

Low Carb Journey Café

Cucumber Boats

Asian Express -- Cumin Orange
Shrimp - 8.95

Chillin' Grillin' Chicken -- Grilled
Chicken Salad - 7.95

The Not So Deadliest Catch -- Tuna
Salad Boat - 7.95

Zucchini Boats

Gondola – Pizza Boat - 7.95
Tom's Yacht – Turkey and Bacon
Boat - 7.95

The Woodstock – Tomato and
Cheese boat - 7.95

WRAPS (LOW CARB/LETTUCE)

Cowardly Pig -Grilled chicken salad
w/bacon -- 5.95

Charlie the tuna - Tuna salad -- 5.95

OPA - Greek wrap w/feta -- 5.95

Stallion - Italian Combo -- 5.95

Just Wing It - Buffalo Chicken Wrap-
- 5.95

Gobbler – Turkey, Bacon and
Cheddar-5.95

Breakfast Items

Early Riser – Egg and cheese
wrap—3.45

Early Riser w/bacon - Bacon, Egg
and Cheese Wrap--3.95

SALADS

Buffalo Chicken /blue cheese -- 7.95

Shrimp and avocado -- 9.95

Grilled chicken cobb salad -- 8.95

Classic Wedge salad -- 5.95

'FEELS LIKE CHEATIN'

LOW CARB PIZZA

Styles - Cheese, 3-Meat, Breakfast style,
Buffalo Chicken, Chicken Bacon Ranch

Slice- 1.95

Whole Pizza -

Cheese - 12.95

Specialties – 14.95

SIDES – 2.49

“Not your mom’s” potato salad

Balsamic green bean salad

Quest chips

*1.00 with purchase of a boat, wrap or salad

MEAL REPLACEMENT SHAKES – 7.95

Chocolate

Peanut Butter Cup

Mint Chocolate Chip

Mocha Chiller

Vanilla

Peanut butter revel

Iced Mocha

Strawberry

Strawberry Smoothie

Strawberry Mojito

COFFEE/ESPRESSO – 1.95

Fresh Ground Coffee

Espresso

LATTE (Iced or Hot) – 2.95

HOT TEA – 1.95

Green Tea

Constant comment tea

Earle Grey

Black Tea

COFFEE/LATTE FLAVORS –

1.00 per shot

Chocolate

Mint

Mint Chocolate

Vanilla

Hazelnut

Pumpkin

Carmel

BEVERAGES- 2.49

Bottled Unsweetened Tea

Zevia Soda

Bottled Water (1.49)

We Deliver !!!



Journey Fitness
32 Bridge St
Corning, NY 14830



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