

~Build to Order Protein Shakes~

Ultimate Muscle Protein

Small: **\$2.99** Large: **\$4.09**

Available Chocolate, Vanilla, or Cookies n' Crème

Muscle Provider:

Small: **\$3.19** Large: **\$4.69**

Available Chocolate or Vanilla

Mass Maker (recovery):

Small: **\$2.49** Large: **\$3.79**

Available Chocolate or Vanilla

Lean Body Low Carb:

One Size: **\$3.99**

Available in Chocolate or Vanilla

Pro V60:

Small: **\$2.79** Large: **\$4.69**

Muscle Milk:

Small: **\$2.79** Large: **\$3.89**

Available in: Banana Crème, Blueberries n' Crème, Chocolate, Chocolate Banana Crunch, Chocolate Caramel Pecan, Chocolate Caramel Swirl, Chocolate Mint Chip, Cookies n' Crème, Dark Chocolate, Mocha Latte, Orange Crème, Peach Mango, Peanut Butter Chocolate, Strawberry n' Banana, Strawberries n' Crème, Vanilla Crème

Cytogainer:

One Size: **\$4.49**

Available in Chocolate Mint, Banana Crème, or Cookies n' Crème

Real Gains:

One Size: **\$4.49**

Available in Chocolate or Vanilla

Ingredients to add:

Strawberries or Blueberries **\$0.70**

Mixed Fruit or Berries **\$0.90**

Banana, Peanut Butter, or Instant Coffee **\$0.46**

Oats **\$0.70**

Glutamine **\$0.89**

Creatine **\$0.79**

Soy Milk **\$0.46(for lg.)**

~Daily Specials~

Monday: Breakfast Burrito \$4.50

Buffalo Wrap \$6.00

Tuesday: J.D.'s Flamin Egg Sandwich \$3.00

Chicken Bacon Panini \$6.00

Wednesday: Old Fashion Egg Sandwich \$2.50

Cran-Apple Citrus Salad \$6.00

Thursday: Garden Vegetable Omelet \$3.75

Sweet & Refreshing Turkey Wrap \$6.00

Friday: Mexican Delight Omelet \$4.75

Spicy Chicken Panini \$6.00

Saturday: Denver Omelet \$4.50

Bistro Sandwich \$6.00

Sunday: Breakfast Burrito Supreme \$5.00

Turkey Twist on Italian Wrap \$5.50

Spiece Fitness

5310 Merchandise Dr.

Fort Wayne, IN 46825

Phone: (260) 483-1415

www.spiecefmc.com

Spiece Bistro To-Go Menu



Paninis, Wraps, Sandwiches, Salads,
and more

Hours:

Monday-Friday 6 a.m.-10 p.m.

Saturday 7 a.m.-7 p.m.

Sunday 10 a.m.-6 p.m.

Call ahead to place your order at:

(260) 483-1415 or

(260) 969-6338

~Ask about our soup of the day and
daily specials!!~

~Paninis~

Spicy Chicken

Chicken seasoned with cajun and hot sauce, avocado, onion, provolone and cheddar cheeses, in choice of wrap **\$6.49**

Chicken Bacon

Chicken seasoned with cayenne and oregano, bacon, and cheddar cheese, in choice of wrap **\$6.39**

Laura's Special Mix

Chicken sautéed in a mix of seasoning and sauces, tomato, onion, avocado, spinach, and cheddar cheese, in choice of wrap **\$6.49**

Laura's Tasty Turkey

Sauteed turkey, onion, green pepper, and mushrooms, seasoned with oregano and cajun, pepper jack cheese, in choice of wrap **\$5.99**

Grilled Ham & Cheese

Focaccia bread, ham, swiss and pepper jack cheeses, and oregano **\$6.39**

Pesto & Tomato Grilled Cheese

Focaccia bread, sun-dried tomato pesto, tomato, and provolone and cheddar cheeses **\$5.59**

Chicken Quesadilla

Italian herb wrap, seasoned chicken, tomato, onion, banana pepper, provolone and cheddar cheese
Salsa served on the side **\$5.99**

All wraps and sandwiches are served with choice apple, banana, carrots, chips, or cottage cheese*
*Substitute soup as a side for **\$1.99**

~Sides & Extras~

Peanut Butter & Jelly **\$2.00**

Grilled Cheese **\$2.99**

Bowl of Soup **\$3.19**

Chips **\$.93**

Chips & Salsa **\$1.69**

Pretzels **\$.46**

Cottage Cheese **\$1.16**

Gardetto's **\$.69**

Carrot Sticks **\$.69 (w/ranch \$1.16)**

~Wraps~

Sam's Sweet & Refreshing Turkey

Turkey, romaine lettuce, spinach, green pepper, banana pepper, fat free strawberry cream cheese in choice of wrap **\$6.49**

Turkey BLT

Turkey, romaine lettuce, tomato, bacon, light mayo, and mustard, in choice of wrap **\$6.39**

Chipotle Chicken

Seasoned chicken, romaine lettuce, tomato, onion, and chipotle sauce, in choice of wrap **\$6.39**

Buffalo Chicken

Chicken, bbq and hot sauce, diced tomato and onion, and melted cheddar, in choice of wrap **\$6.49**

Turkey Twist

Turkey, spinach, romaine lettuce, onion, green pepper, provolone, mustard, hot sauce, and bbq sauce, in choice of wrap **\$5.99**

Veggie Wrap

Spinach, romaine lettuce, tomato, green pepper, banana pepper, provolone, mustard, light mayo, salt and pepper, in choice of wrap **\$5.99**

~Sandwiches~

Big Bob's Bistro

Toasted focaccia, romaine lettuce, bacon, provolone, tomato, and light mayo **\$6.69**

Club

Toasted wheat, turkey, ham, bacon, lettuce, tomato, and bbq sauce **\$6.49**

Chicken Bacon Swiss

Toasted sourdough, chicken, bacon, swiss cheese, and fat free dijon honey mustard **\$6.19**

Ham & Swiss

Toasted sourdough, ham, swiss, romaine lettuce, pickle, and fat free Dijon honey mustard **\$5.99**

Chicken Cordon Bleu

Toasted sourdough, chicken, ham, swiss, and light mayo **\$6.19**

~Salads~

Taco

Tortilla chips, cayenne seasoned chicken, romaine lettuce, green peppers, onions, and cheddar cheese **\$6.49**

House

Romaine lettuce, tomatoes, green peppers, onions, and shredded cheddar, add ham, chicken, or turkey **\$1.99**
Small **\$3.69** Large **\$4.69**

Sam's Southern

Romaine lettuce, spinach, green peppers, tomatoes, onions, banana peppers, cheddar, topped with sautéed chicken and almonds seasoned with cajun and oregano
Regular **\$6.89** Double Meat (1/2 lb) **\$8.69**

Cran-Apple Citrus

Romaine lettuce, apples, dried cranberries, bleu cheese crumbles, and chicken, tossed in our house dressing **\$7.29**

Dijon Honey Mustard Chicken

Romaine lettuce, tomatoes, bacon, sautéed onions and chicken tossed in dijon honey mustard **\$7.09**

Carrie's Creation

Romaine lettuce, spinach, onions, tomatoes, turkey sautéed with smoked bacon and apples **\$6.89**

Available Dressing: Ranch, Raspberry or Cranberry Vinaigrette, Light French, Italian, or Chipotle Ranch, and Fat free Ranch, Dijon Honey Mustard

~Breakfast~

Breakfast Burrito

3 eggs, bacon, cheddar cheese, in choice of wrap **\$4.63**

Old Fashioned Egg Sandwich

Toasted english muffin, fried egg, bacon, and cheddar cheese **\$2.99**

JD's Flamin Egg Sandwich

Toasted english muffin, fried egg, topped with jalapeno, ham, hot sauce, cayenne, and pepper jack cheese **\$3.69**

Denver Omelet*

3 eggs, ham, green pepper, onion, mushroom, and cheddar cheese **\$4.99**

*Ask about our other omelets, also egg whites available upon request