



LUNCH BOXES or SANDWICHES

cold lunch box 7.99, panini lunch box 8.99, sandwich only 6.99

lunch box includes pita chips and your choice of grapes, carrots or a pickle served on your choice of naan, wrap or sourdough bread

- #1 chicken, black bean hummus, feta, spinach, cucumber, tomato
- #2 chicken, arugula, sun dried tomato, 5 cheese aioli
- #3 chicken, ham, swiss
- #4 turkey, spinach, cucumber, swiss, lite mayo, dijon
- #5 veggie: spinach, cucumber, tomato, avocado, balsamic vinegar
- #6 chicken salad: chicken, apples, raisins, pecans, with greek yogurt dressing
- #7 chicken, pesto, mozzarella cheese
- #8 chicken, bacon, swiss, BRICKK sauce, lettuce, tomato
- #9 turkey, hummus, avocado, swiss, lettuce, tomato
- #10 Sara's Special Grilled Cheese: a combination of 3 cheeses, bacon, marmalade
- #11 Chicken, BBQ sauce, spinach, 5 cheese Aioli
- #12 create your own

SALADS

or make any salad into a WRAP

small salad 6.99, w/ chicken 7.99

large 8.99, w/ chicken 10.49

salad wrap 6.99, with chicken 7.99

add avocado .50

#1s Cilantro Lime

romaine, black beans, corn, peppers, tomatoes, feta

#2s Cobb Salad

romaine, egg, cheese, avocado, cucumber, tomato

#3s Caesar

romaine, parmesan, croutons

#4s Greek

romaine, feta, pepperoncini peppers, olives

#5s Tossed Garden

romaine, mixed greens, carrots, cucumber

Salad Dressings

lime cilantro, ceasar, greek, lite honey mustard, french, lite ranch, poppy seed, balsamic vinaigrette, blueberry pomegranate vinaigrette, raspberry walnut vinaigrette, onion vinaigrette, apple cider vinaigrette

SOUP

served seasonally, call for daily soup special

cup 3.99, bowl 4.99

cup of soup & small salad combo 7.99

DRINKS

2.00

matcha iced tea • regular iced tea • hot tea • bai
• lacroix • smart water

SMOOTHIES

regular 5.49, kids 2.99

add Protein 1.00

#1 Strawberry Banana Blast

yogurt, bananas, strawberries, with or without Nutella

#2 Berried Up to Here

strawberries, raspberries, blueberries, apple juice

#3 Tropical TKO

pineapple, avocado, spinach, coconut

#4 BRICKK Banana Burn

banana, vanilla almond milk, oatmeal, honey, cinnamon

#5 Tropical Twister

strawberries, peaches, pineapple, vanilla yogurt, orange juice

#6 Morning Sunshine

orange, bananas, pineapple, mango, coconut, orange juice

#7 Love Me Some P.B.

oatmeal, banana, PB2, chocolate almond milk

#8 Ros-co Special

strawberries, orange, honey, orange juice

#9 Kai-Dawg Special

blueberries, strawberries, bananas, apple juice

#10 Orange Dreamsicle

banana, orange, yogurt, honey

#11 Lemon Breeze

strawberry, banana, lemon, honey, coconut

#12 Mango Tango

mango, pineapple, banana, spinach, coconut

#13 Pineapple Cleanser

pineapple, celery, cucumber, lemon, coconut

#14 Kat's Kreation

blueberry, banana, spinach, coconut, vanilla

**EAT FRESH AND YOUR BODY WILL
THANK YOU!**



EAT FRESH ORDER FORM

TO PLACE YOUR ORDER:

1. Complete order form
2. Email order to brickkfitness@yahoo.com
3. Call 989-463-5959 to confirm order.

DELIVERY (\$40 min order) PICK-UP Date needed _____ Time needed _____

Company _____

Contact Name _____

Phone _____

Delivery Address _____

SPECIAL INSTRUCTIONS

PAYMENT

Cash Credit Card

Card# _____ Exp Date _____ 3digit PIN _____ Card Holders Name _____

	P= Panini/grilled Choose 1: G=Grapes Pic= Pickle C=Carrots	N= Naan WR= Wrap SD= Sourdough	SM= Small LG= Large C= add chicken A= add avocado	Pr= add protein	
First Name	Lunch Box #	Bread	Salad #	Smoothie #	Drink/other
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	
	<input type="checkbox"/> P <input type="checkbox"/> G <input type="checkbox"/> Pic <input type="checkbox"/> C	<input type="checkbox"/> N <input type="checkbox"/> WR <input type="checkbox"/> SD	<input type="checkbox"/> SM <input type="checkbox"/> LG <input type="checkbox"/> C <input type="checkbox"/> A Dressing_____	<input type="checkbox"/> Pr	

BRICKK Fitness Lounge

THANK YOU for your business!

1655 Wright Ave • Alma, MI 48801 • 989-463-5959
www.brickkalma.com • brickkfitness@yahoo.com