

# CAFÉ BARBELL

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

402.884.0266

**WEEKLY CHEF CRAFTED HEALTHY BALANCED EATS.**

FRESH. QUALITY. GLUTEN, DAIRY & PRESERVATIVE FREE.

avg ind meal: 40g protein & 25g carbs

avg Ice cream: 27g protein & 7g carbs

*eatery : 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)

## CUISINE

### ANGUS BEEF BURGER & FRIES

lean ground beef patty with all natural toppings, steak seasoned root vegetable fries & coleslaw

11.25

### BLACKENED CHICKEN FAJITAS

cayenne & cumin spiced chicken breast, roasted bell peppers & white onions & pineapple salsa

10.75

### MEATLOAF & MASHED POTATOES

all natural ketchup-topped ground turkey, whipped cauliflower & peas

10.75

### SPAGHETTI & MEATBALLS

italian seasoned ground beef & marinara & spaghetti squash

10.95

## CRISP GREENS

### CAFÉ BARBELL GRILLED SALMON HOUSE SALAD

with romaine, eggs, roasted beets, peas, tomatoes, cucumbers & lemon herb vinaigrette

12.95

### CAFÉ BARBELL GRILLED CHICKEN HOUSE SALAD

chicken breast with romaine, eggs, roasted beets, peas, tomatoes, cucumbers & lemon herb vinaigrette

10.95

## CASSAVA WRAPS

### BUFFALO RANCH CHICKEN WRAP

buffalo glazed chicken tenders, cabbage (slaw), shredded carrots, celery + vegan ranch sauce

11.75

### CRISPY SANTE FE CHICKEN WRAP

almond crusted chicken tenders, cauliflower whip, cabbage (slaw), shredded veg + vegan ranch-Louisiana hot! sauce

11.95

### GRILLED RASPBERRY CHICKEN WRAP

mediteranean seasoned chicken breast, cauliflower rice, skewer vegetables + raspberry sauce

11.95

### THAI SESAME CHICKEN WRAP

southeast Asia 7-spiced chicken breast, cauliflower rice, shredded spring roll vegetables + lemon-sesame sauce

11.75

## BEVERAGES

### CAFÉ BARBELL H2O electrolyte water

1.50

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

1.50

## ICE CREAM (1/2 PINT) handmade & packaged to-go

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

6.25

CHOCOLATE CHUNK cocoa bean protein, malt, stevia chocolate chips, vanilla & coconut milk

6.25

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

6.25



# CAFÉ BARBELL



11015 EMMET (110<sup>TH</sup>&MAPLE)  
OMAHA.NE  
402.884.0266

drinkery

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

SMOOTHIES avg 27g protein 25g carbs 7.25

## ● CANDIES + COOKIES + CAKES

### CAFÉ CARAMELICIOUS

vanilla bean protein, vanilla pudding, malt, stevia brown sugar, sea salt, caramel & almond milk

### CARAMEL PUMPKIN PIE FALL

vanilla bean protein, vanilla pudding, malt, stevia brown sugar, pumpkin pie spices, pumpkin puree, caramel & almond milk

### CHOCOLATE DIPPED PEPPERMINT STICK WINTER

cocoa bean protein, vanilla pudding, malt, peppermint, vanilla & almond milk

### CHOCOLATE PUDDING PIE (w/cocoa cookie crust)

cocoa bean protein, vanilla pudding, malt, cacao powder, stevia cocoa cookie, vanilla & almond milk

### CHOCOLATE TURTLE

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

### COOKIES & CREAM

vanilla bean protein, vanilla pudding, malt, stevia cocoa cookie, vanilla & almond milk

### PINK! PEPPERMINT CHOCOLATE CHIP ICE CREAM HO-HO-HO

vanilla bean protein, vanilla pudding, malt, stevia chocolate chips, peppermint, vanilla & almond milk

### PEANUT BUTTER CUP

cocoa bean protein, vanilla pudding, malt, peanut butter powder, cocoa powder & almond milk

### ROOT BEER FLOAT

vanilla bean protein, vanilla pudding, malt, stevia root beer soda & almond milk

### THIN MINT MILKSHAKE

vanilla bean protein, vanilla pudding, malt, stevia chocolate chips, peppermint & almond milk

## ● CRÈME + FRUIT FLAVORS

### LEMON MERINGUE PIE

vanilla bean protein, vanilla pudding, malt, vanilla, lemon & almond milk

### ORANGE DREAMSICLE

vanilla bean protein, vanilla pudding, malt, vanilla, orange & almond milk

### RASPBERRY ICE CREAM SANDWICH

vanilla bean protein, vanilla pudding, malt, stevia cocoa cookie, vanilla, raspberry & almond milk

BLENDERS avg 27g protein 6g carbs 6.00

## ● CLASSICS

FROSTY cocoa bean protein, malt, vanilla & almond milk

GRASSHOPPER cocoa bean protein, malt, peppermint, vanilla & almond milk

NUTTER BUTTER vanilla bean protein, malt, stevia brown sugar, vanilla, caramel, cinnamon & almond milk

## ● COFFEES

CAFÉ CARAMEL LATTE *caffeinated* vanilla bean protein, malt, coffee, stevia brown sugar, caramel & almond milk

COCOA MOCHA *caffeinated* cocoa bean protein, malt, coffee, cocoa powder, vanilla & almond milk

COFFEE CAKE *caffeinated* vanilla bean protein, malt, coffee, stevia streusel spice, vanilla, caramel & almond milk

