



OPTIMAL
NUTRITION
CAFE
at Tri City Wellness Center

ONI Grab and Go Items



16 oz.

Power Packed Nutritional Smoothies \$4.95

Strawberry Banana • Cherry Almond • Good Morning Orange
Berry Refresher • Acai Strawberry • Grape Bean • Vanilla
Peanut Butter Chocolate

Whey Protein, Agave Nectar, Oat Milk, Flax Oil, Flaxseed, Lecithin.
Extra: Vitamineral Greens and Egg White protein available for \$.75 each
Soy Milk \$.50



ONI 91 Bar *Meal Replacement Bar* \$4.95

Blueberry Pumpkin Bliss • Banana Chocolate Chip
Lemon Vanilla • Peanut Butter Chocolate
Chewy Macadamia • Chewy Chocolate Chip

A protein, meal replacement bar packed with all natural ingredients
including whey protein and agave nectar. No preservatives or artificial
sugars. Baked fresh weekly.



Gourmet Meals To-Go

Pre-packaged Fresh and Hot Meals Made with whole wheat Breads
and Pastas, Locally Grown Produce, Lean Meats and Cheeses, pre-
portioned and vacuum sealed for a healthy addition to your day!

350 calorie size \$7.00

450 calorie size \$9.00

ONI Fresh Items



Sandwiches \$7.50

Made Whole Wheat Breads, Artisan Cheeses, Locally Grown
Produce, Fresh Hand Carved Lean Meats and House-Made Spreads.
Vegetarian options available.



Salads \$8.50

Crisp Lettuces, Fresh Seasonal Veggies, Hand Carved Meats tossed
in House-Made Vinaigrettes.



Soups \$5.95

Started with House-Made Broths Stewed for Hours and Made
with only the Best Meats and Produce at the Peak of their Season.

fresh + organic + custom

HIGH-OCTANE FUEL FOR YOUR BODY

6250 EL CAMINO REAL • CARLSBAD, CA 92009 • 760.931.3171

Optimal Nutrition, Inc provides custom organic meals plans and special event catering services.
Learn more at www.optimalnutritioninc.com or call 858-202-0445.



OPTIMAL
 NUTRITION
 CAFE
at Tri City Wellness Center

Hydration



Free Trade Organic Coffee.....	\$1.60
Free Trade Organic Teas	\$1.60
H2Optimal Water.....	\$2.00
Muscle Milk.....	\$3.75
An assortment of Water, Juices, Milk and Energy Drinks available	

Healthy Quick Snacks

Yogurt & Granola: \$5.95
 Yogurt Cups accompanied by Fresh Granola packed with Nuts, Seeds, and Dried Fruits

Veggies & Hummus: \$5.95
 Crispy Seasonal Veggies Served with our Signature Spiced Hummus

Chef's Homemade Delight
 A healthy treat baked fresh each week by the chef.

Seasonal fresh fruit available

fresh + organic + custom

HIGH-OCTANE FUEL FOR YOUR BODY

6250 EL CAMINO REAL • CARLSBAD, CA 92009 • 760.931.3171

*Optimal Nutrition, Inc provides custom organic meals plans and special event catering services.
 Learn more at www.optimalnutritioninc.com or call 858-202-0445.*