

BREAKFAST SNACK

BAGELS WITH CREAM CHEESE.....	\$2.00
BUTTER ROLL.....	\$1. 50
ASSORTED MUFFINS.....	\$1. 75

BREAKFAST SANDWICHES

EGG AND CHEESE.....	\$2.75
BACON EGG AND CHEESE.....	\$4.00
SAUSAGE EGG AND CHEESE.....	\$4.00
TAYLOR HAM EGG & CHEESE.....	\$4.00

BREAKFAST PLATTER

BREAKFAST PLATTER.....\$8.00

One side of meat (bacon, sausage or pork roll) side of potatoes and toast

SIDE ORDER

BACON, SAUSAGE & TAYLOR HAM	\$1. 50
PROTEIN BARS.....	\$2.00
CHIPS.....	\$1. 00
COOKIES.....	\$1.00

SMOOTHIES & SHAKES

24OZ **\$7.00** 16OZ **\$5.00**

10G PROTEIN \$1.00 SUPER BOOST \$0.50
SUBSTITUTE DAIRY FREE MILK \$ 1.00

TROPICAL SPINACH SMOOTHIE

Strawberry, Banana, Pineapple, Spinach and orange juice

MANGO SMOOTHIE

Mango, Banana, Almond Milk or Apple juice

STRAWBERRY PINEAPPLE SMOOTHIE

Pineapple, Strawberries, Almond Milk or Apple juice

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

Banana, Peanut Butter, Spinach, Almond Milk

COOKIES & CREAM

Cookies and Cream Powder, Almond milk

WAKE UP SHAKE

Cold Coffee, Almond Milk, Vanilla Protein

VANILLA PROTEIN SHAKE

Almond Milk, Vanilla Protein Powder

THE GREEN TORNADO

Apple juice, Spinach, Kale, Vanilla Protein

PINA COLADA

Pineapple juice, Coconut, Vanilla Protein

DRINKS

COFFEE.....	\$1.00
BOTTLE WATER.....	\$1.00
ORANGE JUICE.....	\$2.00
APPLE JUICE.....	\$2.00
GATORADE.....	\$2.00
ENERGY DRINK.....	\$3.00
PROTEIN DRINK.....	\$3.00
SODA.....	\$2.00



Simply
FIT CAFE

HOURS OF OPERATIONS

MONDAY - FRIDAY: 8AM - 6PM

SAT: 8AM - 12 PM

Simply Fit Cafe
MENU

732 969 1028

LOCATED INSIDE OF THE ROBERT WOOD JOHNSON FITNESS & WELLNESS CENTER 60 COOKE AVE CARTERET, NJ 07008

BOWLS

CHICKEN BOWL.....\$10.00

Brown rice carrots, broccoli, choice of black or brown beans with special sauce

FLAVOR BOWL.....\$10.00

Brown rice, broccoli, carrots, pineapple with special sauce

ADD CHICKEN \$2, SHRIMP OR SAMON \$ 4

BURGERS



TURKEY BURGER.....\$8.00

Romaine lettuce, Tomatoes, Red onion, cheese and Mayo

BEAN BURGER.....\$8.00

Lettuce, Tomato, Onion, Ketchup

VEGGIE BURGER.....\$8.00

Lettuce, Tomato, Onion

ANGUS BEEF BURGER.....\$8.00

Lettuce, Tomato, Onion, Ketchup and Mayo

BLUE CHEESE BURGER.....\$8.00

Lettuce, Onion, Blue Cheese Crumble

GRILLED CHICKEN SANDWICH.....\$8.00

Grilled Chicken, Lettuce, Tomatoes and Mayo

FRESH SALADS



APPLE CRANBERRY.....\$8.00

Grilled chicken, Lettuce, Sliced Apples, Dried Cranberry and Walnuts

BUFFALO CHICKEN SALAD.....\$8.00

Buffalo Chicken, Lettuce Jalapenos, Tomatoes, Cheddar Cheese

CAESAR SALAD.....\$8.00

Chicken, Lettuce, Parmesan Cheese, Season Croutons Caesar salad dressing

HOUSE SALAD.....\$6.00

Lettuce, Croutons, Cucumbers, Cherry Tomatoes, Cheese, Olives

DRESSINGS

Blue cheese, Balsamic vinaigrette, Chipotle, Italian, Light Caesar, Light raspberry Vinaigrette, Honey mustard and Ranch

AIR FRIED DELIGHT

All Air fryer food is made fresh by request only please call ahead

WINGLETTES AND FRIES



WINGLETES

6PCS.....\$6.00 15PCS.....\$14.50

10PCS.....\$9.50 20PCS.....\$18.50

FRIES

SMALL.....\$3.25 LARGE.....\$5.00

WRAPS

Choice of Spinach or plain wrap

GRILLED CHICKEN CAESAR WRAP.....\$8.00

Grilled chicken, Romaine lettuce, Parmesan cheese, Honey mustard and or BBQ sauce

HOT VEGGIE WRAP.....\$8.00

Spinach, peppers, Mushrooms, beans, cheese, tomatoes, Black beans, Balsamic dressing



Simply
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WEEKLY SPECIALS

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