



ROCBODY FITNESS CAFE
 620 North Avenue
 New Rochelle, NY 10801
 Tel: 914-365-2000
 Fax: 914-365-2001

Client Information

NAME

CELL

EMAIL

ADDRESS

REFERRED BY _____

Order Information

PICKUP

HAND DELIVER

SHIP

REQUESTED DAY/ DATE/ TIME

NO KNOCK / LEAVE MY PACKAGE

Make this a repeat weekly order

Yes No

GRATUITY (optional) \$ _____

SPECIAL INSTRUCTIONS

Payment Information

VISA / MC / AMEX / DISC

EXP _____ CVC _____

NAME ON CARD

SIGN

WILL CALL WITH PAYMENT INFO

MY PAYMENT INFO IS ON FILE

CUSTOM MEALS

create your own fully customizable meals

CHOOSE YOUR MODE:

Eat Clean (cooking spray & seasoning)

Competition Prep (meals totally naked)

Choose a **PROTEIN, CARBOHYDRATE & VEGETABLE** & **QUANTITY** for each dish

Price	PROTEIN
\$12.99	6-7-8 oz Grilled Chicken
\$10.99	3-4-5 oz Grilled Chicken
\$12.99	6-7-8 oz Ground Turkey
\$11.49	3-4-5 oz Ground Turkey
\$13.99	6-7-8 oz Ground Bison
\$11.99	3-4-5 oz Ground Bison
\$13.99	6-7-8 oz Steak
\$11.99	3-4-5 oz Steak
\$12.99	6-7-8 oz Tilapia
\$10.99	3-4-5 oz Tilapia
\$15.49	8oz Salmon
\$12.99	4oz Salmon

CARBOHYDRATE	
	Brown Rice
	White Rice
	Baked Potato
	Sweet Potato
	Whole Wheat Penne
	Quinoa
	Home Fries
	Baked Sweet Potato Fries
	Black Beans
	No Carbs!

VEGETABLE	
	Broccoli
	Spinach
	Asparagus
	String Beans
	Mixed Veggies
	Raw Baby Spinach
	No Vegetables

MENU OPTIONS: Recipes from our health food restaurant. Descriptions Online

QTY	MENU ITEM	QTY	MENU ITEM
	Chicken & Broccoli \$12.99		Buffalo Chicken Wrap \$10.99
	Chicken & Potatoes \$12.99		Buffalo Chicken Quesadilla \$10.99
	Tommy K Special \$13.49		Penne Chicken & Broccoli \$12.99
	Turkey Chili \$12.99		Apple Fuel Salad + Chicken \$13.49
	BBQ Chicken Wrap \$10.99		Double Turkey Patties \$12.99
	Steak Stir-Fry \$14.49		Flavor God Chicken & Avocado \$12.99
	Steak Quesadilla \$11.99		Eggwhite Omelet \$12.49
	Keto BBQ Chicken \$12.49		Protein Pancakes (White Choc) \$12.49
	Cobb Salad \$12.99		Veggie Eggwhite Omelet \$12.49
	Southwest Salad \$13.49		Protein French Toast \$11.99
	Turkey Burger Meal \$12.99		Penne Vodka \$11.99
	Chicken Balsamico \$12.99		Penne Vodka +Chicken \$12.99
	Chicken Caesar Salad \$12.49		Penne Vodka +Bison \$14.49
	Turkey Skillet \$13.49		Eat to Grow (Gorilla Club) \$13.99
	Chicken Skewers Meal \$13.49		Anabowl (Gorilla Club) \$17.99
	Bison & Potatoes \$13.99		Number 5 (Gorilla Club) \$16.99
	Rocbody Wrap \$10.99		Bronx Breakfast \$13.99
	Steak Wrap \$11.99		Avocado & Tomato Wrap \$10.99
	Chicken & Bacon Wrap \$10.99		
	Bison Burger Parm \$13.99		

QTY Dressings / Sauces \$1.00

- ___ Hot Sauce
 - ___ Honey BBQ
 - ___ Teriyake
 - ___ Marinara
 - ___ Light Ranch
 - ___ Light Bleu Cheese
 - ___ Light Italian
 - ___ Light Balsamic
 - ___ White Balsamic
 - ___ Extra Virgin Olive Oil
- QTY Add-Ons \$1.00**
- ___ Low Fat Mozzarella
 - ___ Low Fat Cheddar
 - ___ Low Fat American
 - ___ Hot Cherry Peppers
 - ___ Grilled Onions
 - ___ Fresh Mushrooms
 - ___ Avocado \$2.00
 - ___ Walnuts
 - ___ Crumbled Bleu Cheese

ADD TO MEAL:

Order Online

ROCBODYMEALPREP.COM

10 MEAL MINIMUM

BUY 20 MEALS GET 1 FREE!

QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY
#									

TOTAL NUMBER OF MEALS #: _____