

The Pump

Energy Food

31 E 21st St 10010

Btwn Park Ave & Bway

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YOUR AD HERE

MenuPages **PRIME** Advertising

for more info: www.menupages.com

Eggs & Pancakes

Baked, never fried, our eggs, pancakes & potatoes are a delicious blend of healthy ingredients

- The Pump Omelet *Made with five egg whites and your choice of TWO of the following: spinach, onions, tomatoes, peppers, broccoli, OR non-fat mozzarella. Served with your choice of sliced, baked (no oil) potatoes, steamed sweet potatoes, brown rice OR salad, and a toasted whole wheat pita* 6.50
- Turbo Omelet *Made with six egg whites and your choice of grilled chicken breast OR turkey burger and served with a toasted whole wheat pita* 7.50
- Baked Egg Whites *Five baked egg whites served with your choice of sliced, baked potatoes (no oil), steamed sweet potatoes, brown rice OR salad, and a toasted whole wheat pita* 5.50
- Egg Sandwich *Five baked egg whites in a toasted whole wheat pita* 3.75
- Super Balanced Baked Omelet *Made with six egg whites, a turkey burger, broccoli, tomatoes, and non-fat mozzarella, and served with a toasted whole wheat pita* 11.00
- Egg Delight Sandwich *Five egg whites baked with onions, non-fat mozzarella, and your choice of broccoli or spinach, and stuffed into a toasted whole wheat pita. Tomatoes can be substituted for non-fat mozzarella if your request* 5.00
- Steak & Egg Sandwich *Five egg whites baked with a lean steak burger and stuffed into a toasted whole wheat pita* 6.25
- Seven-Grain Pancakes *A wholesome stack made with Designer Protein (25 grams)* 6.50
- Seven-Grain Banana Pancakes with Strawberries *wholesome stack made with Designer Protein (25 grams) and bananas, baked and served with strawberries on the side* 7.50
- Seven-Grain Pancake Delight *A wholesome stack made with Designer Protein (25 grams) and bananas, baked and served with strawberries and non-fat Only 8 vanilla frozen yogurt on the side* 8.50
Add an extra egg white to your eggs \$1; Add an extra filling to your eggs \$1.25; Any item served on the side \$1.25

Salads

- Entree served over romaine lettuce, tomatoes, cucumbers, & onions and accompanied by a toasted whole wheat pita & your choice of dressing on the side*
- Grilled Lemon Chicken *Grilled sliced chicken breast marinated in lemon and oregano* 7.25
- Sliced Turkey Breast *Grilled sliced white turkey breast (low-sodium)* 7.50
- Tuna Salad *A can of low-sodium tuna tossed with house salad* 7.25
- Baked Tofu *Grilled tofu marinated with low-sodium soy sauce and sesame* 7.00
- Felafel (Baked, Not Fried!) Salad *Grilled mashed chickpeas with herbs and spices baked* 6.00
- Nature Burger Salad *Grilled nature burger made from brown rice, sunflower seeds, herbs and vegetables* 7.00
- The Pump Salad *Romaine lettuce, tomatoes, cucumbers, and onions* sm 4.00 lg 7.00
- Vegetarian Salad Platter *Humus, nature burger, and baked tofu served over romaine lettuce, tomatoes, cucumbers, and onions served with a toasted whole wheat pita* 8.50
- Felafel with Humus Salad *Felafel and humus served over romaine lettuce, tomatoes, cucumbers, and onions served with a whole wheat toasted pita* 7.00
- Dressings *Carrot Ginger, Low Sodium Soy Sauce, Honey Mustard, Tahini, Slice of Lemon, Balsamic Vinegar, Hot Sauce, Oil & Vinegar w/ Herbs*
Add grilled onions, tomatoes, or peppers \$1.25; Add non-fat mozzarella \$1.25; Salad items on the side \$1.25

Soups

- Lentil Soup 3.50
- Carrot Soup 3.50
- Vegetarian Chili 4.00

Sides

- Brown Rice, Baked Potato, or Baked Sweet Potato 2.50
- Humus (one scoop) with Pita 2.25
- Chicken Breast, Turkey Breast, Nature Burger, Baked Tofu, Steak Burger, Turkey Burger, or Tuna 5.00
- Baked Felafel (three pieces) 3.00
- Side orders that require special cooking 1.25

Sandwiches

- Entree & romaine lettuce, tomatoes, cucumbers, & onions stuffed into a toasted whole wheat pita with your choice of dressing on the side*
- Grilled Lemon Chicken *Grilled sliced chicken breast marinated in lemon and oregano* 5.75
- Sliced Turkey Breast *Grilled sliced white turkey breast (low sodium)* 6.25
- Turkey Burger *Grilled ground turkey burger (white and dark meat)* 5.50
- Tuna Salad *One can of low-sodium tuna* 6.00
- Lean Steak Burger *Lean 6-ounce steak burger* 5.75
- Felafel -- Baked Not Fried! *Grilled mashed chick peas with spices* 4.75
- Salad Sandwich *Romaine lettuce, tomatoes, cucumbers, and onions* 4.00
- Baked Tofu *Grilled tofu marinated with low sodium soy sauce and sesame* 5.50

- Nature Burger *Made from brown rice, sunflower seeds, herbs and vegetables* 5.50
- Humus Mashed chick peas with herbs and spices (no oil, no cream and no mayo!) 5.25
- *Chicken and Spinach *Grilled chicken, steamed spinach, and melted non-fat mozzarella stuffed into a whole wheat pita. Made with low-sodium tomato sauce if you request* 6.75
- *Dynamite Pita Sandwich *Chicken breast, turkey burger, steak burger, nature burger, baked felafel, OR baked tofu grilled with tomatoes, onions, peppers, and a little low-sodium tomato sauce and wrapped in a whole wheat pita with a schmear of humus* 5.75
- *Turkey Burger Sandwich Pizza Style *A turkey burger stuffed into a whole wheat pita with non-fat mozzarella and low-sodium tomato sauce* 6.50
- *Vegetarian Special *Steamed vegetables (broccoli, cauliflower, carrots, and zucchini) and melted non-fat mozzarella stuffed into a toasted whole wheat pita* 5.50
- Felafel with Humus *Baked felafel and a scoop of humus* 5.75
- Tuna Tossed with Humus Salad *A can of low-sodium tuna tossed with romaine lettuce, tomatoes, cucumbers and onions and a scoop of humus served in a toasted whole wheat pita* 7.00
- *Rookie Steak Burger *Lean 6-oz steak burger with grilled onions, tomatoes, cucumbers, a little low-sodium tomato sauce, and melted non-fat mozzarella inside a toasted whole wheat pita* 6.75
- New Yorker Sandwich *Chicken breast, turkey burger, steak burger, nature burger, baked tofu, OR turkey burger stuffed into a whole wheat pita with romaine lettuce, tomatoes, cucumbers, onions, and a scoop of humus* 7.00
- Additional Items: *open faced sandwich, grilled onions, tomatoes or peppers, low-sodium tomato sauce, non-fat mozzarella, sandwich items on the side* each 1.25

*Sandwiches marked with a star are toasted so they do not include salad

Simple Food

- Chicken over brown rice or potatoes 7.00
- Chicken over steamed spinach 7.00
- Vegetarian chili, lentil soup, OR carrot soup over brown rice 7.00
- Vegetarian chili, lentil soup, OR carrot soup over chicken 7.00
- Pasta plain 5.00
- Pasta with low-sodium tomato sauce 6.00
- Side order of steamed vegetables (broccoli, cauliflower, carrots & zucchini) 5.00

Pizza

- Made with non-fat mozzarella, low-sodium tomato sauce, & whole wheat crust*
- Eight-Inch Pie *Healthy pizza, traditional style* 3.25
- Veggie Eight-Inch Pie *Made with your choice of two of the following: tomatoes, onions, peppers, broccoli, OR spinach* 4.25
- Meat Lover's Eight-Inch Pie *Made with your choice of two of the following: grilled chicken breast, sliced turkey breast, turkey burger, lean steak burger, OR nature burger* 6.75

Eight-Inch Combination Pizzas

- Chicken breast and spinach 7.25
- Turkey burger and onions 7.25
- Steak burger, peppers, and onions 7.25
- Baked tofu and broccoli 7.25

Supercharged Plates

- Spinach can be substituted for brown rice or pasta. Chicken, turkey burger, steak burger, turkey breast, tuna, nature-burger, felafel & baked tofu can be substituted for one another*
- Lightning Strikes *Sliced white turkey breast and vegetarian chili over pasta* 9.00
- Thunder *Chicken breast grilled with onions, tomatoes, peppers and a little low-sodium tomato sauce served over brown rice* 9.00
- High Tide *Nature burger over brown rice topped with lentil soup* 9.00
- Hercules *Grilled chicken breast and lentil soup over pasta* 9.00
- Dionysus *Grilled chicken breast, tomatoes, cucumbers, and onions baked with tahini and soy sauce, and served over pasta. Can be made spicy if you request* 10.00
- Free Spirit *Steamed vegetables (broccoli, cauliflower, carrots and zucchini) over brown rice. For melted non-fat mozzarella, add \$1.25* 8.00
- Lean & Mean *Grilled chicken breast over steamed vegetables (broccoli, cauliflower, carrots, and zucchini). For a scoop of lentil soup on top, add \$1.50* 9.00
- Big Arms *Grilled chicken breast, cucumbers, tomatoes, and onions baked with tahini, and served over six egg whites* 11.50
- Iron *Two steak burgers grilled with peppers, onions, and low-sodium tomato sauce, served over six egg whites, and topped with your choice of lentil soup or vegetarian chili* 14.00
- Easy Rider *Low-sodium tuna baked with low-sodium tomato sauce or tahini, and served over pasta* 9.00
- Flying High *Grilled chicken breast, low-sodium tomato sauce, and melted non-fat mozzarella over pasta* 10.00

- Popeye *Grilled chicken breast baked with tahini and served over spinach* 10.00
- Baseball *Grilled chicken breast, cucumbers, tomatoes, and onions baked with tahini, served over spinach and brown rice, and topped with honey mustard dressing* 10.00
- Hurricane *Grilled chicken breast and steamed vegetables (broccoli, cauliflower, carrots, and zucchini) sauted with grilled tomatoes, onions, and peppers in low-sodium soy sauce and low-sodium tomato sauce, and served over brown rice. Can be made spicy if you request* 12.00
- Diesel *Grilled chicken breast and vegetarian chili over brown rice* 9.00
- Champion *Grilled chicken breast and steamed vegetables (broccoli, cauliflower, carrots and zucchini) over brown rice* 10.00
- Lean Body *Grilled chicken, tomatoes, onions, and peppers served over steamed spinach, and topped with vegetarian chili* 10.00
- The Rock *A can of low-sodium tuna served over steamed broccoli and brown rice, and topped with your choice of carrot soup, lentil soup, or vegetarian chili* 10.00

Extra Toppings

- Lentil soup, carrot soup, or vegetarian chili 1.50
- Steamed spinach topping 2.00
- Non-fat mozzarella 1.25
- Low-sodium tomato sauce topping 1.25
- Grilled tomatoes, onions or peppers topping 1.25
- Half order of chicken 2.50
- Items on the side 1.25

Healthy Treats

No butter, no oil, no sugar, no salt

- Protein Muffins (Blueberry or Carob Chip) 3.25
- Oatmeal Raisin Protein Cookies (no wheat) 3.25
- Apple Pie with Designer Protein 3.25
- Sweet Potato with Banana Pie with Egg Yogurt 3.25
- Only 8 Non-fat Frozen Yogurt (9oz.) 2.25
Add carob chips, granola, or strawberries to your yogurt (.50 each); Add frozen yogurt to your pie \$1.25

Shakes & Beverages

Healthy Shakes \$4.25

(20 oz). Mixed with fruit, juice, ice & only 8 non-fat frozen yogurt. Rice milk can be substituted

strawberry, banana, apple, orange, papaya, strawberry banana OR mango, Summer Shake (lemonade with strawberries), Mixed Fresh Fruit, Crystal Light, Tropical Shake (strawberries, banana, papaya, and mango)

Energy Shakes \$3.50

(16 oz) Mixed with your choice of our Natural Fountain Juices or Crystal Light & Ice

Source of Life soy protein, vitamin C, spirulina and other vitamins and minerals. Ripped Fuel protein enriched with amino acids

Specialized

- Brain Pep (16 oz) *Ginkgo Biloba & antioxidants with any of our Natural Juices* 3.50
- The Cold Buster (16 oz) *Gary Null's Suprema C (2500mg) with any of our Natural Juices* 3.50
- Myoplex Mass (24 oz) *The gaining weight shake* 6.75
- Spirutein (24 oz) *protein, minerals, & vitamins* 5.25

Fresh Squeezed Juice

Carrot, apple, orange, grapefruit, carrot & apple. Carrot with any three of the following: spinach, beets, ginger, celery, cucumber, apple

- Small (10 oz) 2.25
- Medium (16 oz) 3.50
- Large (20 oz) 4.25

Add an extra vegetable - .75

- Natural Juices (20 oz) (all natural & sweetened w/ fructose) *strawberry, banana, papaya OR mango* 2.25
- Protein Shakes (24 oz) (mixed w/ fruit, juice, ice & only 8 non-fat frozen yogurt. rice milk can be) *Designer Protein, Ultimate Protein, Promax OR Egg Protein* 5.25
- Protein & Carbo Shakes (24 oz) (mixed w/ fruit, juice, ice & only 8 non-fat frozen yogurt. rice milk can be) *MET-Rx, Myoplex, Lean Body OR Isopure* 5.75
- Diet Shakes (24 oz) 5.25
- Crystal Light (20 oz) (these are diet) *strawberry kiwi, iced tea, pineapple orange OR lemonade* 1.75
- Unsweetened Ice Tea (20 oz) *Regular Ice Tea, Herbal Ice Tea* 1.75

