



# HPO

## DISCOUNTED MENU

FUEL YOUR BODY • IMPROVE READINESS • PERFORM BETTER



### PROTEIN BREAKFAST BOWL

Potatoes, Whole Eggs, Bacon

**\$10.50**  
HPO MEMBER PRICING **\$7.50**

CARBS: 33g    PROTEIN: 49g    FAT: 36g

CALORIES: 650



### GARLIC HERB CHICKEN BOWL

Chicken Breast, Olive Oil, Broccoli Florets, Butter, Carrots, Parmesan, Garlic Powder, Paprika, Thyme, Salt, Pepper

**\$13.00**  
HPO MEMBER PRICING **\$9.50**

CARBS: 24g / 40g W/ SAUCE    PROTEIN: 42g    FAT: 19g

CALORIES: 435 / 505 W/ SAUCE



### STEAK, RICE & Roasted Potato Bowl

Thin-Sliced Beef, Jasmine Rice, Roasted Potatoes, Bell Peppers, Olive Oil, Butter

**\$14.00**  
HPO MEMBER PRICING **\$10.00**

CARBS: 92g / 108g W/ SAUCE    PROTEIN: 52g    FAT: 26g

CALORIES: 810 / 880 W/ SAUCE



PERFORMANCE FUEL



— ONLY AT —

# Pier 13 Welldeck

Actual item may differ from photo.