

NOTHING
OVER
500
CALORIES

ENERGY KITCHEN™

wraps • burgers • salads • smoothies

ENERGYKITCHEN.COM 9 CONVENIENT LOCATIONS

EVERYTHING
GRILLED
BAKED OR
STEAMED

BURGERS AND SANDWICHES

BURGERS ARE 1/4LB GRILLED.
ALL BURGERS AND SANDWICHES
ARE SERVED ON A WHOLE
WHEAT ROLL WITH OUR
LETTUCE MIX AND TOMATO.

THE ENERGY BURGER® 8.49

bison burger, three egg whites,
low-fat mozzarella.

494 calories

BISON BURGER 6.99

premium canadian bison, leaner
than beef. no bull.

390 calories

OSTRICH BURGER 6.99

even leaner than bison.

271 calories

TURKEY BURGER 6.99

lean, seasoned ground turkey.

330 calories

VEGGIE BURGER 6.59

made with soy, onions, carrots,
zucchini, corn, peppers.

351 calories

CHICKEN BURGER 6.59

seasoned ground chicken breast.

369 calories

CHICKEN SANDWICH 6.59

grilled marinated chicken breast.

282 calories

NEW

CHICKEN CLUB SANDWICH 8.29

chicken breast, turkey bacon,
avocado, low-fat mayo.

416 calories

NEW

TOTAL TUNA SANDWICH 6.59

our tuna salad (tuna, red peppers,
onions, cucumbers, celery, black
pepper and low-fat mayo).

296 calories

+ADD LOW-FAT CHEESE .99
mozzarella or american
60/45 calories

+ADD TURKEY BACON 1.99
53 calories

+ADD TWO SIDES 3.99

ENTREES

SERVED WITH TWO SIDES

CHICKEN BREASTS 10.99

two grilled chicken breasts
marinated in balsamic vinaigrette.

268 calories

CHICKEN MARINARA 11.99

two grilled chicken breasts, low-
fat mozzarella, marinara sauce.

373 calories

TURKEY MEATLOAF 10.99

seasoned ground turkey,
marinara sauce.

312 calories

GRILLED SALMON 12.99

premium norwegian salmon.

273 calories

cajun or teriyaki style. add .99

2/27 calories

NEW

YELLOW FIN TUNA STEAK 12.99

wild yellowfin tuna grilled to
perfection.

240 calories

fat-free toasted sesame dressing.

100 calories

WRAPS

CHOOSE WHOLE WHEAT OR MULTI
GRAIN, OR SKIP THE CARBS AND
HAVE IT SERVED ON A PLATE.

THE KITCHEN WRAP 7.99

ground turkey, peppers, tomatoes,
onions, low-fat mozzarella.

453 calories

THAI CHICKEN 7.99 (cool)

grilled chicken breast, carrots,
baked chinese noodles, cucumbers,
spicy peanut sauce.

466 calories

TEX MEX BISON 8.29

chopped bison, black beans,
steamed brown rice, salsa.

495 calories

CHICKEN STIR-FRY 7.99

grilled chicken breast, teriyaki
sauce, brown rice, steamed
vegetables.

472 calories

ITALIAN CHICKEN 7.99

grilled chicken breast, marinara
sauce, low-fat mozzarella.

442 calories

BISON CHEESESTEAK® 8.29

chopped bison, mushrooms,
onions, low-fat american cheese.

473 calories

BBQ CHICKEN QUESADILLA 8.29

grilled chicken breast, peppers,
onions, low-fat mozzarella,
tangy barbecue sauce.

469 calories

VEGGIE CHILI 7.99

tofu, vegetarian chili,
low-fat mozzarella.

457 calories

CHICKEN FAJITA 7.99

grilled chicken breast,
onions, peppers, cheddar,
salsa, cajun seasoning,
fat-free sour cream.

452 calories

+ADD TWO SIDES 3.99

SPECIAL REQUEST? JUST ASK!
WE CAN PREPARE ANY ABOVE
ITEM TO MEET YOUR DIETARY
REQUIREMENTS.

all wrap nutritional values are based
on the whole wheat wrap.

SALADS

THE KITCHEN CHOPPED 9.49

with grilled chicken, scallions,
tomatoes, blue cheese, turkey
bacon bits over romaine.

284 calories

SALMON SALAD 10.99

with dill, capers, red onions,
cucumbers, low-fat mayo,
bell peppers atop mesclun.

272 calories

SEARED TUNA 11.99

sashimi-grade tuna with sesame
seeds, toasted almonds, mandarin
orange slices atop mesclun.

270 calories

MEDITERRANEAN 8.69

with feta, cucumbers,
kalamata olives, red onions,
tomatoes over romaine.

259 calories

+ADD 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

CUSTOM TOSS* 6.49

get it chopped if you like.

CHOOSE ONE:

romaine
mesclun mix

CHOOSE FOUR:

fresh peppers	broccoli
sundried tomatoes	carrots
chickpeas	onions
mushrooms	olives
cauliflower	tomatoes
string beans	corn
cucumbers	(.50 ea. extra)
dried cranberries	

+ADD EXTRA:

grilled chicken 2.19	feta .99
turkey breast 2.19	parmesan .99
egg whites 1.29	avocado .99
turkey bacon 1.49	almonds .99
salmon 2.99	tofu 1.59
seared tuna 3.99	monterey jack & cheddar .99
blue cheese .99	

*not available at all locations.



BREAKFAST

EGG WHITES ONLY. CHOOSE WHOLE WHEAT OR MULTI GRAIN WRAP OR SKIP THE CARBS AND HAVE IT SERVED AS AN OMELETTE.

THE ENERGY BREAKFAST SANDWICH 5.99

five egg whites, low-fat mozzarella, turkey bacon on a honey whole wheat english muffin.
365 calories

JUMP START WRAP 4.59

five egg whites.
249 calories

VEGGIE EGG WRAP 5.99

choose two: onions, peppers, broccoli, spinach, mushrooms, or tomatoes, with five egg whites.
274 calories

TURKEY EGG WRAP 6.99

five egg whites, freshly sliced turkey breast.
403 calories

CHICKEN EGG WRAP 6.99

five egg whites, grilled chicken breast.
414 calories

BISON EGG WRAP 6.99

five egg whites, chopped bison.
473 calories

+ADD LOW-FAT CHEESE .99
mozzarella or american
60/45 calories

+ADD TURKEY BACON 1.99
53 calories

PROTEIN MUFFIN 2.19

banana or blueberry, made with vanilla protein.
233/219 calories

THE KITCHEN PANCAKES 6.49

three pancakes, made with vanilla protein. (served until 11am)
324 calories

OATMEAL 3.29

with honey and cinnamon. (served until 11am)
236 calories

+ADD FRUIT .99 ea.
strawberries, blueberries, bananas, dried cranberries

+ADD SYRUP
sugar-free maple syrup
15 calories

+ADD TWO SIDES 3.99
homestyle potatoes, spinach, broccoli, mushrooms, honey whole wheat english muffin

SMOOTHIES

24 OZ.

6.29 including tax

PROTEIN PUNCH

fruit punch, mango, strawberries, banana + strawberry protein.
186 calories

CREAMSICLE

orange juice, banana + vanilla protein.
255 calories

PEANUT BETTER

skim milk, all natural peanut butter, bananas + chocolate protein.
374 calories

THE VACCINATOR

orange juice, bananas, strawberries + vitamin C.
183 calories

AGAI BERRY BLAST

acai (pronounced a-sa-yee), mixed berries, cranberry juice, mango.
279 calories

BEVERAGES

1.99 ea.

SMARTWATER*
0 calories

VITAMINWATER*
xxx, power c, essential, energy
125 calories

VITAMINWATER10™
xxx, essential
25 calories

DIET SODA
coke zero®, diet coke®, sprite zero®
0 calories

CRYSTAL LIGHT*
lemonade, orange pineapple, fruit punch
15 calories

HONEST TEA*
lemon or pomegranate
85 calories

CUSTOM BLEND

CHOOSE BASE: 3.99 +ADD FRUIT .99 ea.
crystal light* banana
orange juice mixed berries
cranberry juice strawberries
skim or soy milk blueberries
water mango

+ADD SUPPLEMENT 1.49 ea.
echinacea whey protein:
vitamin C strawberry
peanut butter vanilla
chocolate

+ADD SUPPLEMENT 1.99 ea.
acai lean body:
myoplex: chocolate
chocolate vanilla
vanilla

SIDES

BAKED HOMESTYLE POTATOES 3.49
entrée: **104 calories** side: **139 calories**

MIXED VEGETABLES 3.49
entrée: **37 calories** side: **66 calories**

MASHED SWEET POTATOES 3.99
entrée: **234 calories** side: **318 calories**

NEW BLACK BEAN & MANGO SALAD 4.29
entrée: **134 calories** side: **211 calories**

BROWN RICE 3.49
entrée: **141 calories** side: **209 calories**

NEW CORN & EDAMAME SALAD 3.99
entrée: **91 calories** side: **155 calories**

SPINACH 3.99
entrée: **30 calories** side: **53 calories**

NEW CREAMED SPINACH 4.29
entrée: **73 calories** side: **120 calories**

GARDEN SALAD 3.99
entrée: **12 calories** side: **24 calories**

NEW ASPARAGUS SALAD 3.99
entrée: **40 calories** side: **69 calories**

BROCCOLI 3.49
entrée: **30 calories** side: **48 calories**

NEW SAUTÉED MUSHROOMS & ONIONS 3.99
entrée: **33 calories** side: **56 calories**

HEARTY LENTIL SOUP 3.99
entrée: **187 calories** side: **395 calories**

VEGETARIAN CHILI 3.99
entrée: **125 calories** side: **261 calories**

SNACKS

PROTEIN BROWNIE 1.79
242 calories

PRETZEL CRISPS* 1.69
220 calories

PIRATE'S BOOTY* 1.69
130 calories

SMART PUFFS* 1.69
180 calories

SOY CRISPS* 2.29
140/120 calories

CLIF BAR* 1.99
250 calories

LUNA BAR* 1.99
180 calories

KASHI BAR* 2.49
170 calories

KIND BAR* 2.49
210 calories

GO HEALTHY™

financial district
71 nassau st
[bt john st & fulton st]
212 577 8989

west village
82 christopher st
[bt bleecker st & 7th ave]
212 414 8880

chelsea
307 west 17th st
[bt 8th & 9th aves]
212 645 5200

tudor city
300 east 41st st
[at 2nd ave]
212 687 1200

hell's kitchen
417 west 47th st
[bt 9th & 10th aves]
212 333 3500

midtown east
1089 second ave
[bt 57th & 58th sts]
212 888 9300

hoboken, nj
96 hudson st
[at the corner of 1st st]
201 222 8499

flatiron
18 west 23rd st
[bt 5th & 6th aves]
212 989 2323

upper east side
1628 2nd ave
[bt 84th & 85th sts]
212 288 8484

FREE DELIVERY
WITH A \$10 MINIMUM ORDER

