

Natural Muffins & Cafe

FUELRZ

Eat right, take the FUELRZ bite!

Gluten Free • Vegan • Bran!





Sandwiches & Wraps

G.F. or Organic Bran Bread
Spinach or Whole Wheat Wrap – Add \$1.00
All served with Fresh Fruit

Egg Salad.....11.87

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

Albacore Tuna Sandwich.....13.43

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

G.F. Turkey Vegetable Meatloaf.....14.47

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

G.F. Turkey Pesto.....13.43

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

Vegan Hummus Wrap.....13.43

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.....12.96 - or - Bowl.....15.04

Soup with Full Sandwich

Sandwich of your choice served with Fresh Fruit.
Cup.....16.59 - or - Bowl.....18.67

Soup & Salad

Our Organic Berry Salad with Your Choice of Soup.
Cup.....14.51 - or - Bowl.....16.59

Sandwich & Salad

Our Organic Berry Salad with Your Choice of Sandwich.
½ Sandwich.....14.47 - or - Full.....16.55

Salads

Organic Spinach & Berry.....12.39

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

Vegan Caesar..... 11.35

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

Albacore Tuna Salad.....13.43

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

Turkey Taco Salad.....14.47

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

Chef's Special

Ask about our Chef's Special

Soups

G.F./Vegan Organic Broccoli Soup

Cup.....7.23 - or - Bowl.....9.31

Served with Organic Sweet Potato Crackers & Fresh Fruit

Soup Du Jour

Ask about our soup of the day



Muffins

No Dairy, Oil, Butter or Soy!

All Natural limited ingredient muffins and baked goods.

Gluten Free.....3.64

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).....3.90

Paleo (Flavor - Almond).....4.16

Muscle (Flavor - Almond).....4.16

KETO (Ask for daily flavor).....4.16

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..... 3.62

Dozen Cookies.....39.82

Single Cake Slice.....5.15

Brownie (Vegan Black Bean).....4.16

Poppers (Regular or Vegan).....3.00

Breakfast

Monday–Saturday 8:30-12:00

Mediterranean Breakfast Sandwich...10.75

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

Acai Bowl.....11.75

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

Yogurt Berry Parfait..... 7.80

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

Keto Scramble.....12.95

Scrambled eggs, Spinach, Mushroom, Onion, Tomato, Turkey Bacon, Bell pepper.

Texas Scramble.....12.95

Scrambled eggs, Taco Meat, Tomato, Onion, Cheese and Avocado. Salsa on the side.

Bacon Egg Sandwich..... 9.95

Bacon Egg Bagel..... 9.84

Bagel and Cream Cheese..... 5.68

Avocado Toast..... 5.72

Sides

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

2 Hard Boiled Eggs.....3.12

Cheese or Avocado.....1.50

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

Fresh Seasonal Fruit Cup.....4.16



Kid's Menu

- Peanut Butter & Jelly Sandwich*.....6.76
 Full Peanut Butter & Jelly Sandwich served with Fresh Fruit & Gluten/Dairy Free Popper
- Almond Butter & Jelly Sandwich*.....6.76
 Full Almond Butter & Jelly Sandwich served with Fresh Fruit & Gluten/Dairy Free Popper
- Child's Club Sandwich*.....7.23
 ½ Sandwich with Natural Turkey, Cheddar Cheese, Tomato & Lettuce. Served with Fresh Fruit & Gluten/Dairy Free Popper
- Child's Smoothie*.....5.15
 12oz. Strawberry & Banana. Add \$0.50 for Non-Dairy
- Green Apple Smoothie*.....5.15
 12oz. Apples, Organic Apple Juice, Green Grapes, Spinach & Cinnamon
- Organic Juice Box*.....2.03

Smoothies

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

- Misty's Special*.....8.25
 Organic Spinach, Blueberries, Banana, Almond Milk
- Apple Spice*.....8.50
 Organic Apple, Grapes, Spinach, Cinnamon, Almond Milk
- Pumpkin Spice*.....8.25
 Pumpkin, Apple, Ginger, Cloves, Cinnamon, Almond Milk
- Chocolate Banana*.....8.25
 100% Cacao, Banana, Berries, Turmeric, Rice Milk
- Almond Butter Chocolate*.....8.75
 Almond Butter, 100% Cacao, Apple, Banana, Chia Seeds & Almond Milk
- Peanut Butter Chocolate*.....8.75
 Peanut Butter, 100% Cacao, Apple, Banana, Chia Seeds & Almond Milk
- Green Smoothie*.....8.75
 Pineapple, Grapes, Organic Spinach, Coconut Milk
- Optional Add-Ins*.....0.52/ea
 Apple, Banana, Blueberry, Triple Berry, Pineapple, Tropical Fruit, Carrot, Cucumber, Spinach, Almond Butter, Peanut Butter, Flaxseed, Chia Seed
- Power Up Add-Ins*.....1.04/ea
 MCT Oil, Green Zone, Collagen, BCAA Protein

(360-337-1313) – Please allow at least 15 minutes for all phone orders to be ready for pick-up