cake	\$2.25
Coffee Cake	\$2.25
Chocolate Brownie	\$1.95
Gluten Free Available	
Assorted Scones	\$2.25
Multigrain Muffin	\$2.75
Buttered Croissant	\$2.25
Lemon Bar	\$1.95

SMOOTHIES

12 oz.	16 oz.	20 oz.
\$4.95	\$5.95	\$6.95

The Immune Booster
Spinach, kale, banana, orange, pineapple, and blueberries.
Blueberry Brainiac
Almond milk, banana, blueberries, ground flaxseed, and protein powder.
Peachy Keen
Spinach, avocado, nectarine, peaches, and almond milk.
Mango-Melon Mash
Mango, watermelon, non-fat yogurt, and chili powder.
Green Tea Banana-Berry
Green tea, blueberries, banana, honey, and soy milk.
Red Bull Energy Smoothie
Red Bull, grapes, mango, orange, and watermelon.
Toxic Cleansing Blast
Spinach, pear, banana, apple, and pineapple.
Banana Ginger Smoothie
Banana, non-fat yogurt, honey, and fresh ginger.
Orange Delight
Orange, non-fat yogurt, and vanilla.
<i>Add Whey Protein To Any Smoothie For \$0.50</i>