

Low - Fat Smoothies

Guava Cooler	\$2.99
Guava & Pineapple Juices Raspberries & Banana Yogurt & Ice (20 oz.)	
Instant Vigor	\$2.99
Raspberry Juice Raspberries & Banana Yogurt & Ice (20 oz.)	
Hawaiian Treat	\$2.99
Papaya Juice Strawberries & Banana Yogurt (20 oz.)	
Mango Madness	\$2.99
Mango, Peach & Strawberries Yogurt & Ice (20 oz.)	
Pineapple Treat	\$2.99
Papaya Juice Banana & Pineapple Ice (20 oz.)	
Cocktail Punch	\$2.99
Guava, Papaya & Pineapple Juices Banana & Strawberries Ice (20 oz.)	
Finish Line	\$2.99
Apple, Orange & Pineapple Juices Banana & Strawberries Yogurt & Ice (20 oz.)	
Berry Berry Plus	\$4.29
Strawberry, Blueberry, Raspberry, Apple, Protein, Honey and Skim Milk or Soy (24 oz.)	
Myoplex	\$5.99
Any two fruits with Water or Milk or Juice	

972 - 560 - 3883

Call for a Quick Pick Up To Go Order.

**When calling from the Downtown YMCA
telephone dial 3883.**

**When placing a catering order for a business
breakfast or luncheon,
please give 24 hours advance notification.**

www.powerhousedeli.com



Operating Hours:

Monday - Thursday 6:30 AM - 9:00 PM	Saturday 10:00 AM - 3:00 PM
Friday 6:30 AM - 6:00 PM	Sunday Closed

Location:

601 N. Akard Street
Dallas, Texas 75201
972-560-3883

Between Ross Ave and San Jacinto on Akard.
Located on the first floor of the YMCA.

Breakfast

Premium Coffees:	\$1.29	- Croissant Breakfast Sandwiches -	
French Roast, Vanilla Nut & Hazelnut		Egg & Cheese	\$2.99
Fresh Squeezed 12oz:	\$2.25	Ham & Egg	\$3.29
Orange Juice or Grapefruit Juice		Ham, Egg & Cheese	\$3.49
Fresh Fruit Cup	\$3.00	- Bagel Breakfast Sandwiches -	
Muffin, Turnovers, Croissant, Bear Claw,	\$1.60	Egg & Cheese	\$2.99
Bagel/Croissant Plain	\$.99	Egg, Ham & Cheese	\$3.29
		Peanut Butter & Honey	\$2.99
Bagel with Cream Cheese	\$1.50	Breakfast Burrito	\$2.99
Add Coffee Or Tea with any Breakfast	\$.99	Breakfast Burrito on a spinach wrap	\$3.29

Breakfast is served until 10:00 AM

Power - Punched Smoothies

The PowerHouse	\$3.99	Busy Body	\$3.99
Guava & Papaya Juice Raspberries & Banana Apple, Strawberries & Blueberries Yogurt & Ice (24 oz.)		Your Choice of Juice Banana & Apple Whey Protein Powder (24 oz.)	
YMCA Classic	\$3.59	Peanut Butter	\$4.29
Strawberries or Apple & Banana Skim Milk, Protein Powder Honey & Ice (24 oz.)		Apple & Banana Skim Milk, Peanut Butter, Whey Protein Powder, Honey & Ice (24 oz.)	
The Big "Y" Guy	\$3.59	The Big "Y" Guy Plus	\$4.29
Apple & Cranberry Juices Strawberries, Raspberries Blue berries & Banana Yogurt & Ice (24 oz.)		Apple & Cranberry Juices Strawberries, Raspberries Blueberries & Banana Whey Protein Powder, Yogurt & Ice (24 oz.)	

Make it a 32 oz for just \$1 more!

Sandwiches & Wraps

Grilled Chicken Wrap or Sandwich	\$4.29
Turkey Wrap	\$4.29
1/3 Muffaletta or Club Sandwich	\$4.99
Philly Cheese Steak Sandwich	\$4.99
Grilled Chicken Wrap served hot w/Chips & Soda	\$5.99
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Chicken Salad or Tuna Fish	\$3.99
Veggie / Cheese	\$3.59
Peanut Butter & Jelly	\$2.99
For Pretzel or Focaccia Breads	add \$.30
Make It A Box Meal Add Bowl of Vegetables with Lay's / Side Ranch	\$1.75

Soup & Salad

*Fresh vegetables gathered from the
Farmer's Market daily*

Soup & Salad Bar - All You Can Eat	\$6.59
Single Serving Soup & Salad	\$5.99
Single Serving Salad	\$4.62
Single Serving Soup	Lg: \$2.49 sm \$1.99
Add a salad to your sandwich order	\$3.99
Add a soup to your sandwich order	\$1.50

Pasta

House Pasta	\$5.99
Meat Balls & Pasta	\$5.99
Chicken Parmesan	\$5.99

Specialty Salads

Cesar Salad	\$3.99
Greek salad	\$5.49
House Salad with Turkey	\$5.99

Nonfat Yogurt

Vanilla, Chocolate or Swirl

8 oz	\$1.45
12 oz	\$1.85

The Power House has been in business since 1996. We started out on the 3rd floor of the Downtown Dallas YMCA.

In 2000, when all of the renovation took place we moved to our current location in the YMCA.

PEOPLE - that is the secret to our success as a business. We love the relationships that we have built over the years. We love seeing and serving them. We look forward to their next visit. We would hope it is sooner rather than later.

WE CATER!

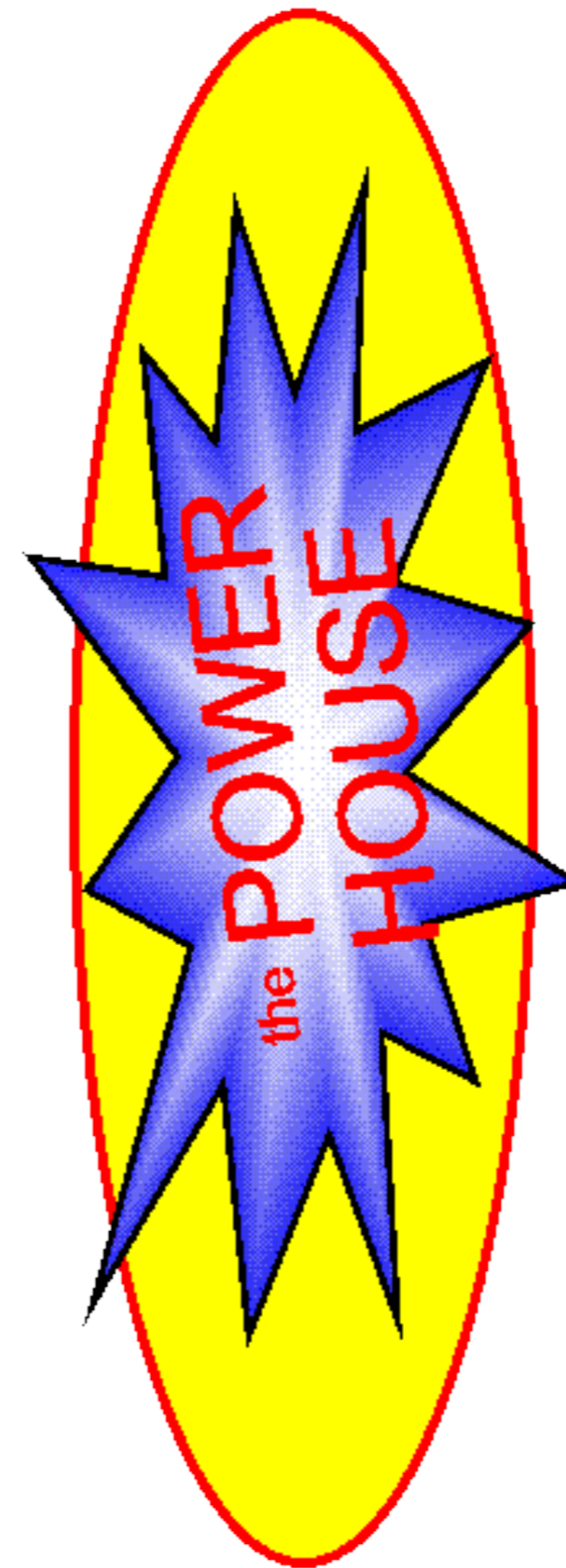
The Power House caters all types of events.

We ask that you please place your order 24 hours in advance.

Ask for Adam

972-560-3883

www.powerhousedeli.com



The Power House Deli & Smoothie Bar

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Dallas, Texas 75201

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Mon - Thur
6:30 am - 9:30 pm

Friday
6:30 am - 6:00 pm

Saturday
10:00 am - 3:00 pm

Sunday - Closed