

LAUGHLIN AIR FORCE BASE THE FIT BAR



MENU

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 Chocolate 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



PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Hours

Monday-Friday 0600-1400 & 1700-2000

CONTACT US

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

BREAKFAST

- Breakfast Croissant** **\$3.95**
Bacon, egg white, and low-fat provolone on a croissant.
- Breakfast Bagel** **\$1.95**
Egg, cheese, and bacon (2 oz.).
- Breakfast Flat Bread Sandwich** **\$2.95**
Egg, cheese, sausage (4.1 oz.)
- 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 on multigrain bread.
- Ham & Swiss Cream Cheese Sandwich** **\$5.95**
Smoked ham and Swiss cream cheese stuffed inside pretzel dough. Finished with a buttery parmesan streusel.
- Simply Light Turkey Flatbread Sandwich** **\$5.95**
Turkey, spinach, Roma tomatoes, and feta cheese on seasoned flatbread.
- Losano Hero Sandwich** **\$5.95**
Salami, mortadella, turkey, ham, low-fat provolone, shredded lettuce, Roma tomatoes, and pepperoncini peppers on a light Italian dressed hoagie.
- Grilled Chicken Club Salad** **\$5.95**
A 5oz. chicken breast, grapes, tomatoes, avocado, cheddar cheese, Asiago cheese, and bacon. Served on mixed greens.

SCOOP & SERVE

- The Fit Bar "Salad Of The Month"** **\$8.95**
Fresh, healthy salads created for the health conscious.
- Mediterranean Quinoa Salad** **\$4.45**
(Gluten Free)
Diced chicken, red onions, Kalamata olives, green peppers, quinoa, and feta cheese. Tossed in olive oil, lemon juice, and balsamic vinegar.
- Assorted Seasonal Fruit** **\$3.95**
A mixture of fresh, in-season fruit.

GRAB & GO

- Mixed Berry & Yogurt Parfait** **\$3.50**
Assorted berries with non-fat yogurt and granola.
- Healthy Granola Cereal** **\$5.95**
12 oz. cup of rolled oats and soy-nut butter (roasted soybeans) tossed with granulated cane juice and granola. Served with half a cup of 2% milk.
- Veggie Pack** **\$2.95**
Carrots, celery, cucumber, almonds, and cranberries. Served with ranch dressing.
- Deli Pack** **\$4.45**
Salami, mozzarella cheese, crackers, apple, and sweet peppers. Served with mustard.
- Hummus Pack** **\$4.45**
Roasted red pepper hummus with pita chips, grapes, and almonds.

PASTRIES & SWEETS

- Cake (Assorted)** **\$2.35**
- Cinnamon Roll** **\$2.35**
- Chocolate Brownie** **\$2.25**
- Scone (Assorted)** **\$2.35**
- Muffin (Assorted)** **\$2.75**
- Buttered Croissant** **\$2.25**
- Lemon Bar** **\$1.95**

SMOOTHIES

12 oz.	16 oz.	20 oz.
\$4.95	\$5.95	\$6.95
Add Whey Protein To Any Smoothie: \$0.50		

- The Immune Booster**
Spinach, kale, banana, orange, pineapple, and blueberries.
- Blueberry Brainiac**
Almond milk, banana, blueberries, ground flaxseed, and protein powder.
- Gladiator**
Almond milk, yogurt, banana, peanut butter, and protein powder.
- Mango-Melon Mash**
Mango, watermelon, non-fat yogurt, and chili powder.
- Banerry Smoothie**
Strawberries, blueberries, banana, yogurt, and 2% 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.