

SIGNATURE DRINKS

- 1 Choose Drink & Size: 12 oz Snack or 20 oz Standard
- 2 Choose Whey, Soy or Egg Protein
- 3 Choose Milk (2%, Skim, Soy, Almond) or Yogurt (Nonfat, Soy, Greek)
- 4 Add an Optional Boost

Nutrition info based on 20oz size with whey protein and skim milk

MONUMENTAL PERK

Chocolate protein, espresso protein, choice of milk, house-made cocoa malt

287 Calories 34g Protein 4g Fat 31g Carbs 1g Fiber

GGT (GEORGETOWN GREEN TEA)

Vanilla protein, choice of milk, Matcha green tea, banana

305 Calories 25g Protein 11g Fat 49g Carbs 6g Fiber

FEDERAL A'PEEL

Chocolate protein, choice of milk, all-natural peanut butter, banana, organic agave nectar

559 Calories 36g Protein 29g Fat 47g Carbs 5g Fiber

THE RED LINE

Vanilla protein, choice of milk, strawberries, banana

264 Calories 26g Protein 1g Fat 41g Carbs 3g Fiber

THE BLUE LINE

Vanilla protein, choice of milk, blueberries, banana

243 Calories 26g Protein 1g Fat 34g Carbs 4g Fiber

PB & J STREET

Vanilla protein, choice of milk, all-natural peanut butter, blueberries, strawberries, organic agave nectar

403 Calories 32g Protein 15g Fat 39g Carbs 4g Fiber

CAPITOL COCOA

Chocolate protein, choice of milk, house-made cocoa malt, organic agave nectar, banana

399 Calories 28g Protein 6g Fat 64g Carbs 2g Fiber

POLITICS ACAI'D

Vanilla protein, choice of yogurt, Acai berry, banana

378 Calories 22g Protein 1g Fat 67g Carbs 5g Fiber

DISTRICT TART

Vanilla protein, choice of milk, choice of yogurt, raspberries, banana

266 Calories 28g Protein 4g Fat 31g Carbs 7g Fiber

BOOSTS

MULTI-VITAMIN
ENERGY
FLU FIGHTER

FAT BURNER
HANGOVER
FIBER

ALOE
FLAX OIL

CHIA SEED
ACIDOPHILUS

RAW JUICES

GREENBERRY

Kale, lime, apple, strawberry, cilantro

BEETBOX

Apple, cucumber, beet, carrot, ginger

HI-5

Kale, spinach, pineapple, cilantro, lime, blended with crushed ice

MARKET

Celery, apple, kale, parsley, spinach

ORGANIC COFFEE & ICED COFFEE

Counter Culture Farmhouse Seasonal Blend



WE DO HEALTHY... HEALTHIER

7TH & D

398 7th St NW

202.621.9574

Hours:

M-F 7:30am-9pm

Sat 10am-8pm

Sun 10am-6pm

BALLSTON

800 N Glebe

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MENU AND NUTRITIONAL
INFORMATION

BREAKFAST BOWLS

(SERVED TIL 10:30A.M. M-F & 12:30P.M. S & S)

QUINOA BOWLS

ALMOND BERRY **GF** **V**

Warm organic quinoa with your choice of milk, mixed with organic agave nectar, house spice blend, almonds and fresh berries

358 Calories 12g Protein 13g Fat 51g Carbs 8g Fiber

PEPITA SPICE **GF** **V**

Warm organic quinoa with your choice of milk, mixed with organic agave nectar, house spice blend, pepitas and golden raisins

446 Calories 16g Protein 15g Fat 67g Carbs 7g Fiber

OATMEAL BOWLS

PANCAKE IN A BOWL **V**

Organic steel-cut oats mixed with vanilla protein, choice of milk, organic agave nectar and house spice blend, topped with fresh fruit

282 Calories 15g Protein 3g Fat 51g Carbs 5g Fiber

ONE EL OF AN OATMEAL **V**

Organic steel-cut oats mixed with chocolate protein, choice of milk, organic agave nectar and house spice blend, topped with fresh fruit

282 Calories 15g Protein 3g Fat 51g Carbs 5g Fiber

SCRAMBLE BOWLS

SANTA FE SCRAMBLE **GF**

Fluffy scrambled egg whites mixed with spinach, diced tomatoes, cheddar and Cholula sauce

146 Calories 24g Protein 4g Fat 5g Carbs 1g Fiber

DENVER SCRAMBLE **GF**

Fluffy scrambled egg whites mixed with diced tomatoes, broccoli, onions and cheddar

165 Calories 25g Protein 5g Fat 9g Carbs 1g Fiber

PESTO SCRAMBLE **GF**

Fluffy scrambled egg whites mixed with basil pesto, spinach and parmesan

255 Calories 29g Protein 17g Fat 5g Carbs 1g Fiber

BREAKFAST BAR-RITOS

(SERVED TIL 10:30A.M. M-F & 12:30P.M. S & S)

SOUTHWEST

Fluffy scrambled egg whites, spinach, diced tomatoes, cheddar and Cholula sauce

306 Calories 32g Protein 6g Fat 43g Carbs 14g Fiber

DENVER

Fluffy scrambled egg whites mixed with diced tomatoes, broccoli, onions and cheddar

325 Calories 33g Protein 7g Fat 47g Carbs 14g Fiber

PESTO

Fluffy scrambled egg whites mixed with basil pesto, spinach and parmesan

415 Calories 37g Protein 19g Fat 43g Carbs 14g Fiber

PROTEIN BAR-RITOS

GRILLED

ORIGINAL

All-natural chicken with house-seasoned black beans, organic quinoa, cheddar and cilantro

505 Calories 42g Protein 11g Fat 70g Carbs 22g Fiber

VEGAN ORIGINAL **V**

Marinated tofu, house-seasoned black beans, organic quinoa, vegan cheese and cilantro

515 Calories 28g Protein 14g Fat 78g Carbs 24g Fiber

BUFFALO

All-natural chicken, organic quinoa, blue cheese, house-made vegan buffalo sauce and our Super 6 Salad Mix

559 Calories 35g Protein 25g Fat 59g Carbs 17g Fiber

IVY

All-natural chicken, organic quinoa, basil pesto, spinach and parmesan

531 Calories 35g Protein 23g Fat 56g Carbs 16g Fiber

CAPONE

All-natural chicken, organic quinoa, house-made marinara, spinach and parmesan

508 Calories 43g Protein 17g Fat 63g Carbs 19g Fiber

CHILI BAR-RITO **V**

Chicken or vegetarian chili, organic quinoa, cheddar and our Super 6 Salad Mix

472 Calories 28g Protein 14g Fat 70g Carbs 19g Fiber

BBQ **V**

All-natural chicken, organic quinoa, cheddar, onions, house-made agave BBQ sauce and our Super 6 Salad Mix

540 Calories 38g Protein 12g Fat 77g Carbs 17g Fiber

CHILLED

GREEK TOWN **V**

All-natural chicken, house-made hummus, kalamata olives, cucumbers, house-made vegan Greek dressing and our Super 6 Salad Mix

561 Calories 31g Protein 29g Fat 55g Carbs 16g Fiber

GUAC & ROLL **V**

All-natural chicken, avocado, diced tomatoes, house-made Cilantro Lime dressing and our Super 6 Salad Mix

543 Calories 32g Protein 27g Fat 59g Carbs 21g Fiber

STEAK HOUSE

Organic beef, dried cranberries, blue cheese, house-made Balsamic Flax Vinaigrette and our Super 6 Salad Mix

544 Calories 32g Protein 17g Fat 78g Carbs 17g Fiber

GREEN CITY VEGAN **V**

Marinated tofu, kale, pepitas, chickpeas, house-made Creamy Vegan Chia dressing and our Super 6 Salad Mix

557 Calories 28g Protein 28g Fat 61g Carbs 19g Fiber

SIGNATURE SALADS

SOUTHWEST **GF** **V**

All-natural chicken, organic quinoa, house-seasoned black beans, cheddar, tomatoes, Cholula sauce topped with avocado

470 Calories 39g Protein 15g Fat 44g Carbs 15g Fiber

BUFFALO **GF**

All-natural chicken, organic quinoa, blue cheese, and our house-made vegan buffalo sauce

409 Calories 28g Protein 23g Fat 24g Carbs 5g Fiber

MEMPHIS **GF** **V**

All-natural chicken, organic quinoa, cheddar, onions and our house-made agave BBQ sauce

407 Calories 32g Protein 11g Fat 46g Carbs 6g Fiber

CHOPHOUSE **GF**

Organic beef, blue cheese, dried cranberries and house-made Balsamic Flax Vinaigrette

464 Calories 29g Protein 18g Fat 44g Carbs 5g Fiber

NEWPORT **GF** **V**

All-natural chicken, seasonal fruit, pepitas, golden raisins and our house-made Balsamic Flax Vinaigrette

442 Calories 27g Protein 19g Fat 47g Carbs 6g Fiber

SUPERFOOD VEGAN **GF** **V**

Marinated tofu, kale, pepitas, chickpeas, house-made Creamy Chia dressing and our Super 6 Salad Mix

417 Calories 22g Protein 27g Fat 27g Carbs 7g Fiber

SIGNATURE QUINOA BOWLS

BLACK BEAN **GF** **V**

House-seasoned black beans topped with shredded cheddar

331 Calories 19g Protein 7g Fat 48g Carbs 16g Fiber

SPINACH & PESTO **GF** **V**

All-natural chicken mixed with spinach, basil pesto and parmesan

371 Calories 35g Protein 21g Fat 18g Carbs 3g Fiber

QUINOA CHILI **GF**

Chicken or vegetarian chili, cheddar and a dollop of fat-free Greek Yogurt

405 Calories 31g Protein 14g Fat 39g Carbs 7g Fiber

VEGAN QUINOA CHILI **GF** **V**

Vegetarian chili, shredded vegan cheese and onions

360 Calories 18g Protein 9g Fat 54g Carbs 11g Fiber

HEALTHY PARM **GF**

All-natural chicken, house-made marinara and parmesan

341 Calories 34g Protein 15g Fat 23g Carbs 5g Fiber

BUFFALO **GF**

All-natural chicken, house-made vegan buffalo sauce, carrots, cucumbers and blue cheese

387 Calories 26g Protein 23g Fat 19g Carbs 3g Fiber

GF GLUTEN-FREE ITEM

V MADE VEGAN UPON REQUEST



Full nutritional information is available on our website
www.theproteinbar.com