

INTERESTED IN CHANGING YOUR EATING HABITS?



CAESAR'S CAFE

at Telos Fitness Center

Conscious Catering

KICKSTART! YOUR NUTRITION GOALS

The Kickstart! Program is a comprehensive nutritional analysis combined with an implementation plan.

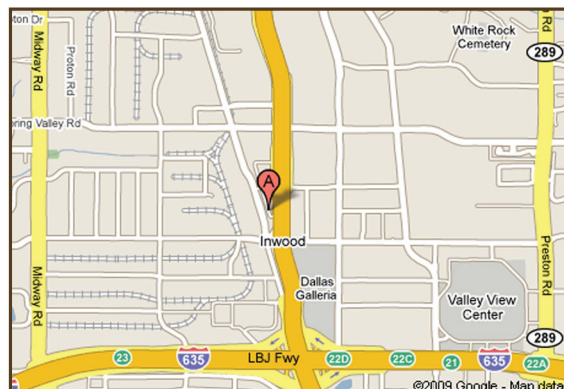
This program begins with an extensive educational and practical application process that includes:

- Personal Lifestyle and Exercise Overview
- Nutritional Education
- Caloric Need Calculation
- Present Dietary Analysis
- Individualized Meal Planning
- Metabolic Evaluation
- Dietary Integration Program

LET US HELP YOU
REACH YOUR POTENTIAL

MAP OF LOCATION

13701 Dallas Parkway
Dallas, TX 75240
Phone: (972) 386-2582
Fax: (972) 386-2583
membership@telosfitnesscenter.com
www.telosfitnesscenter.com



**“We provide healthy,
tasty lunch choices that
won’t weigh you down!”**



13701 N. Dallas Parkway
Dallas, TX 75240
972-386-2526

PERFECT PLATE

Choose one protein and includes two sides

Grilled Chicken Breast, 6 oz. 6.75

Calories 300 Protein 52 Fat 6

Baked Tilapia, 6 oz. 7.50

Calories 190 Protein 35 Fat 4

Grilled Steak, 6 oz. 9.50

Calories 360 Protein 46 Fat 18

SIDES

1.25 each

Black Beans

Calories 130 Carbs 22 Fiber 5 Protein 9 Fat 1

Baked Sweet Potato

Calories 105 Carbs 24 Fiber 4

Brown Rice

Calories 110 Carbs 23 Fiber 2

Steamed Broccoli

Calories 30 Carbs 6 Fiber 3 Protein 2

Roasted Zucchini

Calories 88 Carbs 7 Fiber 7 Fat 7

SANDWICHES

Served with sweet potato chips and apple

Chicken and Roasted Veggies 8.00

Roasted chicken breast, zucchini, red bell peppers, mozzarella cheese, and basil pesto on a wheat ciabatta bun

Calories 840 Carbs 49 Protein 67 Fat 34

Chicken Club 8.00

Roasted chicken breast, turkey bacon, sliced tomatoes, mozzarella cheese, lettuce, and chipotle lime vinaigrette on a wheat ciabatta bun

Calories 694 Carbs 41 Protein 72 Fat 20

Tuna 8.00

Tuna with lettuce, tomato, lemon juice, and olive oil on a wheat ciabatta bun

Calories 461 Carbs 37 Protein 27 Fat 16.5

SALADS

All salads can be turned into wraps. All dressings are served on the side

Caesar Full 5.50 Half 3.50

Fresh romaine lettuce, oven-roasted tomatoes, parmesan cheese, garnished with lahvosh cracker bread. Served with classic caesar dressing (calories 168, carbs 2, fat 18)

Calories 267 Carbs 30 Fiber 6 Protein 12 Fat 12

Spinach Full 6.50 Half 4.50

Baby spinach, baby greens, dried cranberries, black walnuts, hearts of palm, mandarin oranges, garnished with lahvosh cracker bread. Served with chipotle raspberry vinaigrette (calories 100, carbs 15, fat 5)

Calories 258 Carbs 42 Fiber 8 Protein 7 Fat 10

Asian Full 6.50 Half 4.50

Mixed greens, sliced red bell peppers, rice noodles, cashews, shredded carrots, snow peas, mandarin oranges, garnished with wonton chips. Served with mango vinaigrette (calories 33, carbs 7)

Calories 373 Carbs 50 Fiber 9 Protein 11 Fat 17

Fiesta Full 7.00 Half 5.00

Mixed baby greens, black beans, chopped tomatoes, fresh queso blanco, avocado slices, diced red onions, garnished with whole wheat chips. Served with chipotle lime vinaigrette (calories 168, carbs 2, fat 18)

Calories 258 Carbs 27 Fiber 9 Protein 12 Fat 13

Add Protein (3 oz)

Grilled Chicken Breast 2.25

Calories 150 Protein 26 Fat 0.5

Grilled Steak 3.50

Calories 180 Protein 23 Fat 9

Baked Tilapia 3.75

Calories 95 Protein 17.5 Fat 2

TACOS

Whole wheat tortilla, mixed greens, tomatoes, served with chipotle lime vinaigrette (calories 168, carbs 2, fat 18)

Turkey Chili 3.50 each

Calories 350 Carbs 36 Fiber 4 Protein 24 Fat 13

Chicken 3.75 each

Calories 282 Carbs 36 Fiber 5 Protein 32 Fat 4

Fish 4.25 each

Calories 236 Carbs 36 Fiber 4 Protein 23 Fat 3

Steak 4.75 each

Calories 320 Carbs 36 Fiber 5 Protein 23 Fat 10

FRUIT

Fruit Cup 2.50

BEVERAGES

Bottled Water 1.00 each

Iced Tea 12.00

96 ounces (serves 8 people)

- Lunch only catering
- Catering orders must be made no later than 10:00 a.m. on the delivery date
- Free delivery on orders over 250.00
- 10.00 delivery charge on orders within a five-mile radius of TELOS Fitness Center (Dallas N. Tollway/ Alpha Rd.)
- 20.00 delivery charge on orders outside a five-mile radius of TELOS Fitness Center
- All orders include disposable utensils, plates, cups, and serving containers, napkins and setup

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