

BURGERS

BURGERS ARE GRILLED AND SERVED ON A WHOLE WHEAT BUN.

+ADD TWO SIDES

TEX MEX TURKEY 394 CAL

low-fat American cheese, guacamole, and salsa.

BLUE CHEESE SIRLOIN 439 CAL

90% lean, premium ground sirloin topped with blue cheese, low-fat mozzarella, lettuce and tomato.

VEGGIE 318 CAL

made with soy, onions, carrots, zucchini, corn, peppers, served with tomato and romaine lettuce.

o BUFFALO CHICKEN 329 CAL

chicken burger topped with ranch dressing, hot sauce and celery.

CHICKEN 324 CAL

seasoned ground chicken breast served with tomato and romaine lettuce.

+ADD LOW-FAT CHEESE 60/45 CAL
mozzarella or american

+ADD TURKEY BACON 52 CAL

TURKEY 332 CAL

lean, seasoned ground turkey served with tomato and romaine lettuce.

o BBQ TURKEY 472 CAL

turkey burger topped with turkey bacon, low-fat American cheese and chipotle barbecue sauce.

SIRLOIN STEAKHOUSE 413 CAL

90% lean, premium ground sirloin topped with caramelized onions and steak sauce.

o SUPREME SIRLOIN 463 CAL

90% lean, premium ground sirloin, low-fat American cheese, lettuce, tomato & our signature sauce.

o THE ENERGY BURGER® 485 CAL

bison burger, three egg whites, low-fat American cheese, served with tomato and romaine lettuce.

BISON 413 CAL

premium canadian bison served with tomato and romaine lettuce.

o = Energy Kitchen® Signature Dish
NEW = Energy Kitchen® New Item

WRAPS

CHOOSE WHOLE WHEAT OR MULTI GRAIN WRAP, OR SKIP THE CALS AND HAVE IT SERVED ON A PLATE WITHOUT THE WRAP.

+ADD TWO SIDES

TURKEY MEATLOAF 467 CAL

turkey meatloaf, marinara sauce, low-fat mozzarella cheese.

STEAK FRITES 493 CAL

90% lean, premium ground sirloin, baked fries, steak sauce and caramelized onions.

CALIFORNIA 370 CAL

hummus, guacamole, roasted red peppers, cucumbers.

o THAI CHICKEN 414 CAL

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

o CHICKEN FAJITA 384 CAL

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

CHICKEN CLUB 395 CAL

chicken breast, turkey bacon, guacamole, lettuce, tomatoes, low-fat mayo.

o BISON CHEESESTEAK® 474 CAL

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

VEGGIE TUNA 342 CAL

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

WRAPLESS PLATTERS

+ADD TWO SIDES

o TURKEY MEATLOAF 378 CAL

seasoned ground turkey, marinara sauce, low-fat mozzarella cheese.

GRILLED SALMON 272 CAL

premium norwegian salmon. cajun or teriyaki style. 2/59 CAL

CHICKEN BREASTS 265 CAL

two grilled chicken breasts marinated in balsamic vinaigrette.

SALADS

o THE KITCHEN CHOPPED™ 206 CAL

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

MEDITERRANEAN 261 CAL

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

CHICKEN BLUE CHEESE & STRAWBERRY 452 CAL

mixed greens, strawberries, blue cheese, chicken, red onions, sliced almonds.

+ADD FAT-FREE DRESSING:

RANCH 66 CAL,
BALSAMIC VINAIGRETTE 41 CAL,
TOASTED SESAME 128 CAL,
HONEY DIJON 132 CAL,
CAESAR 129 CAL

CUSTOM TOSS*

get it chopped if you like.

CHOOSE ONE:

romaine, mesclun mix

CHOOSE FOUR:

fresh peppers, sundried tomatoes, chickpeas, mushrooms, cauliflower, edamame, cucumbers, dried cranberries, broccoli, carrots, onions, olives, tomatoes, corn

+ADD EXTRA:

egg whites, turkey bacon, tofu, grilled chicken, salmon, seared tuna, blue cheese, feta, parmesan, monterey jack & cheddar, avocado, almonds

*Not available at all locations.

151 CAL
BAKED FRIES



463 CAL
SUPREME SIRLOIN BURGER

493 CAL
STEAK FRITES WRAP



439 CAL
BLUE CHEESE SIRLOIN BURGER

206 CAL
THE KITCHEN CHOPPED SALAD



SMOOTHIES

THE ENERGIZER 225 CAL

coffee, vanilla protein + non-fat chocolate yogurt.

CHOCOLATE COVERED STRAWBERRY 262 CAL

strawberries, chocolate protein + non-fat chocolate yogurt.

o BERRIES & CREAM 244 CAL

mixed berries, strawberries, fruit punch, vanilla protein + non-fat vanilla yogurt.

THE VACCINATOR™ 305 CAL

orange juice, bananas, strawberries, vitamin C + non-fat vanilla yogurt.

PEANUT BETTER™ 446 CAL

o all natural peanut butter, bananas, chocolate protein + non-fat chocolate yogurt.

PROTEIN PUNCH 274 CAL

fruit punch, mango, strawberries, banana, strawberry protein + non-fat vanilla yogurt.

LOW CALORIE BEVERAGES

SMARTWATER® 0 CAL

VITAMINWATER ZERO™ 0 CAL

xxx, rise, go-go, mega-c, recoup, squeezed

DIET SODA 0 CAL

COFFEE 0 CAL



SIDES

▢ **BAKED FRIES**
sea salt & cajun
entrée: 91 CAL à la carte: 151 CAL

▢ **BLACK BEAN & MANGO SALAD**
entrée: 141 CAL à la carte: 223 CAL

ASPARAGUS SALAD
entrée: 29 CAL à la carte: 59 CAL

MASHED SWEET POTATOES
entrée: 145 CAL à la carte: 233 CAL

▢ **CORN & EDAMAME SALAD**
entrée: 91 CAL à la carte: 155 CAL

BROWN RICE
entrée: 210 CAL à la carte: 306 CAL

BROCCOLI
entrée: 30 CAL à la carte: 49 CAL

SPINACH
entrée: 29 CAL à la carte: 52 CAL

MIXED VEGGIES
entrée: 36 CAL à la carte: 65 CAL

CREAMED SPINACH
entrée: 36 CAL à la carte: 72 CAL

SNACKS

PROTEIN BROWNIE 240 CAL

PIRATE'S BOOTY® 130 CAL
aged white cheddar,
sour cream & onion

BAKED LAYS® 120 CAL
original, barbecue,
sour cream & onion

SMART PUFFS® 150 CAL

CLIF BAR® 250 CAL

LUNA BAR® 180 CAL

VANILLA FROZEN YOGURT
125 CAL non-fat, kosher, gluten
& trans fat free

CHOCOLATE FROZEN YOGURT
132 CAL non-fat, kosher, gluten
& trans fat free

VANILLA & CHOCOLATE SWIRL
128 CAL non-fat, kosher, gluten
& trans fat free

BREAKFAST

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

+ADD TWO SIDES

▢ **THE ENERGY BREAKFAST
SANDWICH™** 277 CAL
five egg whites, low-fat American
cheese, turkey bacon on a honey
whole wheat english muffin.

OATMEAL 238 CAL
served with honey and cinnamon and your
choice of one fruit (strawberry, banana,
cranberry).
(additional fruit)
(served until 11 am)

▢ = Energy Kitchen® Signature Dish

*Nutritionals determined by using spinach and tomatoes.

JUMP START™

five egg whites.
omelet: 85 CAL wrap: 228 CAL

+ADD EXTRA

premium bison
omelet: 305 CAL wrap: 482 CAL

grilled chicken
omelet: 213 CAL wrap: 338 CAL

choose from two veggies

*onions, peppers, broccoli,
spinach, mushrooms or tomatoes.*

omelet: 109 CAL wrap: 252 CAL*

+ADD LOW-FAT CHEESE 60/45 CAL
mozzarella or American

+ADD TURKEY BACON 52 CAL

KID'S MENU

SIRLOIN SLIDERS 298 CAL
mini sirloin burger topped with low-fat
American cheese

ORGANIC MILK 110 CAL

PICK A SIDE

ENGLISH MUFFIN PIZZAS 273 CAL
english muffin topped with marinara sauce
and low-fat mozzarella



ENERGYKITCHEN.COM

“GET ENERGIZED”

AT YOUR LOCAL ENERGY KITCHEN

NEW YORK

71 nassau st
(between john st & fulton st)
212 577 8989

142 west 72nd st
(between columbus ave & broadway)
212 362 2303

82 christopher st
(between 7th ave & bleecker st)
212 414 8880

300 east 41st st
(at 2nd ave)
212 687 1200

307 west 17th st
(between 8th & 9th ave)
212 645 5200

18 west 23rd st
(between 5th & 6th ave)
212 989 2323

417 west 47th st
(between 9th & 10th ave)
212 333 3500

white plains
40 mamaroneck ave
914 422 3100

1089 2nd ave
(between 57th & 58th st)
212 888 9300

syosset
170 jericho turnpike
516 864 0400

NEW JERSEY

hoboken
96 hudson st
201 222 8499

montvale
14-a chestnut ridge rd
201 573 0101

FLORIDA
fort lauderdale
1 n. federal highway, suite 35
954 522 3777

pinecrest
11421 south dixie highway
305 252 1150

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MENU AND SCHEDULE YOUR NEXT EVENT WITH ENERGY KITCHEN

Food allergies? If you have a food allergy, please speak to the manager.
For nutritional information, please visit energykitchen.com. This menu was printed with soy ink on recycled paper. Pricing may vary.

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ENERGYKITCHEN

FAST FOOD, NOT FAT FOOD.™

... MENU ...

NOTHING
OVER
500
CALORIES

EVERYTHING
GRILLED
BAKED OR
STEAMED

