

CAULIFLOWER PIZZA

MARGHERITA 11

San Marzano Tomato Sauce,
Mozzarella Cheese & Basil

BUFFALO

CHICKEN 13

Grilled Chicken, Housemade
Buffalo Sauce & Gorgonzola
Cheese

BBQ CHICKEN 13

Grilled Chicken, Low Fat BBQ
Sauce, Bell Peppers, Turkey
Bacon & Mozzarella Cheese

CHICKEN BACON

RANCH 13

Grilled Chicken, Low Fat
Ranch Dressing, Turkey Bacon
& Mozzarella Cheese

N.Y STYLE 11

San Marzano Tomato Sauce &
Shredded Mozzarella Cheese

RONI 13

WRAPS

CHOICE OF PROTEIN: CHICKEN \$11, STEAK \$12 SHRIMP \$13, SALMON
\$15, GROUND BEEF \$12, CHICKEN OR TUNA SALAD \$10

TERIYAKI

Teriyaki Sauce, Jasmine
Rice, Corn Salsa & Pepper
Jack Cheese

CAESAR

Romaine Lettuce, Shaved
Parmesan with a Caesar
Dressing

PESTO

Baby Spinach, Roasted
Peppers, Sun Dried
Tomatoes, Mozzarella
Cheese & Pesto

BUFFALO

Pepper Jack Cheese,
Tomato, Avocado with a
Buffalo Sauce

BACON RANCH

Baby Arugula, Turkey
Bacon, Cherry Tomatoes,
Pepper Jack Cheese and
Low Fat Ranch Dressing

THE LILY

Grilled Chicken, Avocado,
Baby Spinach, Pepper Jack
Cheese & Pesto

THE AGI

Grilled Chicken, Brown
Rice, Black Bean, Chipotle
Aioli, Pico De Gallo &
Cheddar Cheese

BIGGIE MAC

Ground Beef, Onion,
Pickles, Cheddar Cheese &
Thousand Island Dressing

CALIFORNIA EGG

Smashed Avocado, Mini
Omelette, Pepper Jack
Cheese, Tomatoes &
Arugula (620 Cal)

HUEVOS

RANCHEROS

Scrambled Eggs, Brown
Rice, Black Beans,
Avocado, Roasted Corn,
Cilantro, Pico De Gallo on a
Wheat Wrap with a
Cilantro Lime Dressing

SIGNATURE SALADS

CHOICE OF PROTEIN:

GRILLED CHICKEN \$5 (243 CAL), CHICKEN SALAD \$10 (321 CAL), TURKEY
BURGER \$6 (276 CAL), BISON BURGER \$6 (325 CAL),
TUNA SALAD \$11 (351 CAL), SALMON \$10 (312 CAL)

COBB SALAD..... 13

Romaine Lettuce, Turkey
Bacon, Sliced Egg, Cherry
Tomatoes, Diced Avocado,
Black Beans, Gorgonzola
Cheese & Grilled Chicken
in Ranch Dressing

CHOPPED

SALAD..... 13

Chopped Romaine, Grilled
Chicken, Cherry Tomatoes,
Walnuts, Chick Peas, Goat
Cheese, Avocado, Red
Onions & Apples in a
Caesar Dressing

CAESAR SALAD... 8

Romaine Lettuce, Shaved
Parmesan with Low Fat
Creamy Caesar Dressing

ISLA SALAD..... 9

Romaine Lettuce, Quinoa,
Avocado, Cherry
Tomatoes, Alfalfa Sprouts,
Carrots & Cucumbers

CHICKEN SALAD 11

Baby Spinach, Red
Onions, Shaved Carrots &
Alfalfa Sprouts

TUNA SALAD..... 11

Baby Spinach, Red
Onions, Shaved Carrots &
Alfalfa Sprouts

Cheeses \$2.00, Egg \$2.00

Dressings 0.50: Creamy
Balsamic, Raspberry
Vinaigrette, Blue Cheese,
Caesar, Avocado Ranch,
Balsamic Vinaigrette,
Chipotle Aioli

JUICES

HULK OUT..... 8

Cucumber, Apple, Pear,
Celery, Kale
IMMUNE

BOOSTER..... 8

Oranges, Lemon, Ginger &
Apples

GINGER ZINGER... 8

Carrots, Lemon, Ginger &
Apples

CUCUMBER

COOLER..... 8

Cucumber, Carrots, Apples
& Spinach

BURGERS

Choice of Turkey Burger \$15 (724 Cal) or Bison Burger
\$14 (584 Cal)

Prepared with Romaine Lettuce, Tomatoes, Red Onions,
Avocado, Alfalfa Sprouts, Spicy Mayo on a Gluten Free
Bun

Served with Sweet Potato Fries or Chips

MONDAY-THURSDAY :10 AM-7 PM

FRIDAY: 10AM-6PM

SATURDAY : 10 AM-5 PM

SUNDAY: CLOSED



TITAN KITCHEN

VITAMINS AND SUPPLEMENTS

SHRUB OAK

914-743-1860

1420 East Main Street
Shrub Oak, NY 10588

ASK ABOUT WEEKLY MEAL PREP

PROTEIN SHAKES

OREO EXPLOSION..... 10

Cookies & Cream Protein, Sugar Free Chocolate Chips, Sugar Free Chocolate Syrup

Protein: 40G | CARBS: 10G | FAT: 12G

SMORES..... 10

Graham Cracker Protein, Marshmallow Protein, Cacao Power, Sugar Free Chocolate Chips

Protein: 45G | CARBS: 5G | FAT: 6G

CHOCOLATE PEANUT BUTTER..... 10

Chocolate Protein, PeanutButter Protein, Sugar Free Chocolate Chips, Cacao Powder, Oats

Protein: 45G | CARBS: 23G | FAT: 18G

PB & J..... 10

Strawberry Protein, Peanut Butter, Oats & Frozen Strawberries

Protein: 40G | CARBS: 20G | FAT: 12G

HUCKLEBERRY CHEESECAKE..... 10

Blueberry Cheesecake Protein Powder, Graham Cracker Protein, Frozen Blueberries with Sugar Free Whipped Cream

Protein: 45G | CARBS: 14G | FAT: 5G

STRAWBERRY BIRTHDAY CAKE..... 10

Strawberry Protein, Frozen Banana. Frozen Strawberries, Sugar Free Zero Sugar Whipped Cream & Rainbow Sprinkles

Protein: 45G | CARBS: 24G | FAT: 8G

PROTELLA..... 10

Protella Protein, Chocolate Protein, Hazelnut Butter, Oats, Nutella Drizzled in Cup

Pro: 46G/ Carbs: 26G/ FAT: 12G

HEAVY HITTER..... 11

Two Scoops of Chocolate Protein, Two Scoops of Banana Protein, Oats, Carb Powder, Peanut Butter & Creatine

Pro: 70G/ Carbs: 65G/ FAT: 20G

BLACK FOREST CHERRY..... 10

Black Forest Cherry Protein. Chocolate Protein, Frozen Cherries & Chocolate Syrup

Pro: 45G/ Carbs: 12G/ FAT: 6G

PROTEIN SHAKES

CHOCOLATE CHIP OATMEAL COOKIE..... 10

Chocolate Chip Oatmeal Protein, Sugar free Chocolate Chips. Chocolate Cookie Pieces, Oats

Pro: 50G/ Carbs: 21G/ FAT: 5G

CINNA CRUNCH..... 10

Cinna Crunch, Marshmallow Protein, Cinnamon Protein, Agave, Oats & Cinnamon Crunch Pieces

Pro: 50G/ Carbs: 23G/ FAT: 6G

ALMOND MOCHA BLISS..... 10

Almond Mocha Protein, Sugar Free Chocolate Chips, Sugar Free Chocolate Syrup & Coconut Flakes

Pro: 50G/ Carbs: 6G/ FAT: 15G

MONSTER COOKIE..... 10

Monster Cookie Protein, Cookies & Cream Protein, Sugar Free Chocolate Chips, Chocolate Chip Cookies & Mini M&Ms with Zero Sugar Whipped Cream

Pro: 45G/ Carbs: 15G/ FAT: 18G

IRISH COOKIE..... 10

Irish Cookie Protein, Cookies & Cream Protein, Sugar Free Chocolate Chips, Zero Sugar Whipped Cream

Pro: 45G/ Carbs: 8G/ FAT: 5G

FLUFFER NUTTER..... 10

Fluffer Nutter Protein, Marshmallow Protein, Peanut Butter, Oats

Pro: 55G/ Carbs: 20G/ FAT: 15G

SALTED CARAMEL..... 10

Salted Caramel Protein, Vanilla Protein, Dates, Cold Brew Coffee

Pro: 45G/ Carbs: 15G/ FAT: 18G

OVER THE RAINBOW..... 10

Rainbow Cookie Protein, Almond Milk, Blackberry, Raspberry & Chocolate Syrup, Low Fat and Rainbow Cookie Pieces

Pro: 45G/ Carbs: 24G/ FAT: 5G

PB GONE BANNANAS..... 10

Banana Whey Protein, Peanut Butter, Frozen Bananas & Oats

Pro: 45G/ Carbs: 23G/ FAT: 10G

COOKIES & CREAM ICED COFFEE.....

Cookies & Cream Protein, Cold Brew Coffee, Sugar Free Chocolate Syrup, Sugar Free Chocolate Chips

Pro: 40G/ Carbs: 8G/ FAT: 7G

TITAN BOWLS

CHOICE OF PROTEIN:

CHICKEN \$11 CHICKEN OR TURKEY MEATBALLS:\$11, STEAK \$14,

BISON BURGER \$13, SALMON/SHRIMP \$15

CHOICE OF JASMINE OR BROWN RICE

BBQ BIG BOY.

Caramelized Onions,
Black Beans & Red Bell
Peppers

SHOGUN.....

Corn Salsa & Pepper Jack
Cheese

BUFFALO.....

Pico De Gallo,
Gorgonzola Cheese &
Buffalo Sauce

POWER.....

Broccoli, Caramelized
Onions & Sesame Seeds

TEX MEX.....

Black Beans, Corn, Pico
De Gallo, Guacamole,
Shredded Cheddar with
Chipotle Aioli

HAWAIIAN...

Pineapple Corn Salsa, Bell
Peppers with a Pineapple
Teriyaki Sauce

BRONX

BOMBER.....

Cherry Peppers, Bell
Peppers, Caramelized
Onions, Cheddar Cheese
& Chipotle Aioli

BACON

RANCH.....

Turkey Bacon, Cherry
Tomatoes, Pepper Jack
Cheese with Low Fat
Ranch

TERIYAKI.....

Broccoli & Teriyaki Sauce

HONEY

GARLIC.....

Sweet Potato Wedge &
Snap Peas

SWEET &

SOUR.....

Snap Peas & Pineapple

GENERAL

TSO.....

Broccoli, Bell Peppers &
Caramelized Onions

BURGER

BOWL.....

Choice of Bison, Salmon,
Turkey or Veggie Burger
with Avocado, Pico De
Gallo & Alfalfa Sprouts
Choice of Sauce: BBQ,
Ranch, Buffalo, Chipotle
Aioli, Spicy Mayo, Cilantro
Lime & Honey Garlic