



Jan/February 2008 Entrees

(all meals For current menu are \$6.00)

Each Cool Fuel lunch includes your choice of entree and any two sides. In addition, we pack your customized lunch with a Zephyrhills bottled water, an all-natural Fruit surprise, utensils and the all-important napkin. We also offer some different drink selections a-la-carte. Tax and delivery included.

1. Tampa's Best Turkey - Boar's Head oven gold turkey, Boar's Head American cheese, lettuce and tomato on 100% whole wheat bread. The unassuming classic. \$6.00
2. Enlightened Ham sandwich - Boar's Head honey maple ham, low sodium lacey swiss cheese, and lettuce on 100% whole wheat bread. \$6.00
3. Terrific Tuna Wrap - Classic recipe; wild caught dolphin-safe albacore tuna, light mayo mixed with relish and all wrapped up in a wheat wrap. \$6.00
4. PB and J - Organic Peanut butter and all-natural organic grape jelly **or** organic strawberry preserves. \$6.00
5. Chicken Salad Supreme Wrap - Premium chicken breast, light mayo, hand mixed with celery, cranberries and walnuts. Made legendary by Integrity Organics in St. Pete. \$6.00
6. Jammin' PB Banana Roll-up - Organic bananas, creamy peanut butter and organic apricot preserves in a whole wheat wrap. Another kid favorite. \$6.00
7. Endless Summer Pasta Salad - Delicious medley of sweet corn, cherry tomatoes, carrots and mozzarella cheese with bow-tie pasta dressed up with a light honey soy vinaigrette. \$6.00
8. Trusty Tortellini - Kids totally dig this tricolor cheese tortellini with a side of our marinara sauce for dipping. \$6.00
9. Integrity Tuna - Our classic tuna recipe served in a bowl complete with a side of pita chips for dipping. \$6.00
- 9.5 Integrity Chicken Salad - The famous Chicken Salad Supreme served in a bowl with a side of pita chips for dipping. \$6.00
10. Cheesy Quesadilla - wheat tortilla and melted lower-fat cheese served with a side of salsa. Delicioso! \$6.00
11. Simply Salad - Freshly chopped organic greens, carrots, cucumbers and cherry tomatoes on the side. Side dressing too. \$6.00

Sides (choose two)

Apple
Banana
Orange wedges
carrots w/ranch
celery w/ranch
grapes
Cliff organic Z Bar
Pirate's Booty
Tings
Trail mix(with m&ms)
Hawaiian Trail mix
Mini Pretzels

Crispy Cheddars
Rice Crispy Bar(envirokidz)
-Chocolate
-Peanut butter
Stretch Island Fruit Leather
-Tropical
-Strawberry
-Apple
-Grape
Snakimals cookies(choc. chip)
Chocolate creme cookies
-(Back To Nature)
Fig Newmans

Cool Fuel's own sides:

Cosmic Cookie -
Granola -

Drinks

Honest Kids Juice
Low Fat Milk
Horizon Organic Choc. Milk

Hansen's All Natural Smoothie
(can)
Apple Juice