

Fuel - Menu

Friday, May 29, 2020

Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Sodium(mg)	Carb.(g)	Dietary Fiber(g)	Protein(g)	Allergens	Gluten Friendly
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Ads

Sweet Green Juice	1 ea	380	0	3	198	72	4	7	Milk	
Make Your Own Kale & Pineapple	8 fl oz	294	2	0	137	69	8	10		GF
Very Berry	1 ea	198	1	0	12	35	10	3		GF
Melon Berry	8 fl oz	184	1	0	6	26	4	3		GF
Pineapple Orange Apple Mint	1 ea	359	0	0	2	94	14	2		GF

Hot or Iced

Caffe Latte

Cappuccino

Caramel

Macchiato

Caffe

Americano

Chai Latte

Hot/Iced

Add

Espresso

Shot

Add Flavor

Add

Almond

Milk

Dasani

Water

Juice 16 oz.

SUNY
Cortland
Water

Trinity
Chocolate
Milk

Core
Protein
Drink

Espresso

Iced Tea

Iced Tea
Lemonade

Trescerro
Tea

Coffee

Lemonade

Cold
Brewed
Iced Coffee

Fuel
Remedy
Tea

Hot
Chocolate

Juice/Fruit Bowls

Acai Rainbow	6 oz	323	7	9	54	53	7	3	Tree Nuts
Mango Surprise	6 oz	462	7	11	191	64	8	7	Milk, Soy, Tree Nuts
Sunshine	6 oz	334	3	0	221	73	7	8	Milk
PB&J Acai	6 oz	439	20	4	184	64	9	11	Peanuts, Soy

Smoothies/Juice

Trim & Fit

Pea Protein

Smart

Hangover

Build Your
Own

Whey
Protein

Cold Brew	1 ea	302		3	267	56	2	7	Milk
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Blue Island	1 ea	533	1	7	294	64	11	7	Milk, Tree Nuts
Topping									
Yolato Yogurt	16 oz	266	2	1	151	47	2	12	Milk
Floats									
Blushing Dole	1 ea	504	4	5	366	100	6	9	Milk, Soy
Milkshakes									
Energy									
Java Chip	1 ea	480	8	8	271	85	4	9	Milk, Soy
Hawaii Five OH	1 ea	535		3	336	70	6	9	Milk
Tropical Blast	1 ea	543	6	6	142	106	2	10	Milk, Tree Nuts
Orange Creamsicle Float	16 oz	345	12	7	83	54		3	Milk
Brownie	16 fl oz	949	33	22	360	115	2	15	Eggs, Milk, Soy, Wheat
Smoothie									

Root Beer Float	16 oz	336	12	7	131	26		3	Milk
Red Dragon Yogurt Cup	1 ea	369	3	1	182	60	2	14	Milk
Cake Batter	16 fl oz	1594	44	31	1758	240	2	25	Eggs, Milk, Soy, Wheat
Candy Bar	16 fl oz	1167	61	29	580	99	5	32	Milk, Peanuts, Soy, Wheat
The Elvis Chai	1 ea	427	11	3	280	66	3	18	Milk, Peanuts, Soy
Cookie Dough	1 ea	587	26	16	280	65	0	13	Milk, Soy, Wheat
Reese's	16 fl oz	1063	53	26	543	88	5	30	Milk, Peanuts, Soy