

# Juices (Freshly Squeezed)

**12 oz. \$4.49**  
**20 oz. \$6.49**

Breakfast ♦ Sandwiches ♦ Paninis ♦ Wraps ♦ Shakes

- Apple Pucker** Pineapple, cucumber, spinach, apple & mint
- The Beet Goes On** Fresh beets, lemon, ginger, carrot & apple
- Kale to the Chief** Kale, spinach, cucumber, parsley, lemon & apple
- Zing Fling** Carrot, apple, tomato, lemon & ginger
- The Diamond Carrot** Cucumber, celery, apple, carrot, parsley & kiwi
- The V-9** Tomato, carrot, celery, apple, cucumber, spinach, parsley, mint & lemon
- Gin-less Tonic** Carrot, celery, spinach, sprouts & parsley
- Rocky Mt. Rush** Romaine, lemon, spinach, kale, celery, apple & a dash of hemp seed

# Protein Shakes

**12 oz. \$7.50**  
**20 oz. \$8.50**

**1 MORNING MOCHA MOVER**  
 Start Your Day  
 Chocolate Protein Milk, Coffee, Banana

**2 START LINE PRE-WORKOUT**  
 Hydration • Antioxidant • Energy  
 Vanilla Protein Coconut Water, Oats, Banana, Cinnamon

**3 THE CUST SPECIAL**  
 Reload • Recover  
 Chocolate Protein Milk, Blueberries, Banana, Peanut Butter

**4 FINISH LINE POST-WORKOUT**  
 Anti-Inflammatory • Digestion  
 Vanilla Protein Milk, Pineapple, Kiwi, Greek Yogurt, Kashi, Blueberries

**5 RAINBOW SYMPHONY**  
 Kid Favorite  
 Straw/Banana Protein Fresh Pineapple Juice, Peaches, Strawberries, Raspberries, Blueberries

**BUILD YOUR OWN**  
 12 oz. \$5.50 20 oz. \$6.50  
 Liquid/Fruits/Veggies Included

**Protein/Liquid Fruits/Veggies**

**Boosters & Booster Blends**

Various Whey or Pea Proteins  
 Milk - Organic, 2%, Skim  
 Almond Milk or Soy Milk  
 Coconut Water

**ADD INS:**  
 Protein **\$2.00**  
 Boosters **\$1.00**  
 Booster Blends **\$3.00**

Strawberries, Banana, Blueberries, Raspberries, Peaches, Pineapple Carrots, Spinach, Wheat Grass, Kale, Cinnamon, Nutmeg, Oats  
 more available upon request

**BOOSTER BLENDS**  
 Muscle Maintenance Simply Seniors  
 Healthy Hearts Fat Fighter  
 Cholesterol Killer Stress Less  
 Daily Essentials Beautiful Bones  
 ask for details



# HealthQuest

310 Hwy 31 N ♦ Flemington, NJ  
 (908) 782-4009 ext. 270  
 healthquest-fitness.com

All items are taxable.

# Warm-Up

- Bagel** **\$2.00**  
*Served w/ butter, cream cheese or peanut butter*
- Fruit Fantasia** **\$4.25**  
*Fresh seasonal fruit served w/ greek yogurt*
- Quinoa and Bulgar** **Sm. \$3.50 Lg. \$4.50**  
*Cooked in almond milk w/ fresh berries, honey & citrus zest*
- Egg White Delight** **\$4.50**  
*4 egg whites w/ sauteed spinach on toast or in a wrap*
- The Trim & Fit** **\$7.25**  
*6 egg whites w/ lightly grilled mixed vegetables*
- Six-Pak Pancake Combo** **\$7.25**  
*6 egg whites w/ whole wheat protein pancakes*

## BREAKFAST SANDWICHES

*Served on Rye, Multigrain, Roll, Bagel, Flat Bread or Wrap*

- Egg Sandwich** 2 eggs **\$3.95**
- Egg & Cheese** (swiss, american, or cheddar) **\$4.45**
- Egg, Meat & Cheese** **\$5.45**  
(Bacon, Pork Roll, Turkey Sausage, Sausage Pattie, Turkey)  
Add any Veggies for **\$.50 extra**

## OMELET OR WRAP CREATIONS

*Served w/ Toast & Fresh Fruit*

- Classic Omelet** (up to 3 fillings) **\$6.95**
  - Egg White Omelet** (up to 3 fillings) **\$7.95**
  - Questern Omelet** **\$8.50**  
*6 egg whites w/ onions, peppers, tomatoes, bacon & cheese*
- |                   |                |                 |           |
|-------------------|----------------|-----------------|-----------|
| Fillings:         | bacon          | american cheese | tomatoes  |
|                   | ham            | cheddar cheese  | spinach   |
| Extra             | sausage        | swiss cheese    | peppers   |
| Fillings          | turkey sausage | feta cheese     | mushrooms |
| <b>\$1.00 ea.</b> | canadian bacon | onions          | broccoli  |

# A vailable E veryday

- Fresh Fruit**      **Yogurt Parfaits**      **Muffins**
- Homemade Soups**      **Paninis**      **Personal Pizzas**

*Hot Entrees & Specialty Salads Change Daily*

# Just For Kids

## SMALL BITES FOR SMALL TIKES **\$4.95**

*comes w/ choice of side salad or vegetable stix*

- Chicken Sliders**      **Cheese Quesadilla**
- Tuna Melt Sliders**      **Pigs in a Blanket**
- PB & J Sandwich**      **Chicken Nuggets**
- Macaroni & Cheese**      **Personal Pizzas**

# Core

## HOMEMADE SOUP OF THE DAY **Sm. \$3.25 Lg. \$4.25**

## FROM THE GARDEN **ADD: Chicken \$2.00 or Salmon \$3.00**

- Chicken Caesar** **\$7.95**  
*Grilled ABF chicken, crisp romaine, fresh croutons & shredded parmesan w/ light lemon caesar dressing*
- The Local Garden** **\$6.95**  
*Mixed greens with local carrots, grape tomatoes, bell peppers, sliced mushrooms and bok choy w/ choice of dressing*
- Summer Salmon Salad** **\$8.95**  
*Mixed greens, grilled salmon, sliced berries, crumbled feta and light raspberry vinaigrette*
- The HQ Gourmet** **\$7.95**  
*Fresh baby spinach, sliced berries, golden raisins, mandarin oranges, sprouts and sunflower seeds w/ poppy seed dressing*
- Mediterranean Salad** **\$7.95**  
*Arugula, roasted red pepper, tomato, kalamata, olives & feta cheese*

## SIGNATURE SANDWICHES ♦ PANINIS ♦ WRAPS

*Choice of Rye, Wheat, Multigrain, Roll, Panini or Wrap  
Served w/ one of our HQ Café Salad Sides OR Veggie Stix  
ADD: Hummus or Cheese to any sandwich **\$1.00***

- Egg Salad** **\$4.50**
- Chicken Salad** **\$6.50**
- Tuna Salad** **\$6.50**

- Portobello Pub** **\$6.95**  
*Marinated Portobello Cap, sautéed spinach, roasted peppers & melted provolone*
- Lean & Press Melt** (Protein Explosion) **\$9.95**  
*Turkey, ham, roasted pork, grilled chicken & provolone w/ pickle & mustard*
- Chicken Caesar** **\$7.95**  
*Grilled chicken, romaine lettuce, parmesan cheese w/ low fat caesar dressing*
- Mediterranean** **\$8.25**  
*Choice of chicken breast or sliced turkey w/ hummus, romaine, roasted red peppers, tomatoes & onions*
- Southwestern Chicken** **\$8.25**  
*Grilled chicken w/ black bean corn, salsa, lettuce, tomato, cheddar & greek yogurt*
- Balsamic Chicken** **\$7.95**  
*Grilled chicken marinated in balsamic vinegar, lettuce & tomato*
- ABF Chicken Melt** **\$8.25**  
*Grilled ABF chicken breast w/ brie cheese, baby spinach & tomato*
- Supremo Italiano** **\$6.95**  
*Grilled eggplant, roasted red peppers, onions, mayo & mozzarella*
- Buff Burger** **Choice of: Prime Beef • Turkey • Black Bean** **\$7.95**  
*Grilled and served w/ lettuce, tomato & onions*
- Bison Burger** **\$9.95**  
*Grilled and served w/ lettuce, tomato & onions*

**HQ CAFÉ COMBO \$6.95**  
**1/2 Sandwich AND Cup of Soup OR Side Salad**