

THE BUTCHERS VEGETABLES

Mon-Fri 9-2 Sat 10-2
839 Park Avenue
Muscatine, IA
563.263.0238

SALAD + SANDWICH

Half salad and Whole
Sandwich of your choice.
11

SOUP + SANDWICH

Cup of Soup and a Whole
Sandwich of your choice.
11

SOUP + SALAD

Half salad and Cup of Soup.
10

Consumer advisory: Consuming raw
or undercooked meats, poultry,
seafood, shellfish,
or eggs may increase your risk of
food borne illness.

Raw Juice

Street Juice
All the Carrots
8 (V,GF)

Celery Juice
Tall glass o' Celery juice
8 (V,GF)

Orange Juice
Just Oranges
8 (V,GF)

Beet Me Up
Beet, Celery,
Cucumber, Parsley,
Spinach, Apple,
Lemon, Ginger
8 (V,GF)

Apple Carrot Zinger
Apple, Carrot,
Cumber, Ginger
8 (V,GF)

Green Apple Lemonade
Celery, Cucumber, Kale,
Parsley,
Lemon, Ginger
8 (V,GF)

**ADD CHIA SEEDS 2
ADD HEMP SEEDS 3

Salads

House Salad
Seasonal veggies on a
bed of greens. Choice
of House Ranch or
House Creamy
Vinaigrette
8 (V,GF)

Mediterranean
Chickpea Salad
A light tossed salad of
Chickpea, Cucumber,
Jalapeño, Tomato,
Onion, fruit, Sun-dried
Tomatoes, Olives, and
Herbs.
13 (V,GF)

Smoothies

Sunshine
Mango, Pineapple,
Banana, Almond Milk
8 (V,GF)

Mango Mixer
Mango, Banana,
Basil, Green Tea
8 (V,GF)

Lucky Greens
Green Grapes, Kale,
Banana, Mint,
Almond Milk
8 (V,GF)

Strawberry Cream
Strawberry, Avocado,
Banana, Orange Juice
8 (V,GF)

Berry Peanut Buttery
Berries, Banana,
Oats, Peanut Butter,
Almond Milk
8 (V,GF)

**ADD CHIA SEEDS 2
ADD HEMP SEEDS 3

Soup of the Moment

Why in the
moment?

Well we love every
soup and love to
play! All soups are
made from scratch,
and most if not all
soups are Vegan
and Gluten free!

V = Vegan
GF= Gluten Free

Breakfast

Available all day every day

Moms Waffle + Fruit
Family recipe, Seasonal fruit
6.75

Bean + Veggie Hash
Potatoes, Mushroom, Onion,
Squash, Sweet Peppers
7.50 (V,GF)
**ADD EGG 2

Quinoa Cake + Poached Egg
Crispy Quinoa Cake, topped
with Spinach, Poached Egg,
Asparagus, and House Made
Garlic Aioli
9 (GF)

AVOCADO TOAST

Easy Tom
Sourdough toast, Smashed,
Avocado, Over easy egg,
and Marinated tomatoes
Half- 4 Full 7.50 (V)

Avocado + Dukkah
Wheat Toast, Smashed
Avocado, Dukkah Spice, Olive
oil drizzle,
and a Lemon wedge
Half- 4 Full 7.50 (V)

Sweet Treats

Weekly Sweet treats. Simple
bakery items, or raw items.
Simple, healthy,
sweet treats.

Main

Portobello + Bean Burger

Steak Seasoned Portobello
Mushroom, Black Bean,
Broccoli Patty, Served with
Guacamole, Lettuce, Tomato,
and Onion on a Brioche Bun
10

**ADD EGG 2
EXTRA PATTY 2
CHEESE .75

Sweet Potato Quesadilla Thinly Sliced

Sweet Potatoes, Onion,
Corn, inside a Quesadilla,
a Fried Egg and Guacamole
11

Buffalo Cauliflower Sandwich

Baked Cauliflower covered in
House Made Buffalo Sauce,
topped with Bleu Cheese
crumble, and slaw on a
Brioche bun
10

Hum Yum Sandwich
Wheat Toast, house made
hummus, Spinach, Mushroom,
Tomato, Carrot,
and a Zesty Pickle
8

Eggless Salad Sandwich
Tofu in a traditional Egg
salad recipe, served between
Wheat Toast
7 (V)

Chipotle Tahini Bowl
Quinoa, Roasted
Sweet Potato, Kale,
Avocado, Soft boiled egg,
and Chipotle Tahini sauce
10 (GF)