

hot stuff

- salsa chicken salad** \$3.49
shredded chicken breast, onions & green peppers with cajun seasoning served over a bed of lettuce. top it with jalapenos, sour cream and salsa.
calories:253 fibre:2g protein:47g carbs:8g fat:3g ww points:5
- grilled chicken breast sandwich (7 oz)** (add cheese just 25¢ more) \$3.29
giant chicken breast, that's been marinated to perfection.
calories:218 fibre:0g protein:46g carbs:0g fat:2g ww points:5
- bocca burger** (add cheese just 25¢ more) \$2.99
vegetarian burger—top it the way you like it.
calories:120 fibre:5g protein:19g carbs:8g fat:1.5g ww points:1

great salads

- 7-layer spinach or iceberg salad** \$3.29
peas, grated cheddar cheese, chicken breast, tomatoes, red onion and hard boiled egg.
calories:264 fibre:3g protein:18g carbs:12g fat:16g ww points:6
- chef spinach or iceberg salad** \$3.29
a bed of iceberg lettuce topped with sliced cucumber, tomatoes, green pepper, mushroom, red onion, black olives, carrots, broccoli, cauliflower and hard boiled egg.
calories:97 fibre:5g protein:4g carbs:16g fat:3g ww points:1
- gourmet spinach salad** \$3.29
fresh baby spinach leaves topped with chopped tomatoes, black olives red onion and goat cheese.
calories:175 fibre:2g protein:10g carbs:7g fat:12g ww points:4

yukon gold & sweet potatoes

- yukon gold potatoes: \$1.99 • sweet potatoes: \$1.99
yukon gold potatoes: cal:310 fibre:7g prot:7g carbs:72g fat:0g ww points:5
sweet potatoes: cal:357 fibre:10g prot:6g carbs:83g fat:2g ww points:6

homemade soups

- cup \$1.49 • bowl \$1.99 GIANT bowl \$2.49

free large softdrink

when you purchase a side salad or soup with any sandwich, salad or wrap!

cold stuff

- she's the one low fat albacore tuna salad** \$3.29
albacore tuna, relish, low fat mayonnaise, diced tomatoes, celery & seasonings
calories:274 fibre:0g protein:41g carbs:3g fat:10g ww points:6
- she's the one low fat chicken breast salad** \$3.29
chopped grilled chicken breast, low fat mayonnaise, egg yolks, chopped celery, & seasonings
calories:270 fibre:0g protein:42g carbs:3g fat:9g ww points:6
- catalina chicken salad** \$3.29
our chicken breast salad, topped with cheddar cheese, bacon bits, avocado, tomato, & fresh basil, served over a bed of spinach.
calories:364 fibre:1g protein:45g carbs:4g fat:18g ww points:9

low carb wraps

- smoked turkey & swiss** \$3.29
smoked turkey breast, swiss cheese, spinach, tomato and cream cheese.
calories:264 fibre:9g protein:18g carbs:22g fat:13.5g ww points:5
- smokehouse turkey** \$3.29
smoked turkey breast, swiss cheese, bacon bits, avocado, diced onion, spinach and tomato, with lite honey mustard dressing.
calories:346 fibre:23g protein:23g carbs:28g fat:19g ww points:8
- tuscan turkey** \$3.29
smoked turkey breast, spinach, tomato, artichoke hearts, red pepper, and diced onion with light italian dressing.
calories:168 fibre:9g protein:13g carbs:21g fat:6g ww points:3

bread's nutritional values

- kaiser** calories:67 fibre:4g protein:3g carbs:12g fat:2g ww points:1
pita calories:70 fibre:1.5g protein:3g carbs:15g fat:0g ww points:1
wheat (per slice) calories:70 fibre:2g protein:3g carbs:12g fat:1g ww points:1
rye (per slice) calories:70 fibre:1g protein:2g carbs:12g fat:1g ww points:1
multi-grain (per slice) calories:130 fibre:3g protein:4g carbs:28g fat:5g ww points:2

cheeses nutritional values

- american** calories:94 fibre:0g protein:6g carbs:2g fat:7g ww points:3
swiss calories:92 fibre:0g protein:6g carbs:1g fat:7g ww points:2
cheddar calories:114 fibre:0g protein:7g carbs:0g fat:9g ww points:3
mozzarella calories:80 fibre:1g protein:6g carbs:1g fat:5g ww points:2

MIDNIGHT
SUN ☼ **café**

... down the stairs at
SHE'S THE ONE
monday — friday • 5:30am-5pm
we accept all major credit cards

our phone number

314.241.3488

our address

725 olive street

our web site

www.shestheonefitness.com

for the daily specials, soups and health notes,
subscribe to our daily email...call us to sign up.

open to the public

men & women welcome!

Rosemary ~ Thyme ~ Lavender ~ Cilantro ~

Dill ~ Fennel ~ Sage ~ Chamomile ~

Mint ~ Coriander ~ Marjoram ~

breakfast

omelets

—just the way you love them!

add up to 6 of your favorite toppings....

tomato • green peppers • onion • black olives • mushrooms • spinach
sausage • ham • canadian bacon • bacon • chicken • turkey
mozzarella cheese • cheddar cheese • feta cheese • american cheese
additional toppings **25¢**

western 2-egg omelet \$1.99

green & red peppers, scallions & reduced fat mozzarella cheese.

calories:130 fibre:1g protein:20g carbs:7g fat:2g ww points:3

the canadian 2-egg omelet \$1.99

canadian bacon, mushroom & reduced fat mozzarella cheese.

calories:148 fibre:0g protein:24g carbs:4g fat:3g ww points:3

the meatlovers 2-egg omelet \$2.49

canadian bacon, ham, bacon, sausage & reduced fat mozzarella cheese.

calories:179 fibre:0g protein:27g carbs:3g fat:6g ww points:4

serving the
BEST
omelets
downtown!

\$2.49

egg beaters two scrambled eggs (add cheese just 25¢ more) 99¢

calories:30 fibre:0g protein:6g carbs:1g fat:0g ww points:1

hard boiled egg 50¢

calories:88 fibre:0g protein:7g carbs:1g fat:7g ww points:2

sausage egg & cheese biscuit \$1.59

calories:380 fibre:2g protein:14g carbs:29g fat:23g ww points:9

sausage biscuit 99¢

calories:290 fibre:1g protein:18g carbs:22g fat:18g ww points:7

bagel 75¢

calories:310 fibre:2g protein:10g carbs:67g fat:2g ww points:6

add cream cheese 25¢

calories:72 fibre:0g protein:1g carbs:1g fat:7g ww points:2

muffins	75¢	toast	75¢
oatmeal	75¢	box of cereal	50¢
yogurt	75¢	mozzarella cheese stick	60¢
6oz V-8 juice	60¢	12oz V-8 juice	99¢

fountain of youth shakes

\$2.75 16oz • \$3.50 24oz



getting your daily recommended fruits and vegetables each day helps reduce the effects of free radicals on your body and slows, even reverses the aging process! each of our shakes contains the nutrients from the following fruits: apple, cherry, cranberry, orange, papaya, peach and pineapple—so not only are you getting a very tasty shake, but a full dose of your daily recommended fruit intake, ENJOY!!!



- strawberry sunrise** • strawberry & pineapple
calories:240 fibre:2g protein:0g carbs:70g fat:1g ww points:5
- sunshine punch** • strawberry, mandarin oranges & oj
calories:340 fibre:2g protein:0g carbs:97g fat:1g ww points:6
- precision pb&j** • strawberry & peanut butter
calories:415 fibre:1g protein:8g carbs:80g fat:12g ww points:9
- banana split** • strawberry, pineapple & banana
calories:300 fibre:3g protein:0g carbs:85g fat:1g ww points:6
- strictly strawberry** • strawberry
calories:225 fibre:0g protein:0g carbs:65g fat:0g ww points:4
- strawberry banana** • strawberry & banana
calories:285 fibre:2g protein:0g carbs:83g fat:1g ww points:6
- very berry** • strawberry, raspberry and grapes
calories:225 fibre:0g protein:0g carbs:65g fat:0g ww points:4
- very berry banana** • strawberry, raspberry, grapes & banana
calories:285 fibre:2g protein:0g carbs:83g fat:1g ww points:6

**nutritional values based on 16oz shakes

make it a meal, add
soy protein
calories:110 fibre:7g
protein:17g carbs:14g
fat:1g ww points:1
just **75¢** more

