

BREAKFAST

BREAKFAST BLT 8.99

Smoked Gouda, bacon, tomato, arugula twist roll | wrap

BEACH BODY WRAP 11.49

Egg whites, baby spinach, turkey sausage, pico de gallo wrap | greens

RWJ TOSTADA 11.99

2 eggs on 3 crispy corn tortillas, chorizo, grilled onions & peppers, queso fresco, ranchero & jalapeno aioli

2 EGG SANDWICH 5.99

twist roll | bagel | wrap

BREAKFAST POWER BOWL 10.99

2 eggs any style, baby spinach, turkey sausage, crumbled feta, over brown rice & quinoa

BIG BREAKFAST 10.99

2 Eggs any style, toasted twist roll, crispy tater tots substitute Egg Whites +2.99

YOGURT PARFAIT 4.99/5.99

Low fat vanilla greek yogurt and house-made granola

SALADS 11.99

Turn your salad into a wrap or bowl +1.99

HOUSE

Grape tomatoes, cucumber, red onion, black olives

CLASSIC CHICKEN CAESAR

Grilled chicken, romaine, house made croutons, parmesan

CLASSIC SPINACH

Organic baby spinach, hard boiled egg, toasted almonds, crumbled feta, crispy bacon

SOUTHWEST BBQ

BBQ grilled chicken, pico de gallo, cucumber, chopped cheese blend

DIY SALAD

Select greens, up to 3 garnish, 1 protein, chopped cheese blend, and salad dressing

ESTRADA TOSTADA

Chicken Caesar salad over 3 crispy corn tortillas, House-made pico de gallo, parmesan

NOTTINGHAM CHOPPED

Diced apple, dried cranberries, toasted pecans, chopped cheese blend

CHICKEN BLT CAESAR

Chicken, crispy bacon, tomato, cucumber, red onion, house made croutons, parmesan

CHOPPED CHICKEN CHOW MEIN SALAD

Grilled Chicken, cucumber, red onion, mandarin orange, crispy chow mein noodles

SERVED ON YOUR CHOICE OF:

Organic Mixed Greens | Organic Baby Spinach | Baby Kale | Chopped Romaine

ADD: Grilled or Rosemary Garlic Chicken 2.99 | Hard boiled egg 2.99 | Avocado 2.99

Additional sauce or salad dressing 0.50

SOUPS 4.99/5.99

House Made Daily

order online for scheduled or asap pickup



INSIDE THE RWJ FITNESS & WELLNESS CENTER

1300 QUAKERBRIDGE ROAD - HAMILTON, NJ 08619
609-592-2453 - www.PumpItUpKitchen.com

**HOURS - MONDAY - THURSDAY 8am - 7pm | FRIDAY 8am - 6pm
SATURDAY - 8am - 1pm | SUNDAY closed**



COMBOS

2 EGGS ANY STYLE and

SMALL YOGURT PARFAIT - 9.99

or

FRUIT CUP - 8.99

SOUP & SALAD COMBO - \$10.49

SMALL HOUSE or CAESAR SALAD

and

LARGE SOUP

SMOOTHIES

WAIKIKI WOW

pineapple - mango - coconut cream

FRUIT SALAD BLENDUP

strawberry - banana - mango juice

LIMONADA ANTIGUA

blue raspberry - lemon-lime coconut cream - whipped cream - toasted coconut

FRENCH ROAST REFRESHER

coffee, dates, banana, cinnamon, almond milk

YOU DO YOU

diy smoothie 2 fruit mango juice or "milk"

add organic spinach, protein powder, or peanut butter powder 1.00

SNACKS / TREATS

TACO TOTS 6.99

seasoned tots topped with chorizo, pico de gallo, jalapeno aioli, queso fresco

BUFFALO TOTS 7.99

grilled chicken, spicy buffalo sauce, melty pepper jack, over crispy tater tots, cool ranch drizzle

BUFFALO CHICKEN QUESADILLA 7.99

grilled chicken, spicy buffalo sauce, melty pepper jack, snug in a crispy whole wheat tortilla. Cool ranch on the side

FRESH FRUIT CUP 4.99

fresh seasonal fruit

TATER TOTS 3.99

sprinkled with old bay

HUMMUS AND STICKS 4.99

garlic hummus, celery sticks, baby carrots
add cucumber, tomato, feta, red onion, pico de gallo (0.50 each)

DIPPIN' RANCH 4.99

celery sticks, baby carrots

CHARCUTERIE BOX - 9.99

salami & pepperoni, provolone & cheddar
red grapes, sliced apple, crostini

MEAL PREP & CATERING

CHEFPREPPD

meal prep service

Could you use time off from cooking dinner, or a real meal for lunch?

Try **ChefPreppd**.

ChefPreppd is a meal prep service with a new menu every week. We offer a large variety of dishes every week including vegetarian and gluten free choices.

Order online by 9 pm on Wednesday and your meals are ready for pickup or delivery on Friday afternoon.

See this week's menu at

<https://chefpreppd.localfresh.store>

CATERING

Jersey Girl Cafe can cater your next office meeting, baby shower, or 5-course birthday dinner for you and your besties.

Online menus are here -

<https://www.jerseygirlcafenj.com/catering-menu>

Drop us a line and we will work with you to plan the perfect event menu!

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PUMP IT UP KITCHEN

45 LBS

45 LBS



CAFE & TE

coffee 2.49- 3.99

hot tea 2.49

iced coffee 2.99

fresh brewed iced tea 2.49

hot chocolate,

chai latte,

turmeric chai latte,

matcha 4.99

sub oat or almond

milk 1.00

add flavored syrup

0.50 - 0.99

bottled beverages

1.99 - 3.49