



SAVtakeOut.com

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<http://www.savtakeout.com>

Clean EatZ

Clean EatZ offers fresh and flavorful good food choices for those of us looking to eat right
IT'S NOT A DIET, IT'S A LIFESTYLE

Burgers

Includes a drink and side choice

- Teriyaki Burger** \$10.99
Your choice of protein, pineapple, green peppers and teriyaki sauce. (270 cal)
- Clean EatZ Burger** \$10.99
Your choice of protein, turkey bacon, lettuce, tomato and low fat American cheese. (276 cal)
- Skinny Burger** \$10.99
Your choice of protein, lettuce, tomato and onion. (205 cal)
- Mediterranean Burger** \$10.99
Tzatziki sauce, red onion, tomato & cucumber. (229 cal)

Flatbreads

Includes a drink and side choice

- BBQ Chicken Flatbread** \$10.99
Chicken, peppers, pineapple, mozzarella & tangy BBQ sauce. (435 cal)
- Philly Flatbread** \$10.99
Shredded beef, peppers, mozzarella with Spicy Ranch. (398 cal)
- Bacon Chicken Ranch Flatbread** \$10.99
Chicken, turkey bacon, mozzarella and fat-free ranch (380 cal)

Makin Muscle

Includes a drink of your choice

- Big Boy 2.0** \$11.89
Chicken, brown rice, romaine, fire-roasted corn and black beans, mozzarella and CE Sweet Chili sauce in a whole wheat wrap. (700 cal)
- The Arnold** \$11.89
Shredded beef, brown rice, green peppers, mushrooms, romaine, mozzarella and CE Buffalo sauce in a whole wheat wrap. (690 cal)
- The Meatz Bowl** \$11.89
Chicken, shredded beef, shrimp, sweet potato chunks, quinoa kale blend and broccoli with your choice of sauce. (505 cal)

Build Your Own Bowls

Add on options for protein and extras within. Includes a drink of your choice.

- Small Build a Bowl** \$10.75
(198 - 515 cal)
- Medium Build a Bowl** \$12.25
(238-627 cal)
- Large Build a Bowl** \$13.75
(278-738 cal)

Salads

Includes a drink of your choice

- Black & Bleu Chicken Salad** \$11.25
Gluten-free breaded chicken, romaine, shredded carrots, red onion, cherry tomatoes, roasted chickpeas and bleu cheese crumbles with fat-free ranch (345 cal)
- CE Chopped Salad** \$11.25
Chicken, romaine, goat cheese crumbles, cherry tomatoes, cucumber, banana peppers and roasted chickpeas with CE Grecian sauce. (395 cal)
- Southwest Chick Salad** \$11.25
Chicken, romaine, fire-roasted corn & black beans and guacamole with CE Spicy Ranch and tortilla wedges. (197 cal)

Wraps

Includes a drink and side choice

- Watch Your Waist Wrap** \$10.99
Grilled chicken, guacamole, red onions, spinach, mozzarella with tzatziki sauce in a tomato basil wrap. (523 cal)
- G.O.A.T Wrap** \$10.99
Goat cheese, spinach, tomato, zucchini, roasted chickpeas, and CE Sweet Chili sauce in a garlic herb wrap. (456 cal)
- Hammerhead Wrap** \$10.99
Salmon, turkey bacon, spinach, guacamole with CE Cilantro Lime sauce. (573 cal)
- Buffalo Chicken Wrap** \$10.99
Gluten-free breaded chicken, romaine, tomato, bleu cheese with CE Buffalo sauce in a tomato basil wrap. (595 cal)
- Grecian Wrap** \$10.99
Shredded beef, romaine, banana peppers, mozzarella and CE Grecian sauce in a whole wheat wrap. (585 cal)
- Bang Bang Shrimp Wrap** \$10.99
Served cold, shrimp, carrots, spinach, tomato, cucumber and CE Sweet Chili sauce in a tomato basil wrap. (486 cal)
- Chicken Pesto Wrap** \$10.99
Chicken, spinach, tomato, cucumber, turkey bacon and kale pesto sauce in a garlic herb wrap. (558 cal)

Smoothies

All protein smoothies. 12 oz

- Dirty Peanut Smoothie** \$7.49
Chocolate 1stPhorm protein, peanut butter, sugar-free chocolate syrup, smoothie creme. (255 cal)
- Dirty Nana Smoothie** \$7.49
Chocolate 1stPhorm protein, bananas, sugar-free chocolate syrup, smoothie creme. (285 cal)
- Belly Buster Smoothie** \$7.49
Vanilla 1stPhorm protein, strawberries, bananas, smoothie creme. (243 cal)
- Strawsome Smoothie** \$7.49
Strawberry, banana, vanilla 1stPhorm protein, fat-free Greek yogurt. (299 cal)
- Tropical Bombshell Smoothy** \$7.49
Vanilla 1stPhorm protein, banana, pina colada and smoothie creme. (253 cal)
- Chocolate Covered Strawberry Smoothie** \$7.49
Chocolate 1stPhorm protein, strawberries, sugar-free chocolate syrup, smoothie creme. (283 cal)
- Malibu Mango Smoothie** \$7.49
Vanilla 1stPhorm protein, mango, peaches, OptiGreens, smoothie creme. (286 cal)
- Yo Yo Berry Smoothie** \$7.49
Vanilla 1stPhorm protein, blueberries, strawberries, raspberries, OptiGreens smoothie creme. (375 cal)
- Nutty Chocolate Smoothie** \$7.49
Chocolate 1stPhorm protein, peanut butter, granola, sugar-free chocolate syrup, smoothie creme. (475 cal)
- Boardwalk Colada Smoothie** \$7.49
Chocolate 1stPhorm protein, pi na colada, sugar-free chocolate syrup, smoothie creme. (258 cal)
- Passionfruit Orange Guava Smoothie** \$7.49
Vanilla 1stPhorm protein, passionfruit orange guava, smoothie creme. (258 cal)

Snacks

- Buffalo Cauliflower 2.0** \$7.49
Breaded cauliflower tossed in buffalo sauce with fat-free ranch. (266 cal)
- Boneless Wings** \$7.49
Gluten-free breaded chicken, cucumber and choice of two sauces. (273 cal)
- Good For You Nachos** \$8.75
Sweet potato fries topped with shredded beef, guacamole, salsa, green peppers and red onion. (409 cal)

Sides

Veggie Cup	\$2.50
Apple Slices with Peanut Butter Dip	\$2.50
Sweet Potato "Fries"	\$2.50

Beverages

Mojito Spritzer	\$1.89
Vanilla Blood Orange <i>Sweetened with Stevia</i>	\$1.89
Unsweet Tea	\$1.89
Citrus Melon	\$1.89
Infused Water of the Day	\$1.89

Need cutlery?

Cutlery only provided on request

** Please include cutlery pack/s

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Standby for a phone call from our team

Our delivery team may need to call you to confirm directions, get access to gated communities, or for questions about your order. Please ensure that your phone is switched on and readily available for answering. It helps us to deliver your order to you and ensures you receive the best service possible.

**** Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.***