

Menu

Breakfast

Breakfast Sandwich

Four Egg Whites, Turkey Bacon, Low-Fat Cheddar.

Served on Ezekiel English Muffin and Side of Fruit. (528 cal / 44 protein, 37 carb, 24 fat)

Muscle Boy *

Certified Angus Beef® Steak, Grilled Sweet Potato, Six Egg Whites.

Served with an Ezekiel English Muffin. (693 cal / 65 protein, 83 carb, 10 fat)

PH Hash* Gluten Free

Organic Grass-Fed Bison, Six Egg Whites, Grilled Sweet Potatoes, Red Onions, Celery, Red Peppers.

Topped with Green Onions. (641 cal / 45 protein, 53 carb, 25 fat)

PH Chicken Quesadilla

Diced, Grilled, Hormone-Free, Cage-Free Chicken, Low-Fat Mozzarella, Cilantro, Black Bean Salsa on

Whole Wheat Tortilla. Served with Side of Fruit. (852 cal / 72 protein, 80 carb, 54 fat)

PH Greek Yogurt

Greek Yogurt topped with Strawberries, Blueberries, Banana, Granola, Honey.

(533 cal / 11 protein, 81 carb, 19 fat)

Loaded Oatmeal Gluten Free Contains Nuts

Oatmeal, Banana, Pecans, Cranberries, Flax and Chia Seeds. (411 cal / 8 protein, 55 carb, 10 fat)

Super Bird Omelette Gluten Free

Six Egg Whites, Hormone-Free Turkey, Tomatoes, Cilantro, Cottage Cheese.

Served with Side of Fruit. (257 cal / 39 protein, 8 carb, 7 fat)

SHRDD Veggie Omelette Gluten Free

Six Egg Whites, Red Peppers, Red Onions, Spinach, Broccoli, Tomatoes, Asparagus, Mushrooms,

Avocado. Served with Side of Fruit. (211 cal / 23 protein, 17 carb, 7 fat)

PH Breakfast Burrito

Grilled, Hormone-Free, Cage-Free Chicken, Low-Fat Cheddar, Four Egg Whites, Avocado,

Black Bean Salsa, Turkey Bacon Bits. (957 cal / 80 protein, 71 carb, 38 fat)

! Substitute Protein with Organic Non-GMO Tofu and Vegan Cheese to make Vegan.

Pancakes

PH Loaded Pancakes

Non-GMO Whole Grain Whey Protein Pancakes with your choice of fruit: Bananas, Coconut,

Blueberries, Strawberries or all together. (494 cal / 17 protein, 82 carb, 12 fat)

PH Protein Pancake Combo

Non-GMO Whole Grain Whey Protein Pancakes sandwiched with 6 Egg Whites.

Topped with one Strawberry. (453 cal / 39 protein, 64 carb, 3 fat)

Chocolate Monster Pancakes Contains Nuts

Non-GMO Whole Grain Whey Protein Pancakes infused with Dark Chocolate Chips. Topped with

Bananas, Walnuts and Sugar Free Chocolate Protein Sauce. (797 cal / 28 protein, 113 carb, 27 fat)

South Beach Pancakes Gluten Free

Vanilla Whey, Cottage Cheese, Oatmeal, Egg Whites, Banana, Cinnamon Blended and

Cooked Pancake Style. Topped with one Strawberry. (509 cal / 55 protein, 53 carb, 6 fat)

Froyo Pancakes

Non-GMO Whole Grain Whey Protein Pancakes. Topped with Protein Frozen Yogurt

and Sugar Free Chocolate Protein Sauce. (646 cal / 30 protein, 107 carb, 4 fat)

PB & J Pancakes Contains Nuts

Non-GMO Whole Grain Whey Protein Pancakes. Topped with Peanut Butter, Banana

and Sugar Free Jelly. (502 cal / 5 protein, 48 carb, 33 fat)

Mayra's Vegan Protein Pancakes Vegan

Organic Housemade Pancakes. Topped with Blueberries, Strawberries, Banana and Coconut.

(531 cal / 5 protein, 49 carb, 36 fat)

Burgers

PH Burger *

Organic Grass-Fed Bison, Three Egg Whites, Low-Fat Cheddar, Lettucem Tomatoes.

(498 cal / 55 protein, 30 carb, 18 fat)

Muscle Builder *

2 Organic Grass-Fed Bison Patties, Turkey Bacon, Low-Fat Cheddar, Caramelized Onions.

(742 cal / 85 protein, 34 carb, 31 fat)

Aloha

Grilled, Hormone-Free, Cage-Free Chicken, Pineapple, Lettuce, Red Onions, Housemade Teriyaki.

(401 cal / 46 protein, 42 carb, 7 fat)

BBQ Turkey

Hormone-Free Turkey Burger, Turkey Bacon, Low-Fat Cheddar, Red Peppers, Red Onions,

Mushrooms, PH BBQ Sauce. (582 cal / 53 protein, 41 carb, 24 fat)

Portobello Sandwich Gluten Free

Grilled, Hormone-Free, Cage-Free Chicken, Tomatoes, Red Onions, Spinach with PH Housemade

Balsamic Vinaigrette in between 2 Portobello Mushroom Caps. (264 cal / 44 protein, 13 carb, 5 fat)

Salmon Burger *

Sustainable Salmon, Spinach, Onions, Tomatoes, Avocado, Agave Mustard.

(573 cal / 44 protein, 41 carb, 26 fat)

PH Vegan Burger Vegan Contains Nuts

Impossible Burger, Vegan Cheese, Vegan Housemade Thousand Island Dressing, Spinach,

Tomato, Onion. (699 cal / 20 protein, 67 carb, 40 fat)

! All Burgers available with a Whole Wheat Brioche Bun, Collard Green or Lettuce Wrap.

! All Burgers come with a side of Grilled Sweet Potatoes, Mixed Greens, Fruit or Dairy Free Sweet Potato Mash.

! Macros for Burgers are calculated using Whole Wheat Bun.

Substitution Options		
• Ezekiel Bread	• Portobello Mushroom Bun	
• Gluten-Free Bun	• Organic Non-GMO Tofu	• Vegan Cheese

Wraps

LR Steak Burrito *

Certified Angus Beef® Steak, Four Egg Whites, Avocado, Low-Fat Cheddar.

(891 cal / 76 protein, 60 carb, 40 fat)

BBQ Bison Cheesesteak *

Organic Grass-Fed Bison, Red Peppers, Red Onions, Mushrooms, Low-Fat Cheddar, PH BBQ Sauce.

(758 cal / 54 protein, 70 carb, 30 fat)

Spicy Thai Chicken Contains Nuts

Grilled, Hormone-Free, Cage-Free Chicken, Romaine Lettuce, Red Onions, Cucumbers, Carrots,

Basil, Mint, Peanut Sauce. (598 cal / 50 protein, 67 carb, 15 fat)

Chicken Caesar

Grilled, Hormone-Free, Cage-Free Chicken, Romaine Lettuce, Parmesan Cheese, Sunflower Seeds,

Croutons, Light Caesar Dressing. (977 cal / 66 protein, 75 carb, 49 fat)

Mediterranean

Hormone-Free Turkey, Hummus, Tomatoes, Cucumbers, Feta Cheese, Avocado.

(900 cal / 52 protein, 70 carb, 49 fat)

Salmon Wrap *

Sustainable Salmon, Spinach, Onions, Tomatoes, Avocado, Agave Mustard.

(734 cal / 46 protein, 67 carb, 32 fat)

Power Wrap Vegan Contains Nuts

Organic Non-GMO Tofu, Sautéed Squash, Spinach, Hummus, Chopped Garlic, Red Peppers,

Cherry Tomatoes, Mushrooms, PH Spicy Peanut Sauce. (590 cal / 26 protein, 75 carb, 22 fat)

PH Vegan Wrap Vegan Contains Nuts

Impossible Burger, Vegan Cheese, Vegan Housemade Thousand Island Dressing, Spinach,

Tomato, Onion. (828 cal / 21 protein, 87 carb, 45 fat)

! All Wraps are made on Whole Wheat Tortillas and served with a side of fruit.

! Spinach Tortilla or Collard Green Tortilla is by request at no additional charge.

! Macros for Wraps are calculated using Whole Wheat Tortilla.

Substitution Options	
• Gluten-Free Tortilla	• Vegan Cheese

Menu

Bowls

Cajun BBQ Gluten Free

Grilled, Hormone-Free, Cage-Free Cajun Chicken, Broccoli, Green Onions, Red Peppers, Red Onions, PH BBQ Sauce. (541 cal / 46 protein, 73 carb, 7 fat)

Teriyaki * Gluten Free

Grilled Sustainable Salmon, Pineapple, Celery, Red Onions, Spinach, Carrots, Housemade Teriyaki Sauce. (675 cal / 42 protein, 78 carb, 20 fat)

Southwest * Gluten Free

Certified Angus Beef® Steak, Tomatoes, Red Peppers, Low-Fat Cheddar, Black Bean Salsa, Avocado. (749 cal / 52 protein, 66 carb, 28 fat)

Greek Gluten Free

Hormone-Free Turkey Burger, Tomatoes, Black Olives, Cucumber, Red Onions, Feta Cheese. (656 cal / 39 protein, 58 carb, 27 fat)

El Jefe * Gluten Free

Hormone-Free Turkey Burger, Organic Grass-Fed Bison, Broccoli, Red Peppers, Red Onions, Pineapple. (738 cal / 69 protein, 65 carb, 21 fat)

The General * Gluten Free

Organic Grass-Fed Bison, Broccoli, Asparagus, Tomatoes, Red Peppers, Avocado. (526 cal / 40 protein, 56 carb, 17 fat)

Thai Monster * Gluten Free Contains Nuts

Grilled, Hormone-Free, Cage-Free Chicken, Certified Angus Beef® Steak, Broccoli, Asparagus, Green Onions, Housemade Spicy Thai Peanut Sauce. Topped with Chopped Peanuts. (733 cal / 80 protein, 50 carb, 22 fat)

The Sexy * Gluten Free

Grilled Sustainable Salmon, Broccoli, Tomatoes, Red Peppers, Mushrooms, Red Onions, Asparagus, Squash, Avocado, Zucchini, Spinach. On a bed of Quinoa with Cilantro Lime Vinaigrette. (642 cal / 47 protein, 53 carb, 28 fat)

Boss * Gluten Free

2 Organic Grass-Fed Bison Patties, Grilled Sweet Potatoes, Red Onions, Green Onions, Red Peppers, Jalapeños. (668 cal / 71 protein, 55 carb, 17 fat)

Plant Power Bowl Vegan Gluten Free

Organic Non-GMO Tofu, Grilled Portobello Mushroom, Quinoa, Chopped Garlic, Sweet Potato, Squash, Red Onion, Red Peppers, Broccoli, Cauliflower, Black Beans, Chickpeas, Sriracha, Red Pepper Flakes. (541 cal / 26 protein, 70 carb, 17 fat)

Chicken Little

Almond-Crusted Chicken, Healing Turmeric Rice, Baby Spinach topped with Chickpeas, Peanut Sauce. (651 cal / 46 protein, 56 carb, 25 fat)

Killer Keto

Peppered Steak, Cauliflower Mash, Herbed Mushrooms, Feta, Avocado. (659 cal / 40 protein, 24 carb, 42 fat)

Vegan Pad Thai Vegan

Tofu, Rice Noodles, Vegan Slaw, No-Peanut Sauce topped with Chopped Cashews, Cilantro, Green Onions. (712 cal / 29 protein, 56 carb, 44 fat)

Omega 3

Sustainable & Responsibly Sourced Salmon, Healing Turmeric Rice, Persian Cucumber Salad. Topped with Avocado, Flax Seeds, Chia Seeds, and Chimichurri Sauce. (568 cal / 38 protein, 63 carb, 19 fat)

Meathead

Peppered Steak, Grass-Fed Bison Meatballs, Coconut Curry Lentils, Green Beans, Jasmine Rice. Topped with Jalapeños, Green Onions, and Coconut Curry Sauce. (1050 cal / 72 protein, 90 carb, 44 fat)

! All Bowls available with choice of Brown Rice, Quinoa, Whole Wheat Pasta, White Rice or Half Brown Rice / Half Quinoa.

! Macros for Bowls are calculated using 1 Cup of Brown Rice.

! Substitute Protein with Organic Non-Gmo Tofu & Vegan Cheese to make Vegan.

Add Extras • Organic Non-GMO Tofu • Vegan Cheese

Salads

PH Chopped *

Certified Angus Beef® Steak, Romaine Lettuce, Tomatoes, Avocado, Turkey Bacon Bits, Hard Boiled Egg, Blue Cheese Crumbles, Balsamic Vinaigrette. (626 cal / 51 protein, 15 carb, 41 fat)

Berry Lovers

Grilled All Natural Chicken, Spring Mix, Cucumbers, Green Onions, Strawberries, Blueberries, Raspberries, Blue Cheese, Balsamic Vinaigrette. (504 cal / 46 protein, 29 carb, 24 fat)

Chicken Caesar

Grilled, Hormone-Free, Cage-Free Chicken, Romaine Lettuce, Parmesan Cheese, Sunflower Seeds, Croutons, Light Caesar Dressing. (687 cal / 57 protein, 25 carb, 42 fat)

SHRDD Gluten Free

Grilled All Natural Chicken, Quinoa, Spring Mix, Cucumbers, Cherry Tomatoes, Spinach, Avocado, Peas, Hard Boiled Egg, Balsamic Vinaigrette. (486 cal / 46 protein, 26 carb, 23 fat)

PH Vegan Mixed Salad Vegan Gluten Free

Grilled Portobello Mushroom, Quinoa, Spring Mix, Cherry Tomatoes, Chickpeas, Cranberries, Avocado, Balsamic Vinaigrette Dressing. (455 cal / 11 protein, 62 carb, 20 fat)

Açaí Bowl or Shake

PH Tropical Açaí Bowl (24oz) / Shake (24oz)

Organic Unsweetened Açaí, Vanilla Whey, Pineapple, Banana. Topped with Banana, Coconut Flakes, Granola, and Flax Seeds.

Bowl (952 cal / 40 protein, 113 carb, 40 fat) Shake (450 cal / 28 protein, 47 carb, 18 fat)

Berry Blast Bowl (24oz) / Shake (24oz)

Organic Unsweetened Açaí, Vanilla Whey, Apple Juice, Blueberries, Strawberry, Banana. Topped with Blueberries, Banana, Strawberries, Granola, and Flax Seeds.

Bowl (816 cal / 39 protein, 107 carb, 27 fat) Shake (343 cal / 28 protein, 39 carb, 9 fat)

Açaí Coconut Bowl (24oz) / Shake (24oz)

Organic Unsweetened Açaí, Vanilla Whey, Coconut Milk, Coconut Water. Topped with Coconut Flakes, Honey, Granola, and Flax Seeds.

Bowl (995 cal / 36 protein, 96 carb, 53 fat) Shake (492 cal / 27 protein, 40 carb, 25 fat)

Açaí Nutty Butter Contains Nuts Bowl (24oz) / Shake (24oz)

Organic Unsweetened Açaí, Chocolate Whey, Soy Milk, Peanut Butter, Agave. Topped with Almonds, Granola, and Flax Seeds.

Bowl (999 cal / 51 protein, 78 carb, 55 fat) Shake (543 cal / 38 protein, 33 carb, 30 fat)

Dessert

Peanut Butter Protein Balls Gluten Free Contains Nuts

(360 cal / 20 protein, 26 carb, 13 fat) per cookie

Raw Keto Lime Donuts Vegan Gluten Free Contains Nuts

(130 cal / 2 protein, 11 carb, 5 fat)

Vegan Sweet Potato Brownies Vegan Gluten Free

(350 cal / 8 protein, 5 carb, 45 fat)

Coffees

Fresh Brewed Coffee (20oz)

Mocha Loca (24oz)

Almond Milk, Espresso, Chocolate Whey, No Sugar Added Frappé. (310 cal / 29 protein, 27 carb, 10 fat)

Vanilla Gorilla (24oz)

Almond Milk, Espresso, Vanilla Whey, No Sugar Added Frappé. (313 cal / 26 protein, 28 carb, 10 fat)

Menu

Build Your Own Bowl

Step 1 Protein (Pick 1) Gluten Free Lean / Swole (50% more)

- Chicken (All Natural)
- Almond Crusted Chicken Bites (All Natural)
- Shredded Chicken (All Natural)
- Turkey (All Natural)
- Bison * (Organic Grass-Fed)
- Bison Meatballs (Organic Grass-Fed)
- Steak * (Certified Angus Beef® Steak)
- Peppered Steak (Certified Angus Beef® Steak)
- Salmon (Sustainable)
- Ahi Tuna * (Sustainable)
- ✓ • Tofu (Non-GMO, Organic)
- ✓ • Vegan Patty (Non-GMO, Organic)

Step 2 Carbs (Pick 1) ✓ Vegan Gluten Free

- White Rice
- Brown Rice
- Turmeric Rice
- Quinoa
- Sweet Potato
- Sweet Potato Mash
- Riced Cauliflower
- Cauliflower Mash
- Double Veggies (No Carbs)

Step 3 Sauces ✓ Vegan Gluten Free

- Apple Cider Vinaigrette
- Chimichurri
- Coconut Curry
- Green Goddess
- No-Peanut
- PH BBQ
- PH House Balsamic
- Spicy Thai Peanut
- Sweet Sriracha
- Teriyaki
- Vegan Thousand Island

Step 4 Veggies (Pick up to 5 - 5oz Total) ✓ Vegan Gluten Free

- Asparagus
- Black Beans
- Black Olives
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry Tomato
- Chickpeas
- Cucumber
- Green Onions
- Green Beans
- Jalapeño
- Lettuce
- Mushroom
- Peas
- Red Onion
- Red Pepper
- Romane
- Spinach
- Squash
- Tomato

Step 5 Premiums (2oz) Gluten Free

- Cheddar
- Blue Cheese
- Feta
- ✓ • Avocado
- Turkey Bacon
- Hard Boiled Egg
- Scrambled Egg Whites

Build Your Own Protein Shake

Step 1 Bases (Pick 1 to 2 Items)

- Almond Milk
- Apple
- Coconut Milk
- Coconut Water
- Cold-Brew Coffee
- Oat Milk
- Pineapple
- Strawberry
- Water

Step 2 Protein (Pick 1 Item)

- Chocolate Whey
- Collagen Vanilla Protein
- Grass-Fed Vanilla Whey
- Vanilla Whey
- Vegan Chocolate Protein
- Vegan Vanilla Protein
- DbL Chocolate Whey
- DbL Collagen Vanilla Protein
- DbL Vanilla Whey
- DbL Vegan Chocolate Protein
- DbL Vegan Vanilla Protein

Step 3 Fruits (Pick up to 2 Items)

- Açai
- Banana
- Blueberries
- Dates
- Pear
- Pineapple
- Raspberries
- Shredded Coconut
- Strawberry

Step 4 Good Fats (Pick up to 5 Items)

- Peanut Butter
- Almond Butter
- Cashew Butter
- MCT Oil
- Avocado

Step 5 Add-Ins (Pick up to 5 Items)

- Chia Seeds
- Creatine
- Creatine & Glutamine
- Dark Chocolate Chips
- Flax Seeds
- Glutamine
- Hemp Seeds
- Kale
- Maca
- Spinach
- Spirulina
- Vanilla Frozen Yogurt

Step 6 Additional Fruits (Pick any Items)

- Açai
- Banana
- Blueberries
- Dates
- Pear
- Pineapple
- Raspberries
- Shredded Coconut
- Strawberry

Protein Shakes

Muscle Freak Contains Nuts (24oz)

2 Scoops Chocolate Whey, Almond Milk, Banana, Almond Butter, Coconut Flakes, Flax Oil, Chocolate Chips. (619 cal / 56 protein, 40 carb, 28 fat)

Swole Man (24oz)

2 Scoops Vanilla Whey, Orange, Banana, Orange Karbolyn, Creatine, Coconut Flakes. (591 cal / 40 protein, 92 carb, 8 fat)

Green Beast Contains Nuts (24oz)

Almond Milk, Vanilla Whey, Kale, Spinach, Pears, Coconut Oil, Almond Butter, Agave. (441 cal / 31 protein, 17 carb, 29 fat)

Chocolate PB Crush Contains Nuts (24oz)

Almond Milk, Chocolate Whey, Banana, Peanut Butter, Non-Fat Yogurt. (478 cal / 35 protein, 36 carb, 18 fat)

Peanut Butter Dream Contains Nuts (24oz)

Skim Milk, Vanilla Whey, Banana, Peanut Butter, Non-Fat Yogurt. (521 cal / 41 protein, 47 carb, 15 fat)

Ms Skinny (24oz)

Strawberries, Pineapple, Vanilla Whey, Coconut Milk. (395 cal / 26 protein, 34 carb, 19 fat)

Tropical Tease (24oz)

Pineapple, Coconut Milk, Banana, Vanilla Whey, Non-Fat Yogurt. (517 cal / 28 protein, 55 carb, 19 fat)

PB & J Contains Nuts (24oz)

Skim Milk, Peanut Butter, Non-Fat Yogurt, Oatmeal, Banana, Strawberries, Vanilla Whey. (527 cal / 42 protein, 55 carb, 17 fat)

Apple Butter Contains Nuts (24oz)

Apple Juice, Non-Fat Yogurt, Cinnamon, Banana, Sugar Free Caramel Sauce, Almond Butter, Vanilla Whey. (463 cal / 31 protein, 54 carb, 12 fat)

Hulk Contains Nuts (24oz)

Coconut Water, Vanilla Whey, Almond Butter, Cinnamon, Banana, Spinach, Dates. (425 cal / 31 protein, 56 carb, 11 fat)

Peanut Butter Cookie Dough Contains Nuts (24oz)

Peanut Butter, Almond Milk, Vanilla Whey, Honey, Coconut Flakes, Gluten Free Oats, Sea Salt, Dates. (572 cal / 36 protein, 68 carb, 20 fat)

! All Smoothies also available with Vegan Protein

! Sub Vegan Protein **\$1.00** to make Dairy-Free in the Muscle Freak, Swole Man, Ms Skinny, Green Beast and Hulk

Add Extras

- Creatine
- Creatine and Glutamine
- Glutamine

More Protein

- Additional 25g of Protein