

NOTHING
OVER
500
CALORIES

Catering YOU CAN COUNT ON

EVERYTHING
GRILLED
BAKED OR
STEAMED

WRAP PLATTERS

choose whole wheat or multi grain
\$6.99 per person

THAI CHICKEN WRAP (COOL)

Grilled chicken breast, carrots, baked chinese noodles, cucumbers, spicy peanut sauce
466 Calories

THE KITCHEN WRAP

Ground turkey, peppers, tomatoes, onions, low-fat mozzarella
453 Calories

TEX MEX BISON WRAP

Chopped bison, black beans, steamed brown rice, salsa
495 Calories

CHICKEN STIR-FRY WRAP

Grilled chicken breast, teriyaki sauce, brown rice, steamed vegetables
472 Calories

ITALIAN CHICKEN WRAP

Grilled chicken breast, marinara sauce, low-fat mozzarella
442 Calories

BISON CHEESESTEAK WRAP

Chopped bison, mushrooms, onions, low-fat american
473 Calories

CHICKEN FAJITA WRAP

Grilled chicken breast, onions, peppers, cheddar, salsa, cajun seasoning, fat-free sour cream
452 Calories

CALIFORNIA WRAP (COOL)

NEW Hummus, guacamole, alfalfa sprouts, roasted red peppers
382 Calories

453 CAL
THE KITCHEN WRAP

330 CAL
TURKEY BURGER



BURGER & SANDWICH PLATTERS

served on a whole wheat roll
\$6.99 per person

THE ENERGY BURGER

Bison burger, three egg whites, low-fat mozzarella
494 Calories

BISON BURGER

Premium Canadian bison
390 Calories

OSTRICH BURGER

All natural, free range, ground ostrich
271 Calories

TURKEY BURGER

Lean, seasoned ground turkey
330 Calories

VEGGIE BURGER

Made with soy, onions, carrots, zucchini, corn and peppers
351 Calories

CHICKEN BURGER

Seasoned ground chicken breast
369 Calories

CHICKEN SANDWICH

Grilled marinated chicken breast
282 Calories

CHICKEN CLUB SANDWICH

Grilled chicken breast, turkey bacon, guacamole, low-fat mayo
416 Calories

TOTAL TUNA SANDWICH (COOL)

Our tuna salad (tuna, red peppers, onions, cucumber, celery, black pepper, low fat mayo)
296 Calories

STEAKHOUSE BURGER

NEW Bison burger, sauteed mushrooms and onions with steak sauce
423 Calories

BUFFALO CHICKEN BURGER

NEW Chicken burger topped with ranch dressing, hot sauce and celery
378 Calories

BARBECUE TURKEY BURGER

NEW Turkey burger topped with turkey bacon, low-fat american and chipotle barbecue sauce
463 Calories

270 CAL
SEARED TUNA SALAD



SALADS

MIXED GREEN SALAD \$4.99 per person

Mixed greens, tomatoes and cucumbers
53 calories per 10oz serving

KITCHEN CHOPPED SALAD \$5.99 per person

Grilled chicken, scallions, tomatoes, blue cheese and turkey bacon bits over romaine
290 calories per 11oz serving

MEDITERRANEAN SALAD \$5.99 per person

Feta cheese, cucumbers, kalamata olives, red onions and tomatoes over romaine
260 calories per 14oz serving

+CHOICE OF LITE DRESSING

FAT-FREE RANCH

67 calories

FAT-FREE FRENCH

78 calories

FAT-FREE BALSAMIC

VINAIGRETTE

42 calories

FAT-FREE TOASTED SESAME

150 calories

FAT-FREE HONEY DIJON

150 calories

LOW-FAT CAESAR

129 calories

466 CAL
THAI CHICKEN WRAP



473 CAL

BISON CHEESESTEAK WRAP



390 CAL

BISON BURGER



274 CAL

VEGGIE EGG WRAP



Contact us at: <http://energykitchen.com/catering> or call **212 687 4100**.



BOARDROOM BREAKFAST

\$4.99 per person

(SERVED FROM 8AM — 11AM)

ALL ITEMS SERVED ON A PLATTER

ENERGY KITCHEN BREAKFAST SANDWICH

Five egg whites, low-fat mozzarella, turkey bacon on a honey whole wheat english muffin

365 Calories

BREAKFAST EGG WHITE WRAP

Add low-fat cheese for .99 per person

All egg wraps have 5 egg whites

OR CHOOSE FROM:

JUMP START WRAP

249 Calories

BISON EGG WRAP

473 Calories

TURKEY EGG WRAP

403 Calories

VEGGIE EGG WRAP

274 Calories*

*based on spinach & tomatoes

CHICKEN EGG WRAP

414 Calories

(Select two: peppers, spinach onions, tomato, broccoli)

WHOLE GRAIN MUFFIN \$1.99 per person

Choose banana or blueberry

Fortified with vanilla protein

240/238 calories

FRESH FRUIT PLATTER

\$5.99 per person

A seasonal assortment of freshly sliced fruit

OATMEAL 2.99 per person

With honey and cinnamon

236 Calories

+ ADD WHEY PROTEIN FOR .99 PER PERSON

Chocolate, vanilla or strawberry

+ ADD FRUIT FOR .99 PER PERSON

Choose two: strawberries, blueberries, bananas, dried cranberries

BEVERAGES 1.99 each

BOTTLED SODA

Diet Coke, Coke Zero, Sprite Zero
0 Calories

VITAMINWATER ZERO

XXX, Mega-C, GO-GO
0 Calories

VITAMINWATER

XXX, Power-C
125 Calories

SMARTWATER

0 Calories

HONEST TEA

Lemon or pomegranate
85 Calories

ILLY COFFEE

10 x 12oz servings per box
0 calories

SNACKS

PROTEIN BROWNIE PLATTER

\$1.99 per person

242 calories

VEGETABLE PLATTER \$4.99 per person

Carrots, broccoli, celery, cherry tomatoes and cauliflower served with a zesty ranch dip

NUTRITION BARS \$1.99-\$2.49 per person

Choice of Kashi, Luna, Clif, and Kind Bars

130 calories-250 calories

SNACKS \$2.29

Choice of Pirate's Booty, Potato Flyers, Smart Puffs, Pretzels Crisps or Soy Chips

130 calories-180 calories

SIDES 2.99 per person

BAKED HOMESTYLE POTATOES 139 Calories per 7.5oz serving

MIXED VEGETABLES 66 Calories per 7.5oz serving

MASHED SWEET POTATOES 318 Calories per 9.5oz serving

BLACK BEAN & MANGO SALAD 211 Calories per 7.9oz serving

BROWN RICE 209 Calories per 6.5oz serving

CORN & EDAMAME SALAD 155 Calories per 7oz serving

GRILLED ASPARAGUS SALAD 69 Calories per 6.5oz serving

POWER LUNCH PACKAGES

BOXED LUNCH each guest enjoys their own boxed meal.

\$11.95 per person

Choose one of our wraps or burgers
Garden salad Protein brownie

FOR 10: \$99.00

Assortment of Energy Kitchen sandwiches and wraps
Choice of mixed green salad or tasty side
Brownie platter

FOR 20: \$199.00

Assortment of Energy Kitchen sandwiches and wraps
Choice of tasty side
Choice of mixed green salad or mediterranean salad
Brownie platter

CATERING SPECIFICS

FOR ALL YOUR CATERING ORDERS, PLEASE NOTE THE FOLLOWING:

Minimum of 10 people

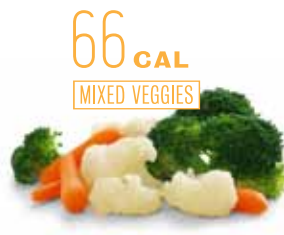
Please provide 24 hours notice on all catering orders. Same day orders cannot be guaranteed.

50% same day cancellation fee.

All orders subject to 10% service charge.

Prices and offering subject to change.

We accommodate special requests, please inquire.



Contact us at: <http://energykitchen.com/catering> or call 212 687 4100.

ENERGYKITCHEN
wraps ■ burgers ■ salads ■ smoothies

for more nutritional info, please visit energykitchen.com

this menu was printed with soy ink on recycled paper

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