

463 CAL

SUPREME SIRLOIN BURGER



FAST FOOD DOESN'T HAVE TO BE FAT FOOD

We believe that fast food doesn't have to be fat food and that fast-casual dining needed a makeover. A quick meal shouldn't mean calorie and cholesterol-rich foods. We've made eating healthy a snap by providing tasty, lean meal options and precise calorie counts. In the past, all you could get on the fly was a large fry with a whopper of a booty or a Big Mac® and a McGut ... not anymore. Swing by and grab a healthy meal that tastes great and you can feel good about. Go healthy.

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER
Energy Kitchen® Bison Burger	413	17g	33g	31g	3g
Burger King® WHOPPER®	670	40g	29g	51g	-
McDonald's® Big Mac®	540	29g	25g	45g	-
Wendy's® Double	700	40g	47g	38g	-



WRAPLESS PLATTERS

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM
turkey meatloaf	378	15g	34g	26g	10g	167mg
grilled salmon	272	16g	33g	0g	0g	113mg
chicken breasts	265	5g	38g	11g	0g	1620mg
cajun seasoning	2	0g	0g	0g	0g	-
teriyaki sauce	59	0g	1g	12g	0g	956mg

SMOOTHIES

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM
the energizer	225	1g	23g	31g	1g	130mg
chocolate covered strawberry	262	1.5g	16g	47g	5g	270mg
berries & cream	244	1g	23g	38g	2g	125mg
protein punch	274	1g	19g	45g	2g	117mg
peanut better	446	16g	27g	44g	4g	175mg
the vaccinator	305	.2g	8g	69g	1g	78mg

SALADS

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM
the kitchen chopped	206	8g	26g	7g	3g	341mg
seared tuna	276	9g	30g	17g	4g	59mg
mediterranean	261	13g	15g	20g	5g	1005mg
chicken blue cheese & strawberry	452	25g	34g	25g	6g	1333mg
fat-free ranch	66	0g	0g	15g	1g	717mg
fat-free balsamic vinaigrette	41	0g	0g	8g	0g	877mg
fat-free honey dijon	132	0g	0g	29g	0g	397mg
fat-free caesar	129	9g	3g	6g	3g	1017mg
fat-free toasted sesame	128	0g	0g	30g	0g	951mg

*Calorie counts in this wrap are based on adding spinach and tomatoes.

g = grams
 - = N.A. or has no value
 0 = less than 0.5

- The nutrition information listed here is based on standard recipes and product formulations. However, slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.
- Addition of condiments and/or other food items will alter nutrition values.
- Energy Kitchen Inc., its franchisees and its employees do not assume responsibility for any sensitivity or allergy to any food product provided in our restaurants.
- We strive for continuous quality improvement and often try new products. Therefore, nutritional content is subject to change.
- Nutritional information for wraps is determined by using a whole wheat wrap.
- Many of our items have a good source of vitamin a, vitamin c, calcium and iron. Visit EnergyKitchen.com.
- Nutritional data calculated by using Genesis® R-D software by ESHA Research, Salem, OR.
- Additional nutritional data tested by Sani-Pure Food Laboratories, Saddle Brook, NJ.



SIDES à la carte/ w/platter

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM (mg)
baked fries	151/91	2/1g	3/2g	30/18g	3/2g	320/192
mixed veggies	65/36	0/0g	2/1g	13/7g	5/2g	52/29
mashed sweet potatoes	233/145	2/1g	4/2g	48/30g	7/4g	268/167
black bean and mango salad	223/141	.8/.5g	13/8g	40/25g	10/6g	495/313
brown rice	306/210	1/1g	7/5g	65/44g	7/5g	662/453
corn & edamame salad	155/91	1/.8g	6/4g	33/19g	5/3g	489/288
spinach	52/29	.8/.4g	6/3g	8/4g	6/3g	188/106
creamed spinach	72/36	2/1g	8/4g	5/2g	2/1g	0/0
asparagus salad	59/29	.3/.1g	4/2g	9/4g	2/1g	0/0
broccoli	49/30	0/0g	5/3g	7/4g	3/2g	0/0
protein brownie	240	7g	5g	37g	.5g	241

BREAKFAST

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM
the energy breakfast	277	8g	27g	28g	5g	961mg
jump start wrap	228	3g	35g	25g	16g	1170mg
veggie egg wrap*	252	3g	37g	29g	18g	1220mg
turkey egg wrap	401	11g	59g	25g	16g	1545mg
chicken egg wrap	338	4g	59g	25g	16g	1500mg
bison egg wrap	482	18g	63g	25g	16g	1255mg
oatmeal	238	3g	6g	47g	5g	7mg

KIDS MENU

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM (mg)
sirloin sliders	298	14g	26g	15g	.9g	289
english muffin pizzas	273	10g	16g	31g	5g	745
chicken strips	109	1g	24g	.04g	.04g	329



BURGERS

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM
supreme sirloin	463	21g	30g	37g	5g	694mg
sirloin steakhouse	413	16g	27g	39g	3g	824mg
bison	413	17g	33g	31g	3g	322mg
the energy burger	485	18g	43g	34g	2g	614mg
turkey	332	10g	28g	32g	3g	612mg
bbq turkey	472	19g	34g	42g	2g	1317mg
chicken	324	7g	32g	32g	3g	620mg
tex mex turkey	394	13g	31g	38g	2g	811mg
blue cheese sirloin	439	19g	34g	31g	2g	519mg
buffalo chicken	329	7g	32g	33g	2g	1131mg
veggie	318	8g	13g	50g	10g	599mg
low-fat american cheese	45	3g	3g	1g	0g	240mg
low-fat mozzarella cheese	60	4g	6g	0g	0g	187mg
turkey bacon	52	4g	3g	1g	0g	285mg

WRAPS

	CALORIES	FAT	PROTEIN	TOTAL CARBS	DIETARY FIBER	SODIUM
thai chicken	414	16g	44g	34g	17g	1396mg
bison cheesesteak	474	21g	49g	32g	17g	1122mg
chicken fajita	384	9g	47g	36g	18g	1596mg
italian chicken	387	10g	52g	30g	17g	1564mg
california	370	13g	28g	57g	22g	1359mg
steak frites	493	18g	42g	48g	18g	1864mg
chicken club	395	14g	46g	36g	16g	1610mg
veggie tuna	342	13g	36g	30g	16g	1289mg
turkey meatloaf	467	17g	45g	40g	22g	1180mg

**EVERYTHING GRILLED
BAKED OR STEAMED**



FREE DELIVERY



ORDER ONLINE!
ENERGYKITCHEN.COM

**NOTHING
OVER
500
CALORIES**

305^{CAL}
THE VACCINATOR

206^{CAL}
THE KITCHEN
CHOPPED SALAD



ENERGYKITCHEN
NUTRITION INFORMATION

**ALL
CALORIES
ARE NOT
CREATED
EQUAL™**



“Go Healthy” at a location near you,
visit EnergyKitchen.com

New York, New Jersey, Florida

And we know it. Which is why we are completely transparent about our cooking methods and nutrition facts. With everything grilled, baked or steamed, now there's no reason to lie when your trainer asks what you had for lunch.