

Toasted Wraps \$6.79

Buffalo Chicken
Chicken, Low Fat
Mozzarella, Tomatoes,
Romaine, Buffalo
Sauce, Light Ranch &
a White Tortilla



Totally Turkey
Turkey, Swiss,
Tomatoes, Romaine, Light Ranch & a Garlic Herb Tortilla

Thai Chicken
Chicken, Wontons, Carrots, Sesame Seeds, Romaine, Thai
Peanut Dressing & a White Tortilla

Veggie Veggie™
Southwestern Rice with Corn, Black Beans & Asparagus,
Parmesan, Tomatoes, Onions, Romaine, Balsamic
Vinaigrette & a Garlic Herb Tortilla

King Caesar™
Chicken, Parmesan, Tomatoes, Romaine, Caesar & a
Garlic Herb Tortilla



Sesame
Chicken™
Chicken, Wontons,
Almonds, Onions,
Sesame Seeds,
Romaine, Sesame
Dressing & a White
Tortilla

Cordon Bleu™
Chicken, Ham, Bacon, Swiss, Lettuce, cheese, Light Ranch
& a White Tortilla

Jamaican Jerk Chicken™
Chicken, Low Fat Mozzarella, Southwestern Rice with
Corn, Black Beans & Asparagus, Onions, Jamaican Jerk
Sauce & a White Tortilla

Southwest Chicken™
Chicken, Salsa, Southwestern Rice with Corn, Black Beans
& Asparagus, Tomatoes, Onions, Guacamole, Romaine,
Light Southwest Ranch & a White Tortilla

Popeye's Favorite™
Chicken, Creamy Spinach and Artichoke Spread, Low Fat
Mozzarella, Tomatoes & a White Tortilla

Grilled Flatbreads \$3.99

Baja Chicken™
Chicken, Low Fat Mozzarella, Green & Red Peppers,
Onions, Romaine Lettuce & Light Southwest Ranch on
Grilled Flatbread



Honey Ham &
Swiss™
Ham, Swiss,
Tomatoes, Field
Greens & Honey
Mustard on Grilled
Flatbread

Peanut Butter Banana Crunch™
Peanut Butter, Banana, Chocolate Granola & Honey on
Grilled Flatbread

Mediterranean Veggie™
Hummus, Parmesan, Banana Peppers, Onions, Tomatoes,
Cilantro Lime, Field Greens & Balsamic Vinaigrette on
Grilled Flatbread

Chicken Pesto™
Chicken, Low Fat Mozzarella, Parmesan Tomatoes & Pesto
on Grilled Flatbread

Salads \$6.99

Chicken
Caesar™
Romaine, Chicken,
Parmesan, Tomatoes &
Caesar Dressing



Sesame
Chicken™
Romaine, Field
Greens, Chicken, Wontons, Almonds, Onions, Sesame
Seeds & Sesame Dressing

TSC Signature™
Romaine, Field Greens, Chicken, Almonds, Pineapple,
Blueberries, Carrots & TSC Signature Dressing

Cranberry Walnut Chicken Salad™
Romaine, Field Greens, Tomatoes, Cranberry Walnut
Chicken Salad & TSC Signature Dressing



Eat Better Feel Better



14220B Centreville Square
Centreville, VA 20121
(703) 815-1455
Hours: Sun 10am-7pm;
Mon-Fri 7am-9pm;
Sat 10am-9pm

Lowfat Smoothies \$4.59



Blimey Limey
Strawberries, Pineapple,
Orange & Lime

Blue Lagoon™
Blueberries, Strawberries &
Banana

Hawaiian Breeze™
Pineapple, Orange &
Non-Fat Yogurt

Jetty Punch™
Strawberries & Banana

Island Fever™
Pineapple, Peaches & Banana

Kiwi Quencher™
Kiwi, Strawberries & Non-Fat Yogurt

Mango Magic™
Mango, Pineapple & Non-Fat Yogurt

Paradise Point™
Strawberries, Banana & Pineapple

Peaches N' Silk™
Peaches, Strawberries & Banana

Pineapple Delight™
Pineapple, Orange & Banana

Super Fruit Smoothies \$4.69



Acai Berry Boost™
Acai, Pomegranate, Banana,
Blueberries & Strawberries

**Pomegranate
Plunge™**
Pomegranate, Banana,
Strawberries & Cranberry

Get Up and Goji™
Goji, Peaches, Orange, Banana
& Non-Fat Yogurt

Supercharged Smoothies \$4.89

Health Nut™
Blueberries, Mango, Banana,
Almonds & Whey or Soy
Protein

Immune Blast™
Orange, Banana & Vitamin C
Immune Complex

Lean Machine™
Strawberries, Banana, Weight
Management & Energizer

**Kiwi Citrus Green
Tea™**
Kiwi, Orange, Non-Fat Yogurt & Matcha Green Tea

Muscle Blaster™
Strawberries, Banana & Whey or Soy Protein

Peanut Paradise™
Peanut Butter, Banana, Non-Fat Yogurt & Whey or Soy
Protein

Stress Defender™
Orange, Non-Fat Yogurt & Stress Defense

Dessert Smoothies \$4.89

Beach Bum™
Strawberries, Banana &
Chocolate

Bahama Mama™
Strawberries, Pineapple, White
Chocolate & Coconut

Tropi-Colada™
Pineapple, Coconut & Banana

Chocolate Chiller™
Chocolate, White Chocolate &
Non-Fat Yogurt

Peanut Butter Cup™
Peanut Butter, Banana & Chocolate

Mocha Madness™
Chocolate, Coffee, Cappuccino & Non-Fat Yogurt



Bistro Sandwiches \$6.79

The Italian™
Ham, Spicy Ham, Provolone, Banana Peppers, Parmesan
Tomatoes, Field Greens & Pesto on Toasted Ciabatta

Cranberry Walnut Chicken Salad™
Cranberry Walnut Chicken Salad, Tomatoes & Field Greens
on Nine-Grain Wheat

**Turkey
Guacamole™**
Turkey, Guacamole,
Cilantro-Lime, Onions,
Tomatoes & Field
Greens on Nine-grain
Wheat



**Wasabi Roast
Beef™**
Roast Beef, Pepper Jack, Romaine & Wasabi Caesar
Dressing on Toasted Ciabatta

Turkey Bacon Ranch™
Turkey, Bacon, Swiss, Tomatoes, Field Greens & Light
Ranch on Toasted Ciabatta

Ultimate Club™
Ham, Turkey, Bacon, Swiss, Parmesan Tomatoes, Field
Greens & Bistro Sauce on Toasted Ciabatta



**Hummus
Veggie™**
Hummus, Pesto,
Provolone, Green & Red
Peppers, Parmesan
Tomatoes & Field
Greens on Nine-Grain
Wheat

Buffalo Kick Start™
Egg, Bacon, Ham, Pepper Jack & Buffalo Sauce on a
Toasted Ciabatta

Caribbean Luau™
Chicken, Low Fat Mozzarella, Pineapple, Romaine &
Jamaican Jerk Sauce on Grilled Flatbread

The Classic™
Egg, Bacon, Ham or Sausage, Cheddar & American on a
Toasted Ciabatta