

Natural Muffins & Cafe

FUELRZ

Eat right, take the FUELRZ bite!

Gluten Free • Vegan • Bran!





Salads

Organic Spinach & Berry.....10.95

Spinach, Seasonal Berries, Cucumber, Feta, & Candied Walnuts. Drizzled with our Balsamic Dressing.

Vegan Caesar.....9.95

Organic Greens with Cucumber & G.F. Croutons. Topped with our Nut Free Vegan Caesar Dressing.

Albacore Tuna Salad.....11.95

Albacore Tuna, with –or– without Mayo, on a bed of Organic Greens with Cucumber & Tomato. Topped with our Lemon Dressing.

Turkey Taco Salad.....12.95

Seasoned ground Turkey on a bed of greens. Topped with Jalapeno, Olives, Tomato, Salsa & G.F. Tortilla Chips.

Chef's Special

Ask about or Chef's Special

Soups

G.F./Vegan Organic Broccoli Soup

Cup.....6.95 - or - Bowl.....8.95

Served with Organic Sweet Potato Crackers & Fresh Fruit

Soup Du Jour

Ask about our soup of the day

Sandwiches & Wraps

G.F. or Organic Bran Bread

Spinach or Whole Wheat Wrap – Add \$1.00

All served with Fresh Fruit

Egg Salad.....10.45

Egg Salad seasoned with Dijon, Mayo & Salt. Topped with Tomato & Spinach.

Albacore Tuna Salad.....11.95

Albacore Tuna, with –or– without Mayo. Topped with Tomato & Spinach.

G.F. Turkey Vegetable Meatloaf.....12.95

Ground Turkey loaded with vegetables. Topped with Tomato & Spinach.

G.F. Turkey Pesto.....11.95

Natural Turkey Breast with our Organic Spinach & Artichoke Pesto. Topped with Tomato & Spinach.

Vegan Hummus Wrap.....11.95

Our fresh made hummus wrapped with Spinach, Cucumber, Tomato and Seasonal Avocado.
(Not available in the ½ Sandwich Combo)



Combos

Soup with ½ Sandwich

Sandwich of your choice served with Fresh Fruit.

Cup.....11.50 - or - Bowl.....13.50

Soup with Full Sandwich

Sandwich of your choice served with Fresh Fruit.

Cup.....15.95 - or - Bowl.....17.95

Soup & Salad

Our Organic Berry Salad with Your Choice of Soup.

Cup.....13.95 - or - Bowl.....15.95

Sandwich & Salad

Our Organic Berry Salad with Your Choice of Sandwich.

½ Sandwich.....12.95 - or - Full.....14.95

Muffins

No Dairy, Oil, Butter or Soy!

All Natural limited ingredient muffins and baked goods.

Gluten Free.....3.50

Daily Flavors:

- Apple Walnut
- Almond
- Banana Chip
- Banana Walnut
- Blueberry
- Carrot Walnut
- Chocolate Zucchini
- Double Chocolate Chip
- Peanut Butter Chip
- Pineapple Coconut
- Pumpkin
- Pumpkin Chip
- Zucchini Carrot

Vegan (Ask for daily flavor).....3.75

Paleo (Flavor - Almond).....4.00

Muscle (Flavor - Almond).....4.00

KETO (Ask for daily flavor).....4.00

9 Box of Muffins.....Varies

Choose from our Daily Flavors listed above. A \$2 savings!

Special Order

48 Hour advanced notice required.

We are able to alter our ingredients for those with specific allergies.

Cookies & Cakes &

Brownies & Poppers &

Single Cookie.....3.00

Dozen Cookies.....30.00

Single Cake Slice.....4.95

Brownie (Vegan Black Bean).....4.00

Poppers (Regular or Vegan).....2.75

Special Order

48 Hour advanced notice required.

Cookies, Cakes, Brownies, or Poppers.

Breakfast

Saturdays 8:30am to 12noon

Monday-Friday 8:30am to 11am

Mediterranean Breakfast Sandwich...9.95

G.F. or Bran bread with artichoke & sundried tomato spread, scrambled eggs. Topped with Tomato & Spinach. Served with fresh fruit.

Acai Bowl.....10.95

Acai Blended with Non-Dairy Milk –or– Yogurt. Topped with G.F. Vegan Granola, Fresh Fruit & Honey Drizzle.

G.F. Oatmeal.....6.95

Your choice of Cinnamon, Raisins, Honey, Raw Sugar & Walnuts. Served with fresh fruit.

Sides

Vegan/G.F. Hummus Snack.....7.25

Sundried Tomato Hummus, Organic Carrots, Celery & G.F. Organic Crackers.

Yogurt Berry Parfait.....7.50

Non-fat Greek Yogurt topped with our in-house Berry Bake & G.F. Vegan Granola.

2 Slices G.F. or Organic Bran Toast.....3.95

2 Hard Boiled Eggs.....3.00

Cheese or Avocado.....1.50

2 slices or Pepper Jack or Cheddar, Avocado is Seasonal.

Fresh Seasonal Fruit Cup.....3.95





Smoothies

20oz. Smoothies blended with Vegan Protein Powder
All Ingredients can be modified to your preference

- Misty's Special*.....7.50
Organic Spinach, Blueberries, Banana, Almond Milk
- Apple Spice*.....7.50
Organic Apple, Grapes, Spinach, Cinnamon, Almond Milk
- Pumpkin Spice*.....7.50
Pumpkin, Apple, Ginger, Cloves, Cinnamon, Almond Milk
- Chocolate Banana*.....7.50
100% Cacao, Banana, Berries, Turmeric, Rice Milk
- Almond Butter Chocolate*.....7.75
Almond Butter, 100% Cacao, Apple, Banana, Chia Seeds & Almond Milk
- Peanut Butter Chocolate*.....7.75
Peanut Butter, 100% Cacao, Apple, Banana, Chia Seeds & Almond Milk
- Green Smoothie*.....7.75
Pineapple, Grapes, Organic Spinach, Coconut Milk
- Optional Add-Ins*.....0.50/ea
Apple, Banana, Blueberry, Triple Berry, Pineapple, Tropical Fruit, Carrot, Cucumber, Spinach, Almond Butter, Peanut Butter, Flaxseed, Chia Seed
- Power Up Add-Ins*.....1.00/ea
MCT Oil, Green Zone, Collagen, BCAA Protein

Kid's Menu

- Peanut Butter & Jelly Sandwich*.....5.95
Full Peanut Butter & Jelly Sandwich served with Fresh Fruit & Gluten/Dairy Free Popper
- Almond Butter & Jelly Sandwich*.....5.95
Full Almond Butter & Jelly Sandwich served with Fresh Fruit & Gluten/Dairy Free Popper
- Child's Club Sandwich*.....6.95
½ Sandwich with Natural Turkey, Cheddar Cheese, Tomato & Lettuce. Served with Fresh Fruit & Gluten/Dairy Free Popper
- Childs Smoothie*.....4.95
12oz. Strawberry & Banana. Add \$0.50 for Non-Dairy
- Green Apple Smoothie*.....6.95
12oz. Apples, Organic Apple Juice, Green Grapes, Spinach & Cinnamon
- Organic Juice Box*.....1.95
- Organic 1% Milk - 12oz*.....1.50
- Organic Non-Dairy - 8oz*.....2.50

