

Fuel your body and mind with healthy selections made fresh for you. Offering a Lavazza® Coffee bar, catering, smoothies, meal prep, and more. Perfect for after the gym or on the go.

Order online at sidewalkchef2go.com or call to place your order: 954.324.4228
 Find us in the lobby at BARWIS Performance Center!
 378 Hillsboro Technology Dr., Deerfield Beach, FL 33441



Check us out on UberEats!

SMOOTHIES, AÇAÍ BOWLS, AND MORE

Perfect for post-workout recovery.

Add chocolate chips, dried mango, dried pineapple, or coconut flakes for \$1/each.

BERRY SMOOTHIE WITH BARWIS® PROTEIN POWDER - \$9.50

Barwis® Protein Powder, mixed berries, almond milk, and peanut butter

POWER GREENS SMOOTHIE WITH SPINACH & KALE - \$9.50

Vegan protein powder, spinach, kale, almond milk, rolled oats, and chia seeds

NUTTY BUDDY - \$10

Vegan protein powder, banana, peanut butter, and oats,

THE BUZZY - \$11.50

Chocolate peanut butter vegan protein powder, banana, peanut butter, and a shot of espresso

AÇAÍ PEANUT POWER BOWL - \$12

Açaí, strawberries, banana, peanut butter, granola, and drizzle of honey

ALL DAY BREAKFAST BOWL - \$9

Scrambled eggs, potatoes, and turkey sausage. Add cheese for \$1.

BREAKFAST BURRITO - \$12.50

Scrambled eggs, potatoes, turkey sausage, cheddar or provolone. Served with a side of salsa

CUSTOM MEAL PREP

Check the blackboard for daily featured meals.

Scan the QR code to view our online menu and order your favorites.



CHEF-MADE SOUPS

Check the blackboard for our daily featured soups.

Add a cup of our Soup of the Day to your hot sandwich, flatbread, or wrap for just \$2.

SOUP OF THE DAY

- Cup - \$4.50
- Bowl - \$5.50
- Quart - \$15

WRAPS, FLATBREAD, AND HOT-PRESSED SANDWICHES

Chef-prepared and made fresh to order. Grab one to go or sit and stay a while. \$12.50

ITALIAN PANINI

Chicken, pesto, provolone, and roasted red peppers

BUFFALO PANINI

Chicken, tomato, onion, blue cheese crumbles, spicy ranch, and cheddar

TUNA MELT

Albacore solid white tuna, cheddar or provolone, tomato, and onion

THE ELVIS

Peanut butter, banana, and a drizzle of honey

FRUITY & NUTTY FLATBREAD

Strawberry, banana, and nutella

HAND-MADE WRAPS

Choose from our selection of fresh, hand-made wraps. Add cheese for \$1.

Ultimate Carved Chicken Wrap

All-natural chicken topped with organic spring lettuce, tomato, and honey mustard

"Simple and Tasty" Tuna Salad Wrap

Solid white albacore mixed with celery and Hellman's Mayonnaise; topped with organic mixed greens

COFFEE BAR



Choice of 2% milk, oat milk, or almond milk.

	12 OZ	16 OZ
AMERICAN COFFEE	\$3.50	\$4.50
CAPPUCCINO	\$4.75	\$5.75
LATTE	\$4.75	\$5.75
MACCHIATO <i>Small or large</i>	\$4.25	\$5.25
ESPRESSO	\$3.50	
DOUBLE ESPRESSO	\$4.50	

DESSERTS

Baked fresh and locally-sourced.

BIG CHOCOLATE CHIP COOKIE	\$3
REESES PEANUT BUTTER CUP COOKIE	\$3
KULFI ICE CREAM POPS	\$3

SNACKS

Great selections
for on the go.

ASSORTED SNACKS

See our display for a daily
assortment of snacks, chips,
and more. Starting at \$2.50

DRINKS

Quench your thirst
or relax with
a premium
beverage.

GATORADE	\$2.50
100 COCONUT WATER	\$2.50
SAINT JAMES ICED TEA	\$3.50
BOTTLED SPRING WATER	\$2.50
NOCCO ENERGY DRINK	\$3.75
CHEF'S SMALL BATCH	\$4
GOLDEN MILK	

*Turmeric, ginger, apple cider
vinegar, Karela, chilies*

Check our coolers for new
arrivals!

MADE-TO-ORDER MEAL PREP

Take the guesswork out of meal prep with our made-to-order prepared meals. Sidewalk Chef Kitchen specializes in healthy meal prep service with our freshly prepared and packaged meals perfect for lunch and dinner. Our meals have a shelf life of 6 months in your freezer or 7 days in the fridge. We offer a wide selection, including 500-calorie, vegan and vegetarian, and high-protein.

An athlete himself, Chef Shashank understands the importance of eating right when training. His experience working with professional nutritionists and coaches allows him to prepare meals that fit your diet and lifestyle. Chef Shashank has worked with athletes in several disciplines, including MMA fighters and NFL stars.

Want a consult with Chef Shashank about your own nutrition and meal plans? Ask us today! Learn more about what we do at sidewalkchef2go.com. Email requests to barbara@sidewalkchef2go.com.

FIVE-STAR CATERING

Our five-star catering menu brings gourmet food straight to you. Inspired by Chef Shashank Agtey's history working in some of South Florida's finest restaurants, we have the skill set to provide a custom culinary experience that fits your needs. Whether you're hosting an after-hours celebration or a birthday party, we're here to help. Our catering menu features elevated hors d'oeuvres, gourmet offerings from the land and sea, delectable desserts, and more. Visit sidewalkchef2go.com to learn how we can bring your next event to life. Need custom catering for a special occasion? Email requests to barbara@sidewalkchef2go.com.



MEET CHEF SHASHANK AGTEY

Culinary master & lover of healthy eating



Shashank Agtey is the Executive Chef of Sidewalk Chef 2 Go in Deerfield Beach, serving fresh and healthy meals since 2017. Hailing from an accomplished military family in Mumbai, India, Shashank moved to Miami at 17 to pursue a love of cooking. He attended Miami-Dade College and became an avid runner. He later secured a scholarship to Florida International University and earned his bachelor's degree in International Hotel and Restaurant Management.

Shashank has cooked in some of South Florida's finest restaurants, including Omni Hotel and Cafe September. He has also cooked for presidents George Bush, Sr., and Bill Clinton, and in 1988, was inducted into the Chaîne des Rôtisseurs and received its Five-Star Award. His successful cooking career and passion for athletics have led him to his current life path and mission. He is passionate about serving his community and wants to help others live their healthiest life through his motto, "Health is Wealth."