

# CAFÉ BARBELL

11015 EMMET (110<sup>TH</sup>&MAPLE)

402.884.0266

**WEEKLY CHEF CRAFTED HEALTHY BALANCED EATS.**

FRESH. QUALITY. GLUTEN DAIRY SOY & PRESERVATIVE FREE.

avg entree: 40g protein & 25g carbs

avg Ice cream: 27g protein & 7g carbs

## take-out & pickup

**ORDER?** CALL or TEXT: include item names & qty

**WHEN? BY FRI @ 9A** (ready following MON @ 1P)

**PRE-PAYMENT VIA CC** (phone auth)\*

\*club account established for ease in re-order

**PICKUP HOURS:** MON 1-7P &/or TUES 7A-7P

RE: COVID-19: no-contact curbside convenience  
(text upon arrival)

## ENTRÉES

### BEEF

ANGUS BEEF BURGER & FRIES 11.25  
lean ground beef patty with all natural toppings, steak seasoned root vegetable fries & coleslaw

SPAGHETTI & MEATBALLS 10.95  
italian seasoned ground beef & marinara & spaghetti squash

### FISH

CAFÉ BARBELL GRILLED SALMON HOUSE SALAD 12.95  
with romaine, eggs, roasted beets, peas, tomatoes, cucumbers & lemon herb vinaigrette

### POULTRY

BLACKENED CHICKEN FAJITAS 10.75  
cayenne & cumin spiced chicken breast, roasted bell peppers & white onions & pineapple salsa

BONELESS BUFFALO WINGS & APPETIZERS 10.95  
buffalo glazed chicken tenders, root vegetable fries, carrot & celery sticks & all natural ketchup & vegan ranch

CAFÉ BARBELL GRILLED CHICKEN HOUSE SALAD 10.95  
chicken breast with romaine, eggs, roasted beets, peas, tomatoes, cucumbers & lemon herb vinaigrette

CHINESE CHICKEN & VEGGIE RICE 10.75  
thin sliced chicken breast, julienne celery, carrots, onion & sweet & spicy brown sauce

FRIED CHICKEN, MASHED POTATOES & CREAMY COLESLAW 10.95  
almond crusted chicken tenders, whipped cauliflower & vegan ranch coleslaw

GRILLED CHICKEN SKEWERS 10.75  
mediterranean seasoned chicken breast, mushrooms, zucchini, yellow onions, bell peppers & cauliflower rice

MEATLOAF & MASHED POTATOES 10.75  
all natural ketchup-topped ground turkey, whipped cauliflower & peas

## ADD ONS

CAFÉ BARBELL H<sub>2</sub>O electrolyte water 1.50

ZEVIA (STEVIA) SODA cola, mountain zevia, dr. zevia 1.50

NO-COUNT COOKIES (PACK OF 4 MINIS) snack on occasion

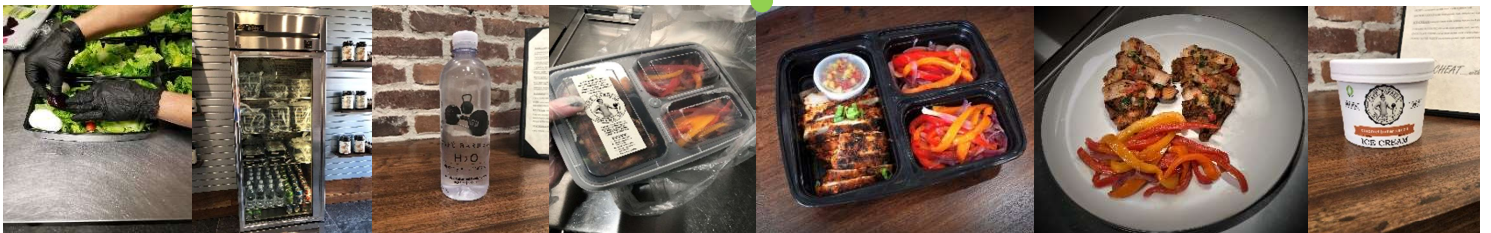
CHOCOLATE BROWNIE 2.75

½ PINT ICE CREAM between meals shake options, handmade & packaged to-go

CARAMEL BUTTER PECAN vanilla bean protein, malt, pecans, caramel & coconut milk 5.95

CHOCOLATE CHUNK cocoa bean protein, malt, cacao chips, vanilla & coconut milk 5.95

PEANUT BUTTER FUDGE cocoa bean protein, malt, peanut butter powder & coconut milk 5.95



# CAFÉ BARBELL



11015 EMMET (110<sup>TH</sup>&MAPLE)  
OMAHA.NE  
**402.884.0266**  
Avg: 27g protein & 17g carbs  
Blenders 27g protein & 7g carbs

## smoothie bar

**HOURS: M-F 7A-1P & 4P-7P**

**ORDER?** CALL or TEXT: include item & time

**PRE-PAYMENT** VIA CC (phone auth)\*

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RE: COVID-19: no-contact curbside convenience  
(text upon arrival)

### SMOOTHIES meal options, made-to-order

**CAFÉ CAMELICIOUS** 7.00  
vanilla bean protein, vanilla pudding, malt, stevia brown sugar, sea salt, caramel & almond milk

**CHOCOLATE DIPPED PEPPERMINT STICK** *seasonal* 7.00  
cocoa bean protein, vanilla pudding, malt, peppermint & almond milk

**CHOCOLATE TURTLE** 7.00  
cocoa bean protein, vanilla pudding, malt, stevia brown sugar, pecans, sea salt, caramel & almond milk

**COOKIES & CREAM** 7.00  
vanilla bean protein, vanilla pudding, malt, stevia cacao cookie, vanilla & almond milk

**LEMON MERINGUE PIE** *spring-time* 7.00  
vanilla bean protein, vanilla pudding, malt, vanilla, lemon & almond milk

**ORANGE DREAMSICLE** *summer-time* 7.00  
vanilla bean protein, vanilla pudding, malt, vanilla, orange & almond milk

**PEANUT BUTTER CUP** 7.00  
cocoa bean protein, vanilla pudding, malt, peanut butter powder, cacao powder & almond milk

**RASPBERRY ICE CREAM SANDWICH** *spring-time* 7.00  
vanilla bean protein, vanilla pudding, malt, stevia cacao cookie, vanilla, raspberry & almond milk

**ROOT BEER FLOAT** *summer-time* 7.00  
vanilla bean protein, vanilla pudding, malt, root beer stevia soda & almond milk

**THIN MINT MILKSHAKE** *beg. march* 7.00  
vanilla bean protein, vanilla pudding, malt, cacao chips, peppermint & almond milk

### BLENDERS between meals shake options, made-to-order

**CHOCOLATE MINT CHIP** 5.75  
cocoa bean protein, malt, peppermint, vanilla & almond milk

**FROSTY** 5.75  
cocoa bean protein, malt, vanilla & almond milk

**SNICKERDOODLE** 5.75  
vanilla bean protein, malt, stevia brown sugar, vanilla, caramel, cinnamon & almond milk

*cheat .... with a healthy treat*

