



HYBRID FIT FOOD

INTERNET CAFE
SMOOTHIES-SANDWICHES-SOUPS-SALADS

*"Where Healthy Is The
Only Choice"*

FOOD ALLERGY WARNING



*Some products may contain peanuts or
other nut products*

Delivery available

\$2.99 Delivery charge with orders less than \$25.00
Free delivery for orders more than \$25.00

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**SMOOTHIES
SANDWICHES
SOUPS
SALADS**

**Monday thru Friday
11AM - 9PM**

**Saturday
11AM - 4PM**

**Sunday
CLOSED**

**410 E UNIVERSITY AVE, SUITE 101
CHAMPAIGN, IL 61820**

PHONE: 217-328-3006

SMOOTHIES

\$4.99 16oz / \$5.99 20oz

STRAWBERRY BANANA (222 Cal.)
Blend of banana & strawberries

MANGO (320 Cal.)

GREEN MACHINE (120 Cal.)
Blend of spinach, pineapple, strawberries & lime

ORGANIC BERRY BLEND(297 Cal.)
Blend of strawberries, blueberries & raspberries

CHAMP DEAN (20oz only - \$6.49)
POST WORKOUT SMOOTHIE (320 Cal.)
Blend of strawberries, banana, peanut butter, protein & almond milk

MANGO & PINEAPPLE (340 Cal.)
Blend of mangos & pineapple

VANILLA BEAN SHAKE (280 Cal.)

HYBRID BLEND (360 Cal.)
Mixture of Mango & the Caribbean

KINGSTON (290 Cal.)
Blend of strawberries, banana, mango & pineapple

CARIBBEAN (350 Cal.)
Coconut & pineapple

ADD ONS: (0.75 cents per item) Protein, Flaxseed, Peanut Butter, Granola, Creatine, Multi Vitamin, Spinach, Fat Burner (L-carnitine), Energy Booster

BUILD YOUR OWN SMOOTHIE PICK YOUR FRUIT AND ADD ONS

BEVERAGES

COCONUT WATER	\$2.99	BOTTLED WATER	\$1.99
HYBRID PUNCH	16oz \$2.19 20oz \$2.69	HOT COFFEE	\$1.99

SALADS & SOUPS

All salads come with wheat crackers

5K SALAD no meat (350 Cal.) with meat (450 Cal.) **\$7.99**
Fresh mixed greens with medley of berries, mandarin orange, dried cranberries & candied pecans

SOUTHWEST CHICKEN SALAD (480 Cal.) **\$8.99**
Fresh greens, topped with tomatoes, corn, black beans, parmesan cheese & grilled chicken. Comes with chipotle ranch dressing.

TRADITIONAL CAESAR SALAD (450 Cal.) **\$6.49**
Chilled romaine, shredded parmesan, garlic croutons with Caesar dressing

GRILLED CHICKEN ENERGY BOWL **\$5.99** **\$7.99**
Grilled chicken with vegetable medley
HALF SIZE (135 Cal.) FULL SIZE (270 Cal.)

ADD CHICKEN TO ANY SALAD \$2.00

SOUPS (availability is seasonal) CUP **\$3.79** BOWL **\$4.99**

TOMATO BISQUE with SPINACH (280 Cal.)

BROCCOLI & CHEESE (210 Cal.)

TURKEY CHILI with PINEAPPLE gluten free (240 Cal.)

100% Natural Ingredients / Eat Healthy - Everything you need to stay in shape

COLD CUT SANDWICHES & WRAPS

Comes with Veggie Straws & Hybrid Punch

THE VEGGIE (190 Cal.) **\$5.50** **TURKEY & CHEESE** (450 Cal.) **\$6.50**
Cucumber, avocado, lettuce & onion
Choice of bread, cheese, lettuce & light mayo

L.C.'s TUNA FISH (640 Cal.) **\$6.49** **COMBO DAILY SPECIAL** **\$8.50**
Tuna fish signature blend
½ Sandwich & ½ Salad

CELLA'S CHICKEN APPLE CRAISIN SALAD (400 Cal.) **\$6.99**
Signature fat free yogurt dressing, chicken & sliced apples

*CHOICE OF BREADS: Artesian, Whole Wheat & Hawaiian Bread (available for an additional 0.25 cents)
Tomatoes can be added to any sandwich for an additional 0.25 cents*

SPECIALTY BURGERS

Burgers come on 100 calorie wheat bun, sandwich thin (unless otherwise requested) with Veggie Straws

TURKEY BURGER (305 Cal.) **\$7.99**
Turkey burger melt, all natural ground turkey infused with nutritious spinach, hearty brown rice, savory roasted onions & cheese

BLACK BURGER MELT (270 Cal.) **\$7.99**
¼ lbs Black bean patty, lettuce & cheese

SALMON BURGER (330 Cal.) **\$8.49**
Salmon filet with lettuce, cheese & your choice of tartar or chipotle sauce

SLIDER SANDWICHES (Choice of sauces: Chipotle Mayo, Jalapeno Ranch or Light Mayo)

TURKEY (190 Cal.) **\$2.99** or 2 for **\$5.00**

CHICKEN (205 Cal.) **\$2.99** or 2 for **\$5.00**

TURKEY BACON & RANCH (235 Cal.) **\$3.19** or 2 for **\$6.00**
Maple turkey, turkey bacon, lettuce, tomato & special ranch sauce

HOT PANINI SANDWICHES

Comes with Veggie Straws

GRILL CHEESE PANINI (625Cal.) **\$5.29**
Old fashion cheddar grilled cheese on your choice of bread

FLATBREAD CHICKEN AVOCADO MELT (350 Cal.) **\$7.99**
Grilled chicken, avocado, lettuce, ranch & cheese

BLACK BEAN PATTY PANINI (340 Cal.) **\$7.99**
¼ Black bean patty & greens with a zesty sauce

2K CLUB PANINI (350 Cal.) **\$7.99**
Smoked turkey breast, turkey bacon, spinach, provolone & light mayo

GRILLED CHICKEN WRAP (410 Cal.) **\$6.99**
Grilled chicken, lettuce, & tomato

JERK CHICKEN WRAP (470 Cal.) **\$7.99**
Jerk chicken, lettuce, & tomato and cheese