

# BODY BUILDERS & FITNESS

As recommended by Cathy Sassini of Gold's Gym

Call for To-Go Orders (310) 305-7147 Reserve your morning muffin!  
550 Washington Blvd., Marina Del Rey (at Via Marina)  
FAX - (310) - 574-2660



BREAKFAST SERVED ALL DAY  
Open 5:00 am - 4:00 pm

## BREAKFAST

Muffins	2.10
Sweetened with fruit juice, Non-fat or low fat	
Oatmeal with raisins	
Made with water 1/2	2.95 full 3.95
With strawberries & bananas	add 1.75
With toast	add 1.95
Multi-grain Pancakes	
1 cake	2.95
2 cakes (short stack)	3.95
3 cakes (full stack)	4.95
With strawberries & bananas	add 1.75
French Toast	5.95
Made with egg whites & served with light syrup & fresh fruit	
Gold's Gym Special	7.25
6 whites, plain potatoes & 7-grain toast	
World Gym Special	8.75
6 whites, chicken, plain potatoes & 7-grain toast	
Marina Athletic Club Special	8.95
4 whites, 2 pancakes & fresh fruit	
T. Michael Special	8.95
6 whites, chicken, rice & 7-grain toast	
Powerhouse Gym Special	8.95
6 whites, chicken, mushrooms, onions, tomatoes, plain potatoes & 7-grain toast	
Scrambled Whites &	7.95
Ortega Chilis <i>UNBELIEVABLE!</i>	
Egg whites, Ortega chilis, fresh tomatoes, plain potatoes & 7 grain toast	
Egg White Mushroom Omelette	7.95
With fresh mushrooms, plain potatoes & 7-grain toast	
Egg White Veggie Omelette	7.95
With fresh tomatoes, red & green peppers, onion, plain potatoes & 7-grain toast	
Egg White Ham &	8.95
Spinach Omelette	
With plain potatoes & 7-grain toast	

## SOUP & PASTA

Fresh Vegetable Soup	4.95
With 7-grain toast	
Chicken & Vegetable Soup	5.95
Tender chicken & fresh garden veggies with 7-grain toast	
Lentil "Bean" Soup	4.95
A hearty soup with 7-grain toast	
Black Bean Soup	4.95
Black beans & rice with 7-grain toast	
<i>LOW-FAT &amp; DELICIOUS!</i>	
Pasta & Vegetable Salad	7.45
Fusilli with fresh veggies, choice of dressing with 7-grain toast	
Linguini Marinara	7.45
<i>SIMPLY DELICIOUS!</i>	
Fresh homemade sauce, 7-grain bread & green salad	
add chicken	2.75

★★★★★★★★★★★★★★★★★★★★  
**Joni's Fresh Grilled Chicken 8.45**  
**Dijon Caesar Salad UNBELIEVABLE!**  
Our killer Caesar, topped with a  
fresh grilled chicken breast. Nonfat  
dressing. *EVERYONE'S FAVORITE!*

★★★★★★★★★★★★★★★★★★★★

**"Best Coffee in LA"**  
(Boulevard Magazine)  
Our home-roasted  
coffee blends are available  
by the pound to take home.

## SIDES

Egg Whites	3.50
6 egg whites	
★ Lemon Chicken Breast	2.75
Roasted with Pam, fresh lemon & lemon pepper	
★ Dijon Chicken Breast	3.00
Fresh grilled with Dijon mustard sauce	
Plain Potatoes	2.25
Try them with salsa	
Breakfast Potatoes	2.50
Baked Potato	
Try it with salsa	
Brown Rice	1.95
Bagel	1.75
With apple butter or jelly	
Toast	1.50
With apple butter or jelly	
7-grain Toast	1.75
With apple butter or jelly	
Bananas & Strawberries	1.75
Fresh Seasonal Fruit & Berries	3.95
Banana, berries & melons	

## ENTREES

Your choice of 2 of the following: mashed potatoes & gravy, baked potato, linguini marinara, brown rice, steamed rice, steamed garden vegetables or fresh garden salad	
Fresh Grilled Dijon Chicken Breast	9.45
With 7-grain toast & 2 choices	
Lemon Chicken Breast	9.45
With 7-grain toast & 2 choices	
Turkey Meatloaf	9.45
With 7-grain toast & 2 choices	
Fresh Grilled Fish	Seasonal
With 7-grain toast & 2 choices	
★★★★★★★★★★★★★★★★★★★★	
Albacore Tuna	8.95
A mound of water-packed tuna with fresh lemon, lotsa steamed veggies & 7-grain toast	

★★★★★★★★★★★★★★★★★★★★

## SANDWICHES & BURGERS

Your choice of sourdough, whole wheat, rye or French roll & includes your choice of potato salad, pasta salad or cole slaw.	
Big Beef 1/2 LB	6.45
Turkey Burger	6.45
Choice of salad and bread	
Double Turkey Burger	7.70
Choice of salad and bread	
Turkey Sandwich	6.95
Choice of salad and bread	
Chicken Breast Sandwich	7.45
Choice of salad and bread	
Fresh Grilled Dijon Chicken Breast Burger	7.45
Choice of salad and bread	

## EXTRA ADDITIVES

ONE FREE PER DRINK	.35 EACH
50+ Vitamins	Lecithin
Ginseng	Oat Bran
Rice Bran	Spirulina
Bee Pollen	Calcium
Brewer's (or Nutritional) Yeast	
Wheat Bran	Wheat Germ
Calcitrate	

## FRUIT & JUICES

<i>SQUEEZED DAILY</i>	
Orange Juice	small 2.50 large 3.50
Carrot Juice	small 2.50 large 3.50
Apple Juice	small 2.50 large 3.50
1/2 Orange Juice & 1/2 Carrot Juice	3.95
blended with a touch of non-fat yogurt	
Fresh Seasonal Fruit & Berries	3.95
Fruit & Berries with granola & non-fat yogurt	7.95

## POWER DRINKS

Roaster Reconstructor	3.95
Chocolate protein powder, double espresso	
Gold's Gym Power Shake	4.95
Fresh strawberries, a whole banana, vanilla protein powder, non-fat milk	
Zone Shake	4.95
Nonfat milk, oatmeal, peanut butter, banana, "Egg D'Lite", protein powder	

## FRUIT SMOOTHIES

Mary Mary Quite Contrary	4.95
Fresh squeezed orange juice, strawberries and banana blended with non-fat vanilla yogurt	
Lotsa Berries	4.95
Raspberry juice blended with black, blue and strawberries and non-fat vanilla yogurt	
Twister	4.95
Fresh squeezed orange juice with a little bit of everything - strawberries, blueberries, pineapple, mango, raspberries, peaches and banana	
Passion	4.95
A blend of papaya and peach juices with peaches, mango and a bit of banana, with a touch of pineapple sherbet	
Velvet Elvis	4.95
Non-fat milk, banana, peanut butter and non-fat vanilla yogurt	
Island Breeze	4.95
Papaya-Coconut juice, peaches, strawberries and non-fat vanilla yogurt	
ONE COMPLIMENTARY ADDITIVE IS INCLUDED IN EVERY DRINK.	

## VEGETABLE BLENDS

Cleansing Cocktail	4.75
Fresh carrots, beets and apple with a touch of ginger	
Immune Builder	4.75
Carrots, celery, parsley and garlic	
Complexion Concoction	4.75
Spinach, parsley, apple and carrots	
Hangover Helper	4.75
Parsley, apple and carrots	
Anti-Cholesterol Cocktail	4.75
Parsley, spinach, garlic, carrots with a dash of Tabasco	
Create Your Own Combo	
2 veggies 12 oz.	3.95
2 veggies 16 oz.	3.95
Each additional veggie	.65
Choose from:	
Spinach	Parsley
Garlic	Broccoli
Tomato	Ginger
Peppers	Beets
	Celery
	Carrots

## PROTEIN CHOICES

ADD 1.00 PER SCOOP
"Designer" Whey (Chocolate or Vanilla)
"Egg D'Lite" Whites
Soy Protein
FEATURING: Blue Green Algae



# JUICE & SMOOTHIE

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## COFFEES & TEAS

French Roast	1.85	Iced Blended Mocha	3.95
Café Au Lait	2.65	Iced Blended Power Mocha	4.95
Café Latte	3.65	Cowboy Double espresso & coffee	3.85
Vanilla Café Latte	3.75	Jamaica Blue "100%"	5.00
Double Espresso	2.85	Kona	2.75
Single Espresso	2.00	Iced Passion Fruit Tea	1.75
Cappuccino	3.65	Assorted Teas	1.50
Cafe Mocha	3.85	Chai Tea Latte	3.50

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SQUEEZED DAILY

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Carrot Juice	small 2.50	large 3.50
Apple Juice	small 2.50	large 3.50
1/2 Orange Juice & 1/2 Carrot Juice	3.95 blended with a touch of non-fat yogurt	
Fresh Seasonal Fruit & Berries	3.95	
Fruit & Berries with granola & non-fat yogurt Large Plate	7.95	

## FRUIT SMOOTHIES

Roaster Breakfast Smoothie	4.95
Fresh squeezed orange juice, oatmeal, peaches and banana whipped with non-fat vanilla yogurt	
Mary Mary Quite Contrary	4.95
Fresh squeezed orange juice, strawberries and banana blended with non-fat vanilla yogurt	
Lotsa Berries	4.95
Raspberry juice blended with black, blue and strawberries and non-fat vanilla yogurt	
Twister	4.95
Fresh squeezed orange juice with a little bit of everything - strawberries, blueberries, pineapple, mango, raspberries, peaches and banana	
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Papaya-Coconut juice, peaches, strawberries and non-fat vanilla yogurt	
ONE COMPLIMENTARY ADDITIVE IS INCLUDED IN EVERY DRINK.	

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Parsley, apple and carrots	
Anti-Cholesterol Cocktail	4.75
Parsley, spinach, garlic, carrots with a dash of Tabasco	

ONE COMPLIMENTARY ADDITIVE IS INCLUDED IN EVERY DRINK.

## CREATE YOUR OWN

Choose any vegetables to create your own blend

Spinach · Garlic · Tomato · Peppers  
Parsley · Broccoli · Ginger  
Beets · Celery · Carrots

2 veggies (12 oz.)	3.75
2 veggies (16 oz.)	3.95
Each additional veggie	.65

Add a healthy additive to your fruit smoothie or veggie blend

### ADDITIVES

ONE FREE PER DRINK  
.35 EACH ADDITIONAL

- ▲ 50+ Vitamins
- ▲ Lecithin
- ▲ Wheat Bran
- ▲ Ginseng
- ▲ Oat Bran
- ▲ Wheat Germ
- ▲ Rice Bran
- ▲ Spirulina
- ▲ Calcitrate
- ▲ Bee Pollen
- ▲ Calcium
- ▲ Brewer's Yeast (or Nutritional Yeast)

### PROTEIN CHOICES

ADD 1.00 PER SCOOP

- ▲ "Designer" Whey Protein (Chocolate or Vanilla)
- ▲ "Egg D'Lite" Whites
- ▲ Soy Protein

▲ FEATURING: Blue Green Algae

Enjoy one of our fresh blends regularly for excellent health