

# THE BUTCHERS VEGETABLES

839 Park Avenue

Muscatine, IA 52761

Hours: M,W,F 9-2

T,Th 9-4 Sat 10-2

563.263.0238

## SOUP + SANDWICH

Cup of Soup and a Whole Sandwich of your choice.

11

## SALAD + SANDWICH

Half Salad and Whole Sandwich of your choice.

11

## SOUP + SALAD

Half Salad and a Cup of Soup.

9

## Raw Juice

### STREET JUICE

All the Carrots.  
8 (V,GF)

### ORANGE JUICE

Just oranges.  
8 (V,GF)

### CITRUS WINTER

#### WARMER

Orange, Grapefruit, Beet,  
Sweet Potato, Lemon, Ginger  
Root.  
10 (V,GF)

### SKIN BRIGHTENING

Orange, Carrot, Broccoli, Celery.  
8 (V,GF)

### GREEN APPLE LEMONDAE

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

\*\*ADD CHIA SEEDS 2

ADD HEMP SEEDS 3

## Smoothies

### SUNSHINE

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

### FALL APPLE

Apple, Banana, Maple syrup,  
Cinnamon, Nutmeg, Ginger,  
Almond Milk.  
8 (V,GF)

### KALE BERRY

Blueberry, Kale, Mint, Banana,  
Almond Milk.  
8 (V,GF)

\*\*ADD CHIA SEEDS 2

ADD HEMP SEEDS 3

## Soup + Salads

### HOUSE SALAD

Seasonal veggies on a bed of greens. Served with our house Ranch or Creamy Vinaigrette.  
8 (V,GF)

### WINTER COBB

Roasted sweet potato, cinnamon maple chickpeas, avocado, apple, pecan, and pomegranate seeds on a bed of greens. Served with Creamy vinaigrette.

Half- 7 Full-13(V,GF)

## 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!

## Smoothies

### STRAWBERRY CREAM

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

### CARROT CAKE

Carrot, Cauliflower, Banana,  
Almond Butter, Cinnamon,  
Turmeric, Ginger, Almond Milk.  
8 (V,GF)

V = Vegan

GF= Gluten Free

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

## Breakfast

MOMS WAFFLE + FRUIT  
Family Recipe, Seasonal Fruit.  
6.75

BEAN + VEGGIE HASH  
Potatoes, Mushroom, Onion,  
Squash, Sweet Pepper.  
7.50 (V,GF)  
*\*\*ADD EGG 2*

CHIA PUDDING  
Almond Milk, Chia Seeds, Maple  
Syrup, Vanilla.  
Served with Seasonal Fruit, and  
Granola.  
8.50 (V, GF)

TOFU SCRAMBLE WRAP  
Gluten Free Coconut wrap, filled  
with Tofu, Broccoli, Roasted  
Peppers, and House-made salsa.  
10 (V,GF)

### AVOCADO TOAST

*EASY TOM*  
Sour Dough toast, Smashed  
Avocado, Over Easy Egg, and  
Marinated Tomatoes.  
Half- 4 Full- 7.50 (V)

### AVOCADO + DUKKAH

Wheat Toast, Brushed with Olive  
Oil, Smashed Avocado, Dukkah  
Seasoning, and a Lemon wedge  
Half- 4 Full- 7.50 (V)

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## Sides

Side Salad 5 (v,GF)  
Granola Bar 4 (GF)  
Mixed Fruit 4 (V,GF)  
House- Made Slaw 2 (V,GF)  
Veggies and Ranch 5 (V,GF)  
*\*\*ADD HUMMUS TO VEGGIES 1*  
(V,GF)

## Mains

PORTOBELLO + BEAN  
BURGER  
Steak Seasoned Portobello  
Mushroom, Black Bean,  
Broccoli Patty, Served with  
Guacamole, Lettuce, Tomato,  
and Onion on a Brioche Bun.  
10.00  
*\*\*ADD EGG 2*  
*EXTRA PATTY 2*  
*CHEESE .75*

BUFFALO CAULIFLOWER  
SANDWICH  
Baked cauliflower covered in House  
Buffalo Sauce, topped with Slaw,  
and Blue Cheese Crumbles. Served  
on a Brioche bun.  
10

HUM YUM SANDWICH  
Wheat bread toasted, Roasted  
Beet hummus, Spinach,  
Mushroom, Tomato, Carrot and  
a Zesty Pickle.  
8 (V)

SWEET POTATO  
QUESADILLA  
Thinly Sliced Sweet Potatoes,  
Onion, Corn, inside a Quesadilla.  
A fried egg, and Guacamole.  
11

SHEPHARDS PIE +  
CAULIFLOWER MASH  
Mushroom, Onion, Carrot,  
Celery, Herbs. Topped with  
Cauliflower Mash.  
10 (V,GF)

DRINKS  
Iced Tea 2   Hot Tea 2   Golden Milk 4  
Locally Roasted Coffee 2