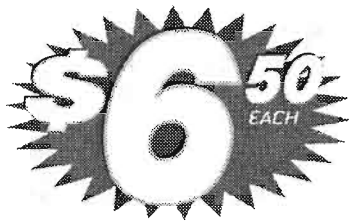


# Protein Smoothies

Each smoothie contains 45 grams of whey protein.



## CRANBERRY MADNESS

Cranberry juice, banana and vanilla protein

## CRANORANGE CRUSH

Cranberry juice, OJ, mixed fruit and vanilla protein

## FRUITY SENSATION

Pineapple juice, mixed fruit and vanilla protein

## BANANABERRY

Pineapple juice, strawberries, bananas and vanilla protein

## BERRY DELIGHT

Pineapple juice, strawberries, and vanilla protein

## BANANA BOMB

Skim milk, banana, chocolate or vanilla protein

## CHOCOBLAST

Skim milk and chocolate protein.

Yoo-hoo \$1.00 extra

## CHOCONANA

Skim milk or Yoo-hoo, banana or chocolate protein

## CHOCOBERRY

Skim milk or Yoo-hoo, strawberries and chocolate protein

## PB DREAM

Skim milk, peanut butter, banana, chocolate or vanilla protein

## APPLE JACK

Apple juice, banana and vanilla protein

## ORANGEBERRY BLAST

Orange juice, banana, strawberries and vanilla protein

## PURPLE PASSION

Grape juice, banana, mixed fruit and vanilla protein

## CREAMSICLE

Gatorade, banana and vanilla protein

## Natural Fruit and Vegetable Blends

### ANY 2 FRUIT OR VEGETABLE COMBOS

12 oz. blends 5.00

16 oz. blends 6.00

Options: Carrots • Celery • Cucumber • Pears • Oranges • Bananas • Ginger  
Lemons • Strawberries • Mango

Supplement add-ins: Energy Blast • Creatine • Glutamine • Immune Booster  
Wheat Grass • Fat Burner • Extra scoop of protein

**COUPON**  
**FREE SPRING WATER**  
WITH PURCHASE OF  
**ANY WRAP**

With this coupon. Cannot be combined with any other offer. Limit one per customer.

**COUPON**  
**\$1.00 OFF**  
**ANY PROTEIN SHAKE**

With this coupon. Cannot be combined with any other offer. Limit one per customer.

**COUPON**  
**\$1.00 OFF**  
**ANY WRAP**

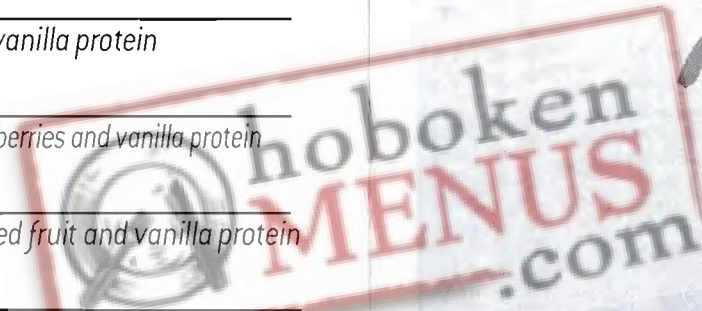
With this coupon. Cannot be combined with any other offer. Limit one per customer.

This menu was added to Hobokenmenus.com on 01/20/09

# Healthy Life

## Meals & Supplements

# Menu



150-154 14th St. Hoboken, NJ

**201-683-8554**

fax 201-683-8555 • corner of 14th St. & Bloomfield St.

**WE DELIVER - Mon.-Sat. 11am-9pm. \$2.00 Fee / \$10 Minimum**

# FREE SHAKE

# FRIDAY



**FREE SHAKE WITH THE PURCHASE OF ANY WRAP OR ENTREE!**

# Low Fat Wraps

**ALL FOOD IS LOW IN FAT AND MADE FRESH DAILY! NO PROCESSED FOODS!** Tomato Basil, Spinach, Garlic Pesto, Whole Wheat, Flour or Regular. All wraps come with choice of one side dish: brown rice, rice and beans, baked potato, sweet potato, pasta salad, mixed veggies, chilled lentil salad, or stir fry veggies. Nutritional values are approximate. Dressings: Ranch, Spicy Ranch, Caesar, Italian, Honey Dijon, Balsamic, Raspberry Vinaigrette and Teriyaki. Add cheese .50¢; Add extra chicken \$2.00; Side Dressing .50¢; Low fat sour cream .50¢ if you would like any of the above items as a sandwich, choose from whole wheat bread or a roll.

<b>CHICKEN CAESAR</b>	Protein 30g; Carbs 41g; Sat. Fat 1g	<b>6.99</b>
<i>Romaine lettuce, Caesar dressing.</i>		
<b>CHICKEN</b>	Protein 30g; Carbs 45g; Sat. Fat 1g	<b>6.99</b>
<i>Lettuce, tomato and onion.</i>		
<b>CHICKEN VEGGIE</b>	Protein 32g; Carbs 47g; Sat. Fat 1g	<b>6.99</b>
<i>Grilled chicken with mixed vegetables.</i>		
<b>CAJUN SPICY CHICKEN</b>	Protein 32g; Carbs 45g; Sat. Fat 3g	<b>6.75</b>
<i>Grilled with Cajun seasoning, lettuce, tomato, green peppers and pepper-jack cheese.</i>		
<b>BLACKENED SPICY CHICKEN</b>	Protein 32g; Carbs 45g; Sat. Fat 3g	<b>6.75</b>
<i>Grilled with blackened seasoning, lettuce, green peppers and pepper-jack cheese.</i>		
<b>TURKEY</b>	Protein 24g; Carbs 45g; Sat. Fat 3g	<b>6.75</b>
<i>97% fat free turkey breast, American cheese, lettuce, tomato and onion.</i>		
<b>VEGETARIAN WRAP</b>	Protein 10g; Carbs 40g; Sat. Fat 2g	<b>6.75</b>
<i>Fresh spinach, hummus, cucumbers, tomatoes, sliced olives, roasted peppers.</i>		
<b>EGG SALAD WRAP</b>	Protein 24g; Carbs 41g; Sat. Fat 1g	<b>6.75</b>
<i>Fresh homemade seasoned egg salad with lettuce and tomato.</i>		
<b>CARNE MEXICANO WRAP</b>	Protein 29g; Carbs 60g; Sat. Fat 4g	<b>7.49</b>
<i>Grilled London broil, pepper jack cheese, rice and beans, salsa and low fat sour cream.</i>		
<b>LONDON BROIL CHEESESTEAK WRAP</b>	Protein 29g; Carbs 45g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled London broil, American cheese, sauteed onions, peppers and mushrooms.</i>		
<b>CHICKEN OR LONDON BROIL FAJITA WRAP</b>	Protein 32g; Carbs 60g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled chicken or London broil, rice and beans, sauteed peppers and onions, pepper jack cheese, cayenne pepper hot sauce and sour cream.</i>		
<b>GREEK WRAP</b>	Protein 32g; Carbs 47g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled chicken or London broil, fresh spinach, hummus, roasted peppers with a Tzatziki dipping sauce on the side.</i>		
<b>MEDITERRANEAN WRAP</b>	Protein 32g; Carbs 47g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled chicken, fresh spinach, sliced olives, roasted peppers, tomato, low fat mozzarella, raspberry vinaigrette dressing.</i>		
<b>TERIYAKI</b>	Protein 32g; Carbs 61g; Sat. Fat 2g	<b>7.49</b>
<i>Grilled chicken, brown rice, lettuce, tomato, onion, teriyaki dressing.</i>		
<b>OWNER'S CHOICE</b>	Protein 32g; Carbs 61g; Sat. Fat 4g	<b>7.49</b>
<i>Grilled chicken, rice and beans, tomato, chopped cucumber, spicy ranch dressing and pepper-jack cheese.</i>		
<b>BBQ CHICKEN WRAP</b>	Protein 32g; Carbs 45g; Sat. Fat 3g	<b>7.49</b>
<i>American cheese, lettuce, tomato, and tasty BBQ sauce.</i>		

<b>LONDON BROIL</b>	Protein 29g; Carbs 45g; Sat. Fat 2g	<b>7.49</b>
<i>Juicy strips of London Broil Steak, lettuce, tomato, onion and steak sauce.</i>		
<b>TEXAS CHICKEN</b>	Protein 32g; Carbs 47g; Sat. Fat 3g	<b>7.49</b>
<i>Lettuce, onions, green peppers, mushrooms, pepper-jack cheese and low fat sour cream.</i>		
<b>CHICKEN PARM</b>	Protein 32g; Carbs 61g; Sat. Fat 2g	<b>7.49</b>
<i>Mozzarella, penne or rice and marinara sauce.</i>		
<b>CHICKEN CHEESE STEAK</b>	Protein 32g; Carbs 47g; Sat. Fat 3g	<b>7.49</b>
<i>Diced grilled chicken, American cheese, onion, pepper and mushrooms.</i>		
<b>TUNA</b>	Protein 27g; Carbs 45g; Sat. Fat 3g	<b>7.49</b>
<i>American cheese, lettuce, tomato and balsamic vinegar.</i>		
<b>BUFFALO CHICKEN</b>	Protein 30g; Carbs 45g; Sat. Fat 2g	<b>7.49</b>
<i>Lettuce, tomato, celery strips and spicy Buffalo sauce.</i>		
<b>MEXICAN</b>	Protein 32g; Carbs 61g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled chicken, rice and beans, salsa, pepper-jack cheese.</i>		
<b>MEXICAN II</b>	Protein 32g; Carbs 61g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled chicken or London Broil, black bean puree, low fat sour cream, tomato, pepper jack cheese.</i>		
<b>CHICKEN SALAD</b>	Protein 33g; Carbs 28g; Sat. Fat 2g	<b>7.49</b>
<i>Chicken salad mixed with light mayo, raisins and chopped walnuts.</i>		
<b>BALSAMIC CHICKEN WRAP</b>	Protein 32g; Carbs 43g; Sat. Fat 3g	<b>7.49</b>
<i>Grilled chicken glazed with our homemade balsamic reduction, low fat mozz cheese, roasted pepper and fresh spinach.</i>		
<b>GRILLED CHICKEN OR LONDON BROIL QUESADILLAS</b>	Protein 33g; Carbs 47g; Sat. Fat 3g	<b>7.49</b>
<i>Toasted quesadilla style wraps filled with your choice of meat or chicken, American cheese, sauteed onions &amp; peppers served with salsa &amp; low fat sour cream. Plus any side dish.</i>		
<b>LOW FAT HAM &amp; CHEESE WRAP</b>	Protein 22g; Carbs 45g; Sat. Fat 3g	<b>7.49</b>
<i>Low fat/low sodium boiled ham, American cheese, lettuce, tomato, onion, with choice of mayo, oil/vinegar, spicy mustard, honey mustard or spicy ranch dressing.</i>		
<b>SLICED TURKEY &amp; CHEESE WRAP</b>	Protein 27g; Carbs 45g; Sat. Fat 3g	<b>7.49</b>
<i>Low fat/low sodium turkey &amp; ham, mozz cheese, fresh spinach, tomato, roasted peppers with choice of dressing.</i>		
<b>GROUND TURKEY WRAP</b>	Protein 42g; Carbs 61g; Sat. Fat 6g	<b>7.49</b>
<i>Chopped turkey meatballs, whole wheat penne or brown rice, low-fat mozzarella cheese and marinara sauce.</i>		
<b>BELLY BUSTER</b>	Protein 42g; Carbs 61g; Sat. Fat 6g	<b>7.90</b>
<i>Grilled chicken, London Broil, brown rice, tomato, onion, spicy ranch dressing.</i>		

## Entrees

All entrees come with choice of two sides.

<b>CHICKEN FAJITA ENTREE</b>	<b>8.50</b>
<i>2 pieces of grilled chicken over rice and beans with sauteed peppers and onions and a side of hot sauce and sour cream. (with London broil \$9.00)</i>	
<b>GRILLED CHICKEN</b>	<b>8.50</b>
<i>2 plain grilled chicken breasts.</i>	
<b>HONEY DIJON CHICKEN</b>	<b>8.50</b>
<i>Grilled chicken sauteed in a tasty honey dijon sauce with brown rice and vegetables.</i>	
<b>BBQ CHICKEN</b>	<b>8.00</b>
<i>2 grilled chicken breasts glazed with our Honey BBQ sauce.</i>	
<b>BLACKENED SPICY CHICKEN</b>	<b>8.00</b>
<i>Grilled, blackened chicken with choice of 2 sides.</i>	
<b>STEVE'S FAVORITE</b>	<b>8.50</b>
<i>2 pieces of grilled blackened chicken breasts, broccoli, sun dried tomatoes and a baked sweet potato and a side of our homemade spicy sour cream.</i>	
<b>LEMON GARLIC CHICKEN</b>	<b>8.50</b>
<i>Grilled chicken marinated in our special lemon garlic sauce. Choice of 2 sides.</i>	
<b>TERIYAKI STIR FRY CHICKEN</b>	<b>8.50</b>
<i>Grilled chicken marinated in Teriyaki sauce mixed with stir fry veggies over brown rice with sesame seeds.</i>	
<b>BALSAMIC CHICKEN</b>	<b>8.50</b>
<i>Grilled chicken with melted low-fat mozzarella cheese with grilled tomato and roasted peppers. Glazed with our Balsamic Reduction.</i>	
<b>LONDON BROIL</b>	<b>9.00</b>
<i>Grilled strips of London Broil steak with our special steak sauce.</i>	
<b>BUFFALO CHICKEN</b>	<b>8.50</b>
<i>2 grilled chicken breasts marinated in our homemade buffalo sauce served with any 2 sides and blue cheese dressing on the side.</i>	
<b>POPEYE'S FAVORITE</b>	<b>8.50</b>
<i>2 grilled chicken breasts marinated over brown rice with sauteed spinach and low fat mozz cheese melted on top.</i>	

## Salads Low Fat/Low Carb

all salads come with your choice of Caesar, Honey Dijon, Italian, Spicy Ranch, Balsamic, Raspberry Vinaigrette or Ranch.

<b>GARDEN SALAD</b>	<b>5.50</b>
<i>Mixed greens, tomato, carrots, cucumber and green peppers. with chicken...7.00, with tuna...7.00 with London Broil...7.00</i>	
<b>CAESAR SALAD</b>	<b>5.00</b>
<i>Romaine, parmesan cheese croutons and Caesar dressing with chicken...7.00, with tuna...7.00, with London Broil...7.00</i>	
<b>TERIYAKI SALAD</b>	<b>4.00</b>
<i>Romaine, tomato, sesame seeds and teriyaki dressing with chicken...7.00, with London Broil...7.00</i>	
<b>CUCUMBER SALAD</b>	<b>4.50</b>
<i>Sliced cucumber, tomatoes, onions, low fat mozzarella cheese, balsamic dressing.</i>	
<b>MEXICAN CHICKEN SALAD</b>	<b>7.00</b>
<i>Mixed greens, rice and beans, onions, tomatoes, grilled chicken topped with salsa and a side of sour cream over a tomato basil tortilla with London Broil...7.50</i>	
<b>BBQ CHICKEN SALAD</b>	<b>7.00</b>
<i>Mixed greens, black beans, tomato, BBQ grilled chicken and ranch dressing.</i>	
<b>SPICY CHICKEN SALAD</b>	<b>7.00</b>
<i>Chopped Cajun chicken over mixed greens, pepper jack cheese, tomato, onion and cucumber. (Spicy ranch dressing recommended).</i>	
<b>MEDITERRANEAN SALAD</b>	<b>7.00</b>
<i>Mixed greens, sliced apples, walnuts, low fat mozzarella cheese, and grilled chicken.</i>	
<b>BALSAMIC CHICKEN SALAD</b>	<b>7.00</b>
<i>Fresh spinach, sun dried tomato, red onion, low fat mozzarella cheese, roasted peppers, and chicken.</i>	
<b>BUFFALO CHICKEN SALAD</b>	<b>7.00</b>
<i>Grilled chicken marinated in our homemade spicy buffalo sauce, chopped celery, romaine lettuce, tomato, green peppers. (Blue cheese recommended)</i>	

## Breakfast Wraps

<b>BREAKFAST BURRITO WRAP</b>	<b>6.50</b>
<i>Egg whites, rice and beans, American Cheese (great with hot sauce or ketchup!)</i>	
<b>LEAN GREEN WRAP</b>	<b>6.50</b>
<i>Egg whites, fresh baby spinach, low-fat mozzarella cheese.</i>	
<b>RAGIN' CAJUN WRAP</b>	<b>6.50</b>
<i>Egg whites seasoned with Cajun spice, onions, peppers and low fat pepper-jack.</i>	
<b>TONY TOMATO'S WRAP</b>	<b>6.50</b>
<i>Egg whites, diced tomato, low-fat mozzarella cheese with a hint of garlic and marinara sauce.</i>	
<b>BREAKFAST BURRITO &amp; STEAK</b>	<b>7.50</b>
<i>Eggs whites, rice &amp; beans, London Broil and American cheese.</i>	
<b>BIG BREAKFAST WRAP</b>	<b>7.50</b>
<i>Egg whites, grilled chicken, brown rice, tomato, onion, and our homemade spicy ranch dressing.</i>	

## Low Carb Low Fat Sides

*Pita Chips with Hummus or Tzatziki dipping sauce .....3.00*

*Fresh veggies with hummus or Tzatziki dipping sauce (includes: carrots, celery, cucumbers and green peppers) .....3.00*

*Stuffed celery strips (celery stuffed with white albacore tuna) .....4.00*

Brown Rice	3.00
Baked Potato	3.00
Sweet Potato	3.00
Pasta Salad	3.00
Rice & Beans	3.00
Chicken Breast	3.00
3 Hard Boil Eggs	2.00
Mixed Vegetables	3.00
Chilled Lentil Salad	3.00
London Broil	4.00
Ground Turkey Meatballs	4.00
Tuna	4.00
Veggie Burger	3.50
Chicken Salad	4.00
Protein Pudding (20 grams of protein)	5.50

## Whole Wheat Pasta

<b>PENNE</b>	<b>7.50</b>
<i>with grilled chicken and marinara sauce.</i>	
<b>PENNE</b>	<b>7.50</b>
<i>with vegetables and marinara sauce.</i>	
<b>PENNE</b>	<b>7.50</b>
<i>with ground turkey meatballs, marinara sauce and parmesan cheese.</i>	
<b>PENNE</b>	<b>7.50</b>
<i>with grilled chicken sauteed in olive oil and garlic.</i>	
<b>PENNE</b>	<b>8.50</b>
<i>with London Broil and marinara sauce.</i>	
<b>PENNE</b>	<b>8.50</b>
<i>with London Broil sauteed in olive oil and garlic.</i>	



**ALL FOOD IS LOW IN FAT AND MADE FRESH DAILY! NO PROCESSED FOODS!**