

*Natural Muffins & Cafe*

**FUELRZ**

*Eat right, take the FUELRZ bite!*

*Gluten Free • Vegan • Bran!*



# Muffins

No Dairy, Oil, Butter, or Soy!

All-Natural limited ingredient muffins and baked goods. We are able to alter our ingredients for those with specific allergies. Place your special order today!

- Gluten Free ..... 3.25  
Daily Flavors: Almond, Banana Chip, Blueberry, Carrot Walnut, Double Chocolate, Chocolate Zucchini, Pumpkin, Pumpkin Chip, Pineapple Coconut, Peanut Butter Chip
- Bran ..... 3.25  
Daily Flavors: Apple Walnut, Banana Walnut, Double Chocolate, Pumpkin, Pineapple Coconut, Peanut Butter, Zucchini Carrot
- Vegan ..... 3.50  
Ask for Daily Flavor.
- Paleo ..... 4.00  
Daily Flavor: Almond
- Muscle ..... 4.00  
Daily Flavor: Almond
- 9 Box of Gluten Free or Bran Muffins ..... 27.25  
Choose from our Daily Flavors listed Above. A \$2 savings!

Special Order  
24 Hour Notice Required!



# Cookies & Cakes

Dairy & Gluten Free

- Single Cookie ..... 2.00
- Dozen Cookies ..... 22.00
- Single Slice Cake ..... 3.95

Special Order  
Cookies, Cakes, & Coffee Cakes  
24 Hour Notice Required!

# Breakfast

Saturdays 8:30 AM to 12 PM

- Mediterranean Breakfast Sandwich ... (Daily) ..... 7.95  
Sun Dried Tomato, Artichoke Hearts & Scrambled Eggs on G.F. or Organic Bran Bread. Choice of Fresh Fruit or Berry Bake.
- Acai Bowl ... (Daily) ..... 8.95  
Acai Blended with Non-Dairy Milk or Yogurt. Topped with G.F. Vegan Granola, Fresh Fruit & Honey Drizzle.
- G.F. Oatmeal ... (Daily) ..... 5.95  
Your choice of Cinnamon, Raisins, Honey, Raw Sugar, & Walnuts. Choice of Fresh Fruit or Berry Bake.
- G.F. Breakfast Sampler ..... 9.95  
2 Scrambled Eggs, 2 G.F. Oat Pancakes with Organic Maple Syrup, 2 Organic Chicken Sausage Links. Choice of Fresh Fruit or Berry Bake.
- G.F. Oat Pancakes ..... 8.95  
3 G.F. Oat Pancakes with Organic Maple Syrup, 2 Organic Chicken Sausage Links. Choice of Fresh Fruit or Berry Bake.
- French Toast ..... 8.95  
Your choice of G.F. Bread or Organic Bran bread with Organic Maple Syrup. Choice of Fresh Fruit or Berry Bake.

# Sides

- Vegan/G.F. Hummus Snack ..... 5.95  
Sundried Tomato Hummus, Organic Carrots, Celery & G.F. Organic Crackers.
- Yogurt Berry Parfait ..... 6.95  
Non-fat Greek Yogurt topped with our in-house Berry Bake & G.F. Vegan Granola.
- Organic G.F. Vegan Berry Bake ..... 2.95  
Lightly sweetened baked berries, topped with G.F. Vegan Granola.
- 2 Slices G.F. or Organic Bran Toast ..... 3.95
- Hard Boiled Eggs ..... 1 for \$1.00. .... 2 for \$1.75
- 3 Organic Chicken Sausage Links ..... 3.00
- Cheese or Avocado ..... 1.00  
2 slices of Pepper Jack or Cheddar, Avocado is Seasonal.
- Fresh Seasonal Fruit Cup ..... 2.95

Fuelrz 360-337-1313 - Please allow at least 15 minutes for all phone orders to be ready for pick up.



## Salads & Soups

Organic Spinach & Berry . . . . . 8.95  
Spinach, Seasonal Berries, Cucumber, Feta, & Candied Walnuts. Drizzled with our Balsamic Dressing.

Albacore Tuna Salad . . . . . 9.95  
Albacore Tuna, choice of Mayo Dressing or Plain on a bed of Organic Greens with Cucumber, Tomato. Topped with our Lemon Dressing.

Turkey Taco Salad . . . . . 9.95  
Seasoned Ground Turkey on a bed of greens. Topped with Organic Black Beans, Jalapeno, Olives, Tomato, Salsa, & G.F. Tortilla Chips.

G.F./Vegan Organic Broccoli Soup  
Served with Organic Sweet Potato Crackers.  
Choice of Fresh Fruit or Organic Berry Bake.  
Cup . . . . \$6.95 Bowl . . . . \$8.95

Soup Du Jour  
Ask about our Soup of the Day.

## Combos

Soup with ½ Sandwich  
Your Choice served with Fresh Fruit.  
Cup . . . . \$10.95 Bowl . . . . \$12.95

Soup with Full Sandwich  
Your Choice served with Fresh Fruit.  
Cup . . . . \$12.95 Bowl . . . . \$14.95

Soup & Salad  
Our Organic Berry Salad with Your Choice of Soup.  
Cup . . . . \$10.95 Bowl . . . . \$12.95

Sandwich & Salad  
Our Organic Berry Salad with Your Choice of Sandwich.  
½ Sandwich . . . . \$10.95 Full Sandwich . . . . \$12.95



## Sandwiches & Wraps

Gluten Free, or Organic Bran Bread  
Spinach or Whole Wheat Wrap  
Choice of Fresh Fruit or Organic Berry Bake.

Egg Salad . . . . . 8.95  
Egg Salad seasoned with Dill, Celery Salt & Onion.  
Topped with Tomato & Spinach.

Albacore Tuna . . . . . 9.95  
Choice of Plain Tuna or Mayo Blend, with Lemon Pepper, Dill, & Celery Salt. Topped with Tomato & Spinach.

G.F. Turkey Vegetable Meatloaf . . . . . 9.95  
Ground Turkey loaded with vegetables.  
Topped with Onion, Tomato & Spinach.

Vegan Hummus Wrap . . . . . 9.95  
Wrapped with Spinach, Cucumber, Tomato, Red Onion, & Seasonal Avocado. Not available in ½ Sandwich Combos.

G.F. Turkey Pesto . . . . . 9.95  
Natural Turkey Breast with our Organic Spinach, Artichoke Pesto. Topped with Tomato & Spinach.



## Fruit Smoothies

All Smoothies Blended with Organic Vegan Protein Powder!

- Almond & Chocolate ..... 7.75  
Almond Butter, 100% Cacao, Apple, Banana, Chia Seeds, Almond Milk.
- Apple Spice ..... 7.25  
Organic Apple, Grapes, Spinach, Cinnamon, Almond Milk or Apple Juice.
- Chocolate & Banana ..... 7.25  
100% Cacao, Banana, Turmeric, Berries, Rice Milk.
- Green Smoothie ..... 7.75  
Pineapple, Grapes, Organic Spinach, Coconut Milk.
- Misty's Special ..... 7.25  
Organic Spinach, Blueberries, Banana, Almond Milk.
- Peanut Butter & Chocolate ..... 7.75  
Peanut Butter, 100% Cacao, Apple, Banana, Chia Seeds, Almond Milk.
- Pumpkin & Spice ..... 7.25  
Pumpkin, Ginger, Apple, Clove, Cinnamon, Almond Milk.
- Optional Items ..... 0.50¢ ea.  
Organic Apple, Banana, Blueberry, Triple Berry, Pineapple, Tropical Fruit, Carrot, Cucumber, Spinach, Almond Butter, Peanut Butter, Flax Seed, Chia Seed.
- Power Up! ..... 1.00 ea.  
MCT-Oil, Green Zone, Collagen

## Child's Menu

- Peanut Butter & Jelly ..... 5.95  
Full Sandwich served with Fresh Fruit and a Gluten/Dairy Free Popper Cookie.
- Almond Butter & Jelly ..... 5.95  
Full Sandwich served with Fresh Fruit and a Gluten/Dairy Free Popper Cookie.
- Child's Club Sandwich ..... 5.95  
½ Sandwich with Natural Turkey, Cheddar Cheese, Tomato, & Lettuce. Served with Fresh Fruit and a Gluten/Dairy Free Popper Cookie.
- Child's Smoothie ..... 3.95  
12 oz. Strawberry & Banana. Non-Dairy add \$0.50
- Green Apple Smoothie ..... 4.95  
Apples, Organic Apple Juice, Green Grapes, Spinach, & Cinnamon. 12 oz.
- Organic Juice Box ..... 1.95
- Organic 1% Milk – 8 oz. .... 1.50
- Organic Non-Dairy – 8 oz. .... 1.95



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