

*All healthy...All Fresh...All delicious!
All Homemade goodness!*

Gourmet



Menu

All Natural Eatery

Fresh Salads • Wraps • Smoothies • Juices • Homemade Dressings

All Prepared Fresh Daily

100 West Main Street Patchogue, NY 11772 | Phone: (631) 289-1113

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THE ENERGY BAR

Smoothie Bar

Large \$8.50 | Medium \$7.50
Small \$5.50

Smoothie Add Ins

Fat Burner -----	\$1.00	Banana -----	\$1.00
Collagen -----	\$1.00	Almond Butter ----	\$2.00
Glutamine -----	\$1.00	Whey Protein -----	\$2.00
Creatine -----	\$1.00	Vegan Protein -----	\$3.00
Yogurt -----	\$1.00		
Peanut Butter -----	\$1.00		
Whole Grain Oats --	\$1.00		
		Single Double	
		Wheat Grass Shot -	\$4 \$6
		Espresso Shot ----	\$3 \$5

THE ENERGY BAR

Super Green Acai Berry Smoothie

Super Greens, Acai, Blueberries, Blackberries, Raspberries, Wheatgrass, Barley grass, Spirulina.

Cactus

Cooler Sunrise Smoothie

Blood Orange, Pineapple, Pink Grapefruit and Cactus Pear.

PBJ Smoothie

Peanut Butter, Raspberry, Honey and Low-Fat Yogurt.

THE TRINITY Smoothie

Acai, Pomegranate, Blueberry and Raspberry.

PINEAPPLE Apricot Peach Smoothie

Pineapple, White Peach and Apricot.

Strawberry banana Smoothie

Strawberry and Bananas.

Tropical Breeze Smoothie

Papaya, Mango, Passion Fruit, Guava, Peach and Pear.

MOUNDS ALMOND JOY Smoothie

Coconut, Dark Cocoa and Almond.

Green Goodness Smoothie

White Grape, Green Apple, Pear and Kiwi.

Dark Chocolate Cherry Smoothie

Morello Cherry, Acai, Passion Berry, Acerola, Raspberry and Dark Cocoa.

Citrus Green Tea Papaya Smoothie

Matcha Green Tea, Pink Grapefruit, Orange and Papaya.

Mango Raspberry Smoothie

Mango and Raspberry.

Mango Macadamia Coconut Smoothie

Mango, Macadamia Nut, Coconut and Peach.

Peanut Butter Honey & Banana Smoothie

Peanut Butter, Bananas and Honey.

Chocolate Peanut Butter Smoothie

Peanut Butter, Almond, Dark Cocoa.

nutella dream

Nutella, Almond and Hazelnuts.

THE ENERGY BAR *Signature* Salads

\$17

THE ENERGY BAR Protein Power Salad

Grilled Chicken, Grilled Turkey, Romaine,
Egg, Onion, Tomato, Avocado,
Cheddar, Black Olives, Almonds, Avocado
Green Glory Dressing.

Southwest Classic

Romaine, Mesclun Salad, Grilled Turkey,
Black Beans, Red Onions, Black Olives
Roasted Red Peppers, Tomatoes,
Avocado, Spicy Southwest Dressing.

Cosmopolitan

Arugula, Walnuts, Pear, Apples, Crispy
Bacon, Fresh Goat Cheese,
Raspberry Vinaigrette Dressing.

Harvest Cobb Salad

Organic Grilled Chicken, Avocado, Carrot,
Bacon, Red Pepper, Crumbled Egg,
Black Olives, Grape Tomatoes, Cheddar Cheese,
Romaine / Spinach Mix.

Main Street Chopped Salad

Mixed Greens, Grilled Turkey, Apples,
Chickpeas, Hearts Of Palm, Grape Tomatoes,
Dried Cranberries, Pecans,
Spa Blue Cheese.

Petite Physique

Baby Spinach, Grilled Turkey, Fresh
Strawberries, Slivered Almonds,
Dried Cherries, Fresh Goat Cheese,
Strawberry Balsamic Dressing.

Asian Pear Salad

Fresh Spinach, Grilled Chicken, Pears,
Carrots, Mushrooms,
Sunflower Seeds, Wasabi Scallion Dressing.

Veggie Weight Lifter

Spinach, Mushrooms, Carrots,
Sunflower Seeds, Chick Peas, Hearts Of Palm,
Dried Cranberries, Apples,
Power Lemon Basil Dressing.

Waldorf Salad

Romaine Lettuce, Julienne Apples,
Walnuts, Julienne Celery,
Julienne Fennel Cranberries.

GRAB N' GO Salads!

\$15

Your Choice of Dressing

Grilled Chicken Caesar

Romaine, Grilled Chicken,
Tomatoes, Shaved Pecorino
Cheese, Croutons.

Fresh Water Tuna Nicoise

Romaine Lettuce, Water Packed Tuna,
Canelini Beans, Red Onion, Tomato,
Egg, Black Olives.

Heirloom Tomato Panzanella

Heirloom Tomatoes, Arugula,
Fresh Mozzarella, Capers, Croutons.

Greek Salad

Romaine Lettuce, Tomatoes,
Red Onions, Cucumbers,
Feta Cheese, Olives, Red Peppers.

GRAB N' GO Wraps!

\$13

Your Choice of Dressing

Turkey and Spinach Club Wrap

Grilled Turkey, Bacon, Tomato, Spinach.

Mediterranean Tuna Salad Wrap

Fresh Water Packed Tuna, Arugula Romaine, Mix Red Onion,
Grape Tomatoes, Carrots, Celery.

Chicken Arugula Wrap

Grilled Chicken, Arugula, Cherry Tomatoes, Roasted Red Peppers,
Fresh Mozzarella.

Veggie Bean Wrap

Marinated Black Beans, Carrots, Cucumber, Red Peppers, Tomato,
Red Onion, Spinach and Arugula Salad.

THE ENERGY BAR Chop't Salads

Enjoy it in a Bowl Or Wrap it UP!

(Salads include 4 regular toppings)

Large Salad \$10.00

Small Salad \$8.50

Try
them
with

☐ Grilled Chicken	\$4.50
☐ Turkey Breast	\$4.50
☐ Tuna	\$4.50
☐ Steamed Shrimp	\$5.50

Add a
Soup

☐ 12oz	\$7.99
☐ 16oz	\$9.99

1 Mix Your Garden Greens

Romaine | Arugula | Spinach | Kale
The Energy Bar Acadia Mix

2 Chop'n Toppers

Choose 4 Regular Toppings (additional toppings \$1)

- Croutons
- Corn
- Black Olives
- Hearts of Palm
- Sunflower Seeds
- Grape Tomatoes
- Cheddar Cheese
- Cucumbers
- Shaved Parmesan Cheese
- Fresh Red Delicious Apples
- Mushrooms
- Fresh Pears
- Chickpeas
- Black Beans
- Red Onions
- Red Peppers
- Carrots
- Beets
- Radishes

Premium Toppings (add \$1.50)

- Crispy Bacon
- Boiled Egg
- Sliced Almonds
- Fresh Strawberries
- Artichoke Hearts
- Dried Cherries
- Dried Cranberries
- Roasted Red Peppers
- Crumbled Goat Cheese
- Fresh Mozzarella Cheese
- Feta Cheese
- Chia Seed
- Flax Seed
- Walnuts
- Pecans
- Avocado

3 Dressings

Choose one (additional dressings \$1.50 each)

Dressings change daily, please check for availability.
Dressings can be mixed in or on the side.

- Rosemary Grapefruit
- Spicy Southwest Chipotle
- Spa Bleu Cheese
- Strawberry Mango
- Carrot Ginger Dressing
- Balsamic Vinaigrette
- Classic Fresh Herb Ranch
- Honey Dijon
- Strawberry Balsamic
- The Master Cleanse
- Sun Dried Tomato Tahini
- Meyer Lemon Basil
- Wasabi Scallion
- Creamy Italian
- Classic Caesar
- Classic Balsamic
- Avocado Herb
- Raspberry Vinaigrette
- Greek Herb Vinaigrette
- Roasted Red Pepper Remoulade
- Lucy's Panzanella Oil and Vinegar

Our dressings are prepared fresh daily with
all natural ingredients.

**Love our dressings?
Take them home!**

Ask one of our sales associates how.

Soups, & Chillis

12oz \$7.50 | 16oz \$9.50

Delicious organic soups

Made with all natural free range chicken and all organic, hormone and antibiotic free meats and ingredients.

Check for our **Gluten FREE** selections!

**Selection
changes daily.**

Check us out on
Facebook for our
daily soups
specials.

THE ENERGY BAR *Juice Bar*

Small \$8.00 | Medium \$9.50 | Large \$11.00

Wheatgrass shots

Can be added to any smoothie or juice for a
SUPERCARGE ENERGY BOOST.
\$4.00 Single | \$6.00 Double

THE ENERGY BAR *Super Cleanse*
Pink Grapefruit, Orange, Tomato and Cucumber.

Green Giant
Celery, Lettuce and Cucumber.

Chlorophyll **ENERGY Combo**
Celery, Spinach and Parsley.

rocket LAUNCHER
Carrot, Tomato, Arugula and Apple.

Strawberry Lemon Apple **Blast**
Strawberry, Lemon and Apple.

The Pipe Cleaner
Prune, Apple and Pear.

GINGER ZINGER *Detox*
Lemon and Ginger.

The **Eye Opener**
Orange, Lime and Coconut Water.