



251-410-6800

<http://www.dapperdeliveries.com>

Clean Eat

Build a Burger

Teriyaki Burger	\$10.35
<i>Your choice of protein, pineapple, green peppers, and teriyaki sauce.</i>	
Clean Eat Burger	\$10.35
<i>Your choice of protein, turkey bacon, lettuce, tomato, and low fat American cheese</i>	
Chipotle Burger	\$10.35
<i>Lettuce, tomato, red onion, CE Chipotle Ranch on your choice of protein</i>	

Flatbreads

BBQ Chicken Flatbread	\$10.35
<i>Chicken, peppers, pineapple, mozzarella & tangy BBQ sauce (435 cal)</i>	
Philly Flatbread	\$11.49
<i>Shredded beef, peppers, mozzarella with Spicy Ranch (398 cal)</i>	

Snacks

Pretzel Bites W/ Queso	\$6.89
<i>Whole wheat pretzel bites with queso</i>	
Boneless Wings	\$7.49
<i>Gluten-free breaded chicken, cucumber, and choice of 2 sauces</i>	
Superfood Salad	\$6.89
<i>Superfood blend, broccoli, baby carrots, cucumber, CE Goddess</i>	
Buffalo Chicken Dip W/ "Chips"	\$6.89
<i>Buffalo Chicken dip with flatbread triangles</i>	

Sides

Apple slices with PB dip	\$1.70
Mac & Cheese	\$2.29
Veggie Cup	\$1.70
<i>Broccoli, carrots, celery with a side of tzatziki</i>	
Sweet potato fries	\$2.29

Wraps

Watch Your Waist Wrap	\$10.35
<i>Grilled chicken, guacamole, red onions, spinach, cheese with tzatziki sauce. (490 cal)</i>	
Hammerhead Wrap	\$11.49
<i>Salmon, turkey bacon, spinach, guacamole with cilantro lime sauce, (570 cal)</i>	
Buffalo Chicken Wrap	\$10.35
<i>Gluten-free breaded chicken, romaine, tomato, bleu cheese, and CE buffalo sauce in a tomato basil wrap</i>	
Bang Bang Shrimp Wrap	\$10.35
<i>Served cold, shrimp, carrots, spinach, tomato, cucumber, and CE sweet chili sauce in a tomato basil wrap</i>	
Chicken Pesto Wrap	\$10.35
<i>Chicken, spinach, tomato, cucumber, turkey bacon, and kale i a garlic herb wrap</i>	

Makin Muscle

Clean Mac & Cheeze	\$14.94
<i>Choice of CE Buffalo chicken or BBQ shredded beef, whole grain pasta, queso</i>	
Big Boy 2.0	\$12.65
<i>Chicken, brown rice, romaine, fire roasted corn, black beans, mozzarella, and CE sweet chili sauce in a whole wheat wrap</i>	
The Arnold	\$13.79
<i>Shredded beef, brown rice, peppers, mushrooms, lettuce, cheese, and CE Buffalo sauce in a whole wheat wrap</i>	

Build a Bowl

Small Build a Bowl	\$12.09
Medium Build a Bowl	\$13.45
Large Build a Bowl	\$14.80

Melts

Chicken Parm Meltz	\$10.35
<i>Chicken, spinach, mozzarella cheese, CE Marinara in a whole wheat wrap</i>	
Epic Chicken Meltz	\$10.35
<i>Chicken, lettuce, tomatoes, 3-cheese blend, CE Epic sauce in a chickpea wrap (</i>	
Queso Steak Meltz	\$11.49
<i>Shredded beef, lettuce, tomatoes, queso in a garlic herb wrap (</i>	

Smoothies

All protein smoothies

DIRTY PEANUT	\$6.89
<i>Chocolate 1stPhorm protein, peanut butter, sugar-free chocolate syrup, smoothie cr me</i>	
Berry Berry Good	\$6.89
<i>Vanilla whey protein, strawberry, raspberry, blueberry puree</i>	
Frozen Chocolate Banana	\$6.89
<i>Chocolate whey protein, banana, chocolate</i>	
Mudslide Latte	\$6.89
<i>Vanilla whey protein, caf mocha</i>	
CHOCOLATE COVERED STRAWBERRY	\$6.89
<i>Chocolate 1stPhorm protein, strawberries, sugar-free chocolate syrup, smoothie cr me</i>	
Orange Pushup	\$6.89
<i>Vanilla whey protein, orange</i>	
Straw-Nana Blast	\$6.89
<i>Vanilla whey protein, strawberry, banana</i>	
Tropical Bliss	\$6.89
<i>Vanilla whey protein, mango, peach</i>	