



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
\$10.99	6-7-8 oz Grilled Chicken
\$9.49	3-4-5 oz Grilled Chicken
\$10.99	6-7-8 oz Ground Turkey
\$9.99	3-4-5 oz Ground Turkey
\$11.99	6-7-8 oz Ground Bison
\$10.49	3-4-5 oz Ground Bison
\$11.99	6-7-8 oz Steak
\$10.49	3-4-5 oz Steak
\$10.99	6-7-8 oz Tilapia
\$9.49	3-4-5 oz Tilapia
\$14.49	8oz Salmon
\$10.99	4oz Salmon

CARBOHYDRATE	
	Brown Rice (1cup) X
	White Rice (1 cup)
	Baked Potato (m/l)
	Sweet Potato (m/l)
	Whole Wheat Penne (1 cup)
	Quinoa (1 cup) +\$.50
	Home Fries (1 cup)
	Baked Sweet Potato Fries +\$1.00
	Black Beans (1 cup)
	No Carbs!

VEGETABLE	
	Broccoli (1 cup) X
	Spinach (1 cup)
	Asparagus (1 cup)
	String Beans (1 cup)
	Mixed Veggies (1 cup)
	Raw Baby Spinach
	No Vegetables

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

QTY	MENU ITEM	QTY	MENU ITEM
	Chicken & Broccoli \$10.99		Buffalo Chicken Wrap \$8.99
	Chicken & Potatoes \$10.99		Buffalo Chicken Quesadilla \$8.99
	Tommy K Special \$11.49		Penne Chicken & Broccoli \$10.99
	Turkey Chili \$11.49		Apple Fuel Salad + Chicken \$11.99
	BBQ Chicken Wrap \$8.99		Double Turkey Patties \$11.49
	Steak Stir-Fry \$12.49		Flavor God Chicken & Avocado \$11.99
	Steak Quesadilla \$10.49		Eggwhite Omelet \$10.49
	Chicken Stir-Fry \$10.99		Protein Pancakes (White Choc) \$10.99
	Cobb Salad \$11.99		Veggie Eggwhite Omelet \$10.49
	Southwest Salad \$12.99		Protein French Toast \$10.49
	Italian Stallion Salad \$10.99		Penne Vodka \$10.49
	Chicken Balsamico \$10.99		Penne Vodka +Chicken \$11.99
	Chicken Caesar Salad \$10.99		Penne Vodka +Bison \$12.99
	Turkey Skillet \$11.99		Eat to Grow (Gorilla Club) \$13.49
	Chicken Skewers Meal \$11.99		Anabowl (Gorilla Club) \$16.99
	Bison & Potatoes \$12.99		Number 5 (Gorilla Club) \$15.99
	Rocbody Wrap \$9.49		
	Steak Wrap \$9.99		
	Chicken & Bacon Wrap \$8.99		
	Bison Burger Parm \$12.99		

QTY Dressings / Sauces

- ___ Hot Sauce \$.75
- ___ Light Balsamic \$.75
- ___ Honey BBQ \$.75
- ___ Teriyake \$.75
- ___ Marinara \$.75
- ___ Light Ranch \$.75
- ___ Light Bleu Cheese \$.75
- ___ Light Italian \$.75
- ___ Light Caesar \$.75
- ___ White Balsamic \$.75
- ___ Extra Virgin Olive Oil \$1.00

QTY Add-Ons

- ___ Low Fat Mozzarella \$.75
- ___ Low Fat Cheddar \$.75
- ___ Low Fat American \$.75
- ___ Hot Cherry Peppers \$.75
- ___ Grilled Onions \$.75
- ___ Fresh Mushrooms \$.75
- ___ Avocado \$1.50
- ___ Walnuts \$1.25
- ___ Crumbled Bleu Cheese \$1.00

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 #: _____