



270-215-5141

<http://bowlinggreen.takeoutwaiter.com>

Fuel Nutrition

Breakfast

Doughnuts - 3 pk \$7.00

Spicy Beef Egg Scramble \$9.00

Deliciously seasoned, 90/10 lean beef paired with red potatoes, eggs, & peppers/onions and topped with reduced fat cheese.

Doughnuts - 6 pk \$11.00

Chicken Sausage Egg \$9.00

Scramble

Deliciously seasoned, low fat chicken sausage paired with red potatoes, eggs, & peppers/onions and topped with reduced fat cheese.

Doughnuts - 12 pk \$22.00

S'mores Protein Pancakes \$7.00

Homemade, protein-infused, and absolutely delicious, Our freshly made protein pancakes makes for a nutrient filled & tasty breakfast item. Calories: 312g, Carbs: 35g, Protein: 18g, Fat: 8g

Peanut Butter Banana Protein \$7.00

Pancakes

Homemade, protein-infused, and absolutely delicious, Our freshly made protein pancakes makes for a nutrient filled & tasty breakfast item. Calories: 312g, Carbs: 35g, Protein: 18g, Fat: 8g

Blueberry Cheesecake Protein \$7.00

Pancakes

Homemade, protein-infused, and absolutely delicious, Our freshly made protein pancakes makes for a nutrient filled & tasty breakfast item. Calories: 312g, Carbs: 35g, Protein: 18g, Fat: 8g

Burger & Bowls

Turkey Burger \$10.99

Our hand patted, 93% lean Turkey burger along side perfectly seasoned red potato fries will be sure to satisfy even the most toughest craving. Calories: 329, Carbs: 34g, Protein: 23g, Fat: 8g

Teriyaki Chicken Bowl

This meal features homemade teriyaki sauce, Jasmine rice, broccoli, and our famous sriracha aioli all combined with freshly made, low fat, chicken breast. Cal:300 Carbs: 40g Protein: 40g Fat: Trace

Cheeseburger Bowl

The healthy & delicious combination of: Jasmine rice, sauteed onions, richly marbled beef, and shredded cheese, makes this meal one of our best sellers! Cals: 305, Carbs: 28g Protein:26g Fat:10g

Chicken Teriyaki Zoodles

This keto friendly dish includes freshly cooked, low fat, chicken breast paired with homemade teriyaki sauce, zucchini noodles, and our famous sriracha aioli. Cals: 260 Carbs: trace Protein: 25g Fat: 5g

Chicken Fajita Bowl

This highly requested dish comes with perfectly grilled, low fat, chicken breast on a bed of jasmine rice & roasted red pepper and onions. Cals: 266, Carbs: 35g, Protein: 25g, Fat: trace

Steak Meal Bowl

Top sirloin, roasted red potatoes. Calories: 376, Carbs: 22.2, Protein: 30.7g, Fat: 16g

Southwest Turkey Bowl

This Tex/Mex inspired dish includes perfectly seasoned ground turkey on a bed of Jasmine rice, topped with shredded cheddar cheese, pico de gallo, and a touch of sour cream. Cals:320 Carbs: 35g Protein: 22g, Fat: 15g

Turkey Meatloaf

Our secret yet 100% healthy recipe for our turkey meatloaf has been a huge hit since its debut. Made with 100% whole ingredients, this macronutrient rich dish will make your life 10x better. Cals: 333 Carbs: 28g Protein: 26g Fat: 13g

Chicken Chipotle Bowl

Freshly grilled & cut, low fat, chicken breast along side delicious quinoa & black beans. Cals: 347 Carbs: 45g Protein: 35g Fat: 3g

Steak Fajita Bowl

Grilled steak tips paired with fajita peppers, jasmine rice, and our signature chipotle aioli.

Tacos & Burritos

Chicken Burrito \$8.00

Using organic wraps and adding fresh ingredients such as: Low fat, shredded chicken breast, jasmine rice, fresh Pico, roasted peppers/onions, and our famous sriracha aioli, our burritos have been a hit since their introduction. Cals: 334 Carbs: 38g Protein: 23g Fat 10g

Beef Burrito \$8.50

Using organic wraps and adding fresh ingredients such as: 90% lean, ground beef, jasmine rice, fresh Pico, roasted peppers/onions, and our famous sriracha aioli, our burritos have been a hit since their introduction. Jalapenos included unless requested Calories: 383 Carbs: 38g Protein: 24g Fat: 15g

Fish Tacos \$9.00

Our signature street tacos have taken Bowling Green by storm! Using low calorie wraps and the following whole ingredients: Grilled tilapia, shredded cheddar cheese, fresh pico, and our famous sriracha aioli, you will not be disappointed. Cals: 210 Carbs: 28g Protein: 25g, Fat: trace

Street Beef Taco \$9.00

Our signature street tacos have taken Bowling Green by storm! Using low calorie wraps and the following whole ingredients: 90% lean beef, shredded cheddar cheese, fresh pico, jalapenos, and our famous sriracha aioli, you will not be disappointed. Cals: 304 Carbs: 28g Protein: 25g Fat: 10g

Street Chicken Taco \$8.50

Our signature street tacos have taken Bowling Green by storm! Using low calorie wraps and the following whole ingredients: shredded fajita chicken, shredded cheddar cheese, fresh pico, jalapenos, and our famous sriracha aioli, you will not be disappointed. Cals: 257 Carbs: 28g

Bulk

**Want to stay stocked for the week?
Or maybe you just need bulk of one
item! Whatever you need, we can
make it happen! Increment: lbs**

Bulk Banana Bread <i>(KETO)8 x 4 baking pan.</i>	\$26.00
Bulk Broccoli <i>Seasoned</i>	\$9.00
Bulk Chicken <i>Teriyaki or fajita</i>	\$13.00
Bulk Ground Beef <i>Spicy (Jalapenos) 93/7</i>	\$16.00
Bulk Steak <i>Grilled and seasoned hand-sliced top sirloin</i>	\$22.00
Bulk Ground Turkey <i>Taco-seasoned 93/7</i>	\$16.00
Bulk Jasmine Rice <i>Steamed</i>	\$8.00
Bulk Meatloaf <i>Savory turkey</i>	\$16.00
Bulk Red Potatoes <i>Diced, roasted, with Italian-style seasoning</i>	\$8.00
Bulk Sweet Potato <i>Diced, roasted, seasoned with cinnamon and Splenda</i>	\$9.00

Beverages

Bottled Water <i>Dasani water.</i>	\$1.99
Bangster <i>Choice of flavor</i>	\$2.99
Reign Energy Drink <i>Choice of flavor.</i>	\$2.99

Smoothies

Banana Pudding Smoothie	\$7.99
Blueberry Cheesecake Smoothie	\$7.99
Chocolate Mocha Smoothie	\$7.99
Chocolate Peanut Butter Banana Smoothie	\$7.99

First Phorm

Opti Greens	\$44.99
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Axe & Sledge

Demo Day	\$54.99
Digestive Enzyme	\$34.95
Double Time	\$39.99
Farm Fed	\$42.95
Fuel Pump	\$46.95
Ignition Switch Scorpion	\$39.99
Joint Flex	\$19.95
Manpower	\$69.69
Performance Whey	\$39.95
Probiotic	\$34.99
The Grind	\$39.99

Allmax

Amino Core <i>111 Servings.</i>	\$69.99
Quickmass - 6 lb.	\$44.99
Quickmass - 12 lb.	\$70.99
(3 lb.) Hexapro	\$36.99
(5.5 lb.) Hexapro Chocolate	\$59.99
(2 lb.) Isoflex	\$42.99
Ketocuts	\$36.99
Lights Out Sleep	\$29.99

Insane Labz

Whey(5 lb.)	\$49.99
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Alien Recovery	\$39.99
Alien Energy Blue Razz	\$39.99
Focus Orange	\$34.99
Focus Gummy Candy	\$34.99
I Am God	\$34.99
Growth	\$34.99
Possessed	\$34.99
Protein Chocolate	\$29.99
Redrum Devil	\$39.99

Metabolic Nutrition

E.S.P. Extreme Energy	\$38.99
Protizyme - 2 lb.	\$41.59
Protizyme - 5 lb.	\$74.99
Gycoload	\$35.99
P.S.P. Pre-workout	\$32.49
Relaxitol	\$45.99
Stimukal	\$38.99
Synedrex	\$49.99
Thyrene	\$25.99
Tri-Pep Amino Acids	\$32.49

Cellucor

Creatine	\$19.99
Fish Oil	\$21.99
Glutamine	\$29.99
Whey	\$44.99

Muscle Sport

BCAA Revolution	\$40.99
Lean Whey - 2 lb.	\$45.99
Lean Whey - 5 lb.	\$84.99

MTS Nutrition

Machine Whey	
Creatine	\$24.99
Glutamine	\$24.99
Greens	\$39.99
Rukus	
Tyrant	\$34.99
Yohimbine	\$19.99

Mutant

(1.6 lb.) Isosurge Whey	\$34.99
Madness	
MCT Oil	\$12.99

Anabolic Designs & APS

Mesomorph

Anabolic Designs Matador	\$49.99
Anabolic Designs Raging Full	\$49.99
Mesomorph	\$34.99

Aggressive Labz

Alpha-1	\$74.99
Cycle Guard	\$54.99
Regeneration X PCT	\$54.99
Suffer	\$42.99
Diamondbackz	\$59.99
Estro-Destruct	\$49.99
Excalibur	\$199.99
Hellnox	\$54.99
Poltergiest	\$55.99
Punisher	\$199.99
Regeneration PCT	\$54.99
24 Hour Pump	\$44.99

Blackstone Labs

3-Whey	\$45.99
Abnormal	\$99.99
Brutal 4rce	\$99.99
Chosen 1	\$99.99

Epi Cat	\$79.99
Eradicate	\$79.99
Formula 19	\$54.99
Gear Support	\$54.99
Glycolog	\$69.99
Growth	\$54.99
Hype	\$39.99
Hype Extreme	\$49.99
King Cobra	\$79.99
Metha Quad Extreme	\$109.00
Orthobolic	\$39.95
Resurgence	\$54.99
Trojan Horse	\$55.99