



REFUEL

Monday–Friday, 7:30 a.m. to 9 p.m. Saturday & Sunday, 9 a.m. to 8 p.m.

713.685.6764

BREAKFAST

OVERNIGHT OATS | \$4
oatmeal, almond milk, vanilla yogurt, blueberries

BOILED EGGS (2) | \$3

MUFFINS | \$2.75

YOGURT PARFAIT | \$7.25
Greek yogurt, granola, seasonal berries

MIXED FRUIT | \$6

SANDWICHES

MEDITERRANEAN CHICKEN WRAP WITH FRUIT | \$7.25
basil pesto drizzle, red onions, lettuce, sundried tomato, thyme infused goat cheese, tomato basil wrap

SOUTHWEST CHICKEN WRAP WITH FRUIT | \$7.25
chicken, romaine lettuce, cotija cheese, black beans, corn, pumpkin seeds, herb garlic tortilla, southwest Caesar dressing

TURKEY CLUB WITH FRUIT | \$7.25
turkey, bacon, lettuce, tomato, Swiss cheese, wheat berry bread

SALADS

SOUTHWEST CAESAR SALAD | \$8.50
romaine, corn, black beans, pumpkin seeds, cotija cheese, tortilla strips

COBB SALAD | \$9.50
romaine lettuce, hard-boiled egg, Roma tomatoes, green onions, bacon, avocado, blue cheese dressing

CHICKEN SALAD | \$9.50
grilled chicken, Greek yogurt, low-fat mayonnaise, dried cranberries, tarragon, pecans

QUINOA SALAD WITH RED PEPPER HUMMUS | \$11
quinoa, cucumber, roasted red peppers, feta cheese, pepperoncini peppers, avocado, parsley, Kalamata olives, red pepper hummus, Champagne vinaigrette

PROTEIN

SEARED SALMON | \$12
salmon, wheat cous cous, cucumber, low-fat feta cheese, pistachio, raisins, basil mint vinaigrette

MANCHEGO CHEESE PROTEIN BOX | \$10.50
Brie, Manchego cheese, grapes, Granny Smith apple slices, Asian grain crackers

RED PEPPER HUMMUS BENTO BOX | \$9.50
roasted red pepper hummus, celery, carrot, English cucumber sticks, grapes, rosemary sea salt crackers

SIDE OF CHICKEN BREAST | \$7

CHIPS

\$1.50
Lay's Original, Doritos, Cheetos, Baked Cheeto's, Baked Lay's

KIDS

UNCRUSTABLES PBJ | \$2

CINNAMON BUG BITES | \$1

GOLDFISH | \$1

HOMEMADE CHOCOLATE CHIP COOKIE | \$4

PERFECT BAR CHOCOLATE CHIP PROTEIN COOKIE | \$3.25

SNACKS

KIND BAR | \$3

PERFECT BAR | \$4
peanut butter or chocolate chip peanut butter

MAG'S MUNCHIES | \$12

OATMEAL COWBOY CHOCOLATE CHIP COOKIES/6 | \$15 GF

OAT-Y PEANUT BUTTER CHOCOLATE CHIP COOKIES/6 | \$15 v

OATMEAL CHOCOLATE CHIP/6 | \$15 GF

ANCHO CHILE BROWNIES | \$10 GF

LEMON LAVENDER OR CARROT MAPLE TEA CAKE | \$12 GF

SUPER SEED CRACKERS | \$10 v

LOAF OF BREAD; SOURDOUGH OR ALMOND, FLAX & QUINOA | \$12 GF

BEVERAGES

\$3
Coke, Diet Coke, Sprite, Dr. Pepper, Topo Chico

\$3.50
Bai, Gatorade, Chocolate Milk, Vitamin Water, Orange Juice

\$3.95
Starbucks Frappuccino Mocha or Vanilla

\$4
Fiji Water

\$10
Revolucion Cold Pressed Juices, Mean Green, Black Gold, Serenity, The Cure

SMOOTHIES

CALL TO ORDER SMOOTHIES 713.685.6754
Call ahead and pick up orders at Refuel in the Rotunda

Hours of Operation

Monday–Friday, 7:30 a.m. to 6 p.m.
Saturday & Sunday, 9 a.m. to 6 p.m.

BUILD YOUR OWN SMOOTHIE

20 oz., \$5.50 | 32 oz., \$7.50

CHOICE OF LIQUID

<i>Skim Milk</i>	<i>Apple Juice</i>
<i>Whole Milk</i>	<i>Pineapple Juice</i>
<i>Unsweetened Almond Milk</i>	<i>Orange Juice</i>
<i>Soy Milk</i>	

CHOICE OF 3 FRUITS

<i>Strawberries</i>	<i>Pineapples</i>
<i>Blueberries</i>	<i>Peaches</i>
<i>Banana</i>	<i>Mango</i>

EXTRAS

Fruit + ¢.75 | Protein + \$2 | Peanut Butter + \$1

SMOOTHIES WITH WHEY PROTEIN

20 oz., \$7.50 | 32 oz., \$9.50

BIG DADDY

*milk, banana, peanut butter,
vanilla whey protein*

GREEN MACHINE

*almond milk, spinach, flax seeds, mango,
vanilla whey protein*

PB LITE

*milk, chocolate, PB lite,
chocolate whey protein*

STRAWBERRY DELIGHT

*apple juice, strawberry yogurt, strawberries, banana,
vanilla whey protein*

MANGO BLAST

*orange juice, vanilla yogurt, strawberries, mango, pineapple, honey,
vanilla whey protein*

I LOVE VEGGIES

*pineapple juice, spinach, kale, banana, lemon,
vanilla whey protein*

BLUEBERRY REFRESHER

*blueberries, strawberries, skim milk, vanilla yogurt,
vanilla whey protein*

KIDS SMOOTHIES

12 oz., \$5

COOKIE MONSTER

milk, yogurt, Oreo cookies, vanilla protein

CHOCOLATE FROSTY

milk, chocolate, chocolate protein

STRAWBERRY SHORTCAKE

strawberries, banana, vanilla whey protein

THE HULK

*pineapple juice, spinach, kale, banana, lemon,
vanilla whey protein*