

SIGNATURE DRINKS

- 1. Choose **12oz SNACK SIZE** -or- **20oz STANDARD SIZE**
- 2. Choose **PROTEIN: WHEY, SOY,** -or- **EGG**
- 3. Choose **MILK: 2%, SKIM, ALMOND,** -or- **SOY**
- 4. Choose an optional **BOOST**

12oz / 20oz

GGT (Georgetown Green Tea) \$4.29 \$5.99
Vanilla protein, choice of milk, Matcha green tea, and banana
12oz: 200 calories, 0g fat, 36g carbs, 2g fiber, 13g protein
20oz: 310 calories, 0g fat, 49g carbs, 2g fiber, 25g protein

CAPITOL COCOA \$4.29 \$5.99
Chocolate protein, choice of milk, house-made cocoa malt, organic agave nectar, and banana
12oz: 190 calories, 2g fat, 31g carbs, 2g fiber, 14g protein
20oz: 300 calories, 3.5g fat, 46g carbs, 2g fiber, 26g protein

THE BLUE LINE \$4.29 \$5.99
Vanilla protein, choice of milk, blueberries, and banana
12oz: 160 calories, 0.5g fat, 26g carbs, 3g fiber, 15g protein
20oz: 240 calories, 0.5g fat, 34g carbs, 4g fiber, 27g protein

MONUMENTAL PERK \$4.99 \$5.99
Chocolate protein, espresso protein, choice of milk, and house-made cocoa malt
12oz: 150 calories, 2g fat, 17g carbs, 0g fiber, 18g protein
20oz: 250 calories, 2.5g fat, 24g carbs, 0g fiber, 33g protein

PB & J STREET \$4.99 \$5.99
Vanilla protein, choice of milk, organic peanut butter, blueberries, strawberries, and organic agave nectar
12oz: 330 calories, 13g fat, 36g carbs, 5g fiber, 19g protein
20oz: 410 calories, 13g fat, 43g carbs, 5g fiber, 31g protein

THE RED LINE \$4.29 \$5.99
Vanilla protein, choice of milk, strawberries, and banana
12oz: 160 calories, 0g fat, 25g carbs, 3g fiber, 15g protein
20oz: 260 calories, 0g fat, 41g carbs, 3g fiber, 26g protein

POLITICS ACAI'D \$4.99 \$5.99
Vanilla protein, choice of yogurt, Acai berry, and banana
12oz: 220 calories, 0g fat, 39g carbs, 3g fiber, 13g protein
20oz: 380 calories, 0g fat, 67g carbs, 5g fiber, 23g protein

FEDERAL A'PEEL \$4.99 \$5.99
Chocolate protein, choice of milk, organic peanut butter, banana, and organic agave nectar
12oz: 290 calories, 12g fat, 28g carbs, 3g fiber, 17g protein
20z: 530 calories, 24g fat, 44g carbs, 5g fiber, 34g protein

BOOSTS

MULTI-VITAMIN FLU FIGHTER FIBER **ENERGY FATBURNER HANGOVER**

SUPER BOOSTS

ALOE CHIA SEEDS ACIDOPHILUS FLAX OIL **+\$1.25 +\$.95 +\$1.25 +\$.95**

RAW JUICES

Our best recipes with the freshest produce designed to help you cleanse, detoxify, and get the nutrients you need. Since our juices are made fresh to order using our centrifugal juicer, wait times can be 10-15 minutes.

16oz \$7.49

GREENBERRY
Kale, apple, strawberry, and cilantro

BEETBOX \$7.49
Apple, cucumber, beet, carrot, and ginger

HI-5 \$7.49
Kale, spinach, cilantro, pineapple, and crushed ice

MARKET \$7.49
Celery, apple, kale, parsley, and spinach

COFFEE

Served Mon - Fri until 10:30am, Sat - Sun until 12:30pm at select locations

ORGANIC BLEND 16oz / \$2.29

Breakfast is served Mon - Fri until 10:30am, Sat - Sun until 12:30pm at select locations

BREAKFAST BOWLS

CHIA BERRY \$3.99
Greek yogurt, strawberries, organic granola, organic chia seeds, and organic agave nectar
220 calories, 2g fat, 29g carbs, 2g fiber, 20g protein

ANTS ON A LOG \$3.99
Greek yogurt, celery, organic peanut butter, golden raisins, and organic agave nectar
360 calories, 12g fat, 41g carbs, 3g fiber, 24g protein

PANCAKE IN A BOWL \$4.39
Organic steel-cut oats mixed with vanilla protein, choice of milk, organic agave nectar, and house spice blend, topped with fresh fruit
280 calories, 3g fat, 51g carbs, 5g fiber, 15g protein

ONE EL OF AN OATMEAL \$4.39
Organic steel-cut oats mixed with chocolate protein, choice of milk, organic agave nectar, and house spice blend, topped with fresh fruit
280 calories, 3g fat, 51g carbs, 5g fiber, 15g protein

SANTA FE SCRAMBLE \$4.99
Fluffy scrambled egg whites mixed with spinach, fresh salsa, cheddar, and Cholula sauce
150 calories, 4.5g fat, 6g carbs, 1g fiber, 24g protein

DENVER SCRAMBLE \$4.99
Fluffy scrambled egg whites mixed with fresh salsa, broccoli, raw onions, and cheddar
160 calories, 4.5g fat, 9g carbs, 2g fiber, 25g protein

PESTO SCRAMBLE \$4.99
Fluffy scrambled egg whites mixed with basil pesto, spinach, and parmesan
250 calories, 17g fat, 5g carbs, 1g fiber, 29g protein

BREAKFAST BAR-RITOS

SANTA FE \$5.39
Fluffy scrambled egg whites mixed with spinach, fresh salsa, cheddar, and Cholula sauce wrapped in a whole-wheat flax tortilla, then grilled
310 calories, 5g fat, 38g carbs, 11g fiber, 30g protein

DENVER BAR-RITO \$5.39
Fluffy scrambled egg whites mixed with broccoli, cheddar, fresh salsa, and raw onions wrapped in a whole-wheat flax tortilla, then grilled
320 calories, 5g fat, 41g carbs, 12g fiber, 31g protein

PESTO BAR-RITO \$5.39
Fluffy scrambled egg whites mixed with basil pesto, spinach, and parmesan wrapped in a whole-wheat flax tortilla, then grilled
420 calories, 18g fat, 37g carbs, 11g fiber, 35g protein

ADD AVOCADO +\$.99
-or-
GREEK YOGURT +\$.59

GF **Gluten-Free Item**
V **Made Vegan Upon Request**
PB FAVORITE



BAR-RITOS

Bar-ritos are made with all-natural chicken unless otherwise stated. Organic tofu available upon request.

ORIGINAL **\$7.59**
All-natural chicken, seasoned black beans, organic quinoa blend, cheddar, and fresh salsa wrapped in a whole-wheat flax tortilla, then grilled
570 calories, 13g fat, 73g carbs, 20g fiber, 42g protein

SUPER ORIGINAL **\$8.99**
Original Bar-rito loaded with Greek yogurt and avocado
630 calories, 16g fat, 74 carbs, 22g fiber, 48g protein

VEGAN ORIGINAL **\$7.59**
Original Bar-rito made with organic tofu and vegan cheese
570 calories, 16g fat, 80g carbs, 22g fiber, 28g protein

BUFFALO **\$7.99**
All-natural chicken, organic quinoa blend, blue cheese, house-made vegan Buffalo sauce, and our Super 6 Salad Mix wrapped in a whole-wheat flax tortilla, then grilled
580 calories, 24g fat, 57g carbs, 14g fiber, 34g protein

IVY **\$7.99**
All-natural chicken, organic quinoa blend, spinach, basil pesto, and parmesan wrapped in a whole-wheat flax tortilla, then grilled
600 calories, 27g fat, 54g carbs, 13g fiber, 43g protein

BBQ **\$7.99**
All-natural chicken, organic quinoa blend, cheddar, house-made agave BBQ sauce, and our Super 6 Salad Mix wrapped in a whole-wheat flax tortilla, then grilled
570 calories, 12g fat, 77g carbs, 14g fiber, 37g protein

GUAC & ROLL **\$7.99**
All-natural chicken, avocado, fresh salsa, house-made Cilantro Lime dressing, and our Super 6 Salad Mix wrapped in a whole-wheat flax tortilla
580 calories, 29g fat, 55g carbs, 19g fiber, 31g protein

GREEN CITY VEGAN **\$7.59**
Marinated organic tofu, kale, toasted pepitas, chickpeas, house-made Creamy Vegan Chia dressing, and our Super 6 Salad Mix wrapped in a whole-wheat flax tortilla
620 calories, 32g fat, 59g carbs, 17g fiber, 31g protein

QUINOA BOWLS

All-natural chicken and organic tofu available upon request. Quinoa Blend consists of Red Quinoa, Golden Quinoa, White Millet, Amaranth, and Flax Seeds.

BLACK BEAN **\$5.99**
Organic quinoa blend topped with seasoned black beans, fresh salsa, and cheddar
ADD CHICKEN + \$2.49, ADD TOFU + \$1.99
370 calories, 9g fat, 55g carbs, 16g fiber, 20g protein

SPINACH & PESTO **\$7.19**
Organic quinoa blend mixed with all-natural chicken, spinach, basil pesto, and parmesan
480 calories, 31g fat, 23g carbs, 3g fiber, 38g protein

BUFFALO **\$7.19**
Organic quinoa blend mixed with all-natural chicken, house-made vegan Buffalo sauce, celery, carrots, cucumbers, and blue cheese
430 calories, 23g fat, 27g carbs, 4g fiber, 27g protein

QUINOA CHILI **\$7.49**
Organic quinoa blend topped with chicken or veggie chili, cheddar, and a dollop of fat-free Greek yogurt
Chicken Quinoa Chili: 430 calories, 14g fat, 44g carbs, 7g fiber, 32g protein
Veggie Quinoa Chili: 350 calories, 10g fat, 49g carbs, 11g fiber, 21g protein
Vegan Quinoa Chili: 340 calories, 10g fat, 53g carbs, 12g fiber, 14g protein

HEALTHY PARM **\$7.19**
Organic quinoa blend topped with all-natural chicken, house-made marinara, and parmesan
390 calories, 16g fat, 29g carbs, 6g fiber, 36g protein

SALADS

Each salad features a house-made dressing and is served with our Super 6 Salad Mix of romaine, spinach, kale, broccoli, carrots, and purple cabbage. Organic tofu available upon request.

SOUTHWEST **\$10.49**
All-natural chicken, organic quinoa blend, seasoned black beans, cheddar, avocado, fresh salsa, and Cholula sauce over our Super 6 Salad Mix
520 calories, 18g fat, 54g carbs, 16g fiber, 40g protein

BUFFALO **\$9.89**
All-natural chicken, organic quinoa blend, blue cheese, and house-made vegan Buffalo sauce over our Super 6 Salad Mix
450 calories, 24g fat, 30g carbs, 6g fiber, 30g protein

MEMPHIS **\$9.89**
All-natural chicken, organic quinoa blend, cheddar, and house-made agave BBQ sauce over our Super 6 Salad Mix
430 calories, 11g fat, 50g carbs, 6g fiber, 33g protein

SUPERFOOD VEGAN **\$8.99**
Marinated organic tofu, kale, toasted pepitas, chickpeas, and house-made Creamy Chia dressing over our Super 6 Salad Mix
480 calories, 31g fat, 30g carbs, 8g fiber, 26g protein

BAJA **\$9.89**
All-natural chicken, avocado, tortilla chips, fresh salsa, and house-made Cilantro Lime dressing over our Super 6 Salad Mix
520 calories, 31g fat, 37 carbs, 11 fiber, 26 protein

SUPER 6 **\$6.99**
Six of our favorite veggies: Romaine, spinach, purple cabbage, broccoli, carrots, and kale with your choice of dressing
Nutritional info varies depending on dressing choice
See website for details

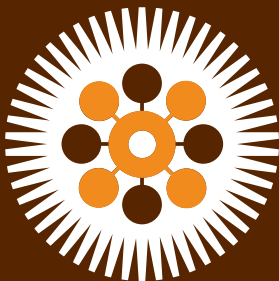
CHILI

CHICKEN CHILI **8oz \$3.99**
Hearty chef-crafted chili packed with all-natural chicken, beans, healthy veggies and spices
16oz \$5.99
w/entree \$3.49
8oz: 180 calories, 6g fat, 17g carbs, 4g fiber, 15g protein
16oz: 360 calories, 12g fat, 33g carbs, 8g fiber, 30g protein

VEGETARIAN CHILI **8oz \$3.99**
Spicy chef-crafted vegetarian chili with yellow hominy, poblano peppers, grape tomatoes, veggie protein, ancho chili and spice blend
16oz \$5.99
w/entree \$3.49
8oz: 120 calories, 3g fat, 20g carbs, 6g fiber, 6g protein
16oz: 240 calories, 6g fat, 40g carbs, 13g fiber, 13g protein

ADD AVOCADO +\$.99
-or-
GREEK YOGURT +\$.59

GF **Gluten-Free Item**
V **Made Vegan Upon Request**
PB FAVORITE



PROTEIN BAR®

Visit www.theproteinbar.com for full nutrition information, allergen information, and a list of locations