

FUEL - MENU

Wednesday, December 2, 2020

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
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	1 ea	359	0	0	2	94	14	2		GF
Apple Mint										
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
-----------	------	-----	--	---	-----	----	---	---	------

Blue Island	1 ea	533	1	7	294	64	11	7	Milk, Tree Nuts
-------------	------	-----	---	---	-----	----	----	---	-----------------

Topping

Yolato	16 oz	266	2	1	151	47	2	12	Milk
--------	-------	-----	---	---	-----	----	---	----	------

Yogurt

Floats

Blushing	1 ea	504	4	5	366	100	6	9	Milk, Soy
----------	------	-----	---	---	-----	-----	---	---	-----------

Dole

Milkshakes

Energy

Java Chip	1 ea	480	8	8	271	85	4	9	Milk, Soy
-----------	------	-----	---	---	-----	----	---	---	-----------

Hawaii Five	1 ea	535		3	336	70	6	9	Milk
-------------	------	-----	--	---	-----	----	---	---	------

OH

Tropical	1 ea	543	6	6	142	106	2	10	Milk, Tree Nuts
----------	------	-----	---	---	-----	-----	---	----	-----------------

Orange	16 oz	345	12	7	83	54		3	Milk
--------	-------	-----	----	---	----	----	--	---	------

Creamsicle

Float

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	1 ea	427	11	3	280	66	3	18	Milk, Peanuts, Soy
Chai 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