

THE BUTCHERS

VEGETABLES

839 PARK AVENUE

MUSCATINE, IA

563.263.0238

CARRY OUT ONLY

MON-FRI

11AM-2PM

CLOSED SAT & SUN

CONSUMER

ADVISORY:

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

\$8 SMOOTHIES

SUNSHINE

MANGO, PINEAPPLE, BANANA, ALMOND MILK

STRAWBERRY BANANA

STRAWBERRY, BANANA, ALMOND MILK

DIRTY CHI

CHI TEA & ESPRESSO ICE CUBES, BANANA, AVOCADO, OATS, DATE PASTE, CINNAMON, COCONUT MILK

FALL APPLE

APPLE, BANANA, MAPLE SYRUP, CINNAMON, GINGER, SALT, NUTMEG, ALMOND MILK

AFTERNOON BRAIN REBOOT

BLUEBERRY, BANANA, CHIA SEED, CACAO POWDER, BEET, COCONUT MILK

BOOSTERS

- CHIA SEEDS.....3
- HEMP SEEDS.....3
- PROTEIN POWDER.....3
- SPINACH.....1
- KALE.....1
- NUTS.....1
- OATS.....1
- GINGER.....1
- TURMERIC.....1
- CACAO POWDER.....3

\$8 JUICES

GREEN GLORY

APPLE, LIME, BRUSSEL SPROUTS, CELERY

AUTUMN HARVEST

BUTTERNUT SQUASH, APPLE, GINGER, CINNAMON

ZINGY APPLE CELERY

CELERY, APPLE, LEMON, GINGER, TURMERIC

ANTI-INFLAMMATORY BOOST

ORANGE, CARROT, CUCUMBER, LIME, TURMERIC, BLACK PEPPER

BRING THE BEET

CUCUMBER, CELERY, CARROT, BEET, LEMON

SALADS

\$13 WINTER COBB

MIXED GREENS, BUTTERNUT SQUASH, CINNAMON MAPLE CHICKPEAS, APPLE, PECANS, BERRIES, AVOCADO, CREAMY VINAIGRETTE

\$13 BUFFALO CAULIFLOWER SALAD

MIXED GREENS, TOPPED WITH BUFFALO CAULIFLOWER, RED CABBAGE, CUCUMBER, CARROT, CELERY, AND BUFFALO RANCH

\$9 SIMPLE SALAD

MIXED GREENS TOPPED WITH CARROTS, CUCUMBER, TOMATO, ONION, WITH CREAMY VINAIGRETTE

LOCAL FAVORITES

HALF \$6 EASY TOM FULL \$12
SOURDOUGH TOAST, SMASHED AVOCADO, OVER

EASY EGG AND MARINATED TOMATOES

\$10 PORTOBELLO + BEAN BURGER

STEAK SEASONED PORTOBELLO MUSHROOM, BLACK BEAN, AND BROCCOLI PATTY. SERVED WITH GUACAMOLE, LETTUCE,

TOMATO, AND ONION, ON A BRIOCHE BUN

*ADD XTRA PATTY \$2 *ADD EGG \$2

*ADD CHEESE \$.75

\$10 BUFFALO CAULIFLOWER SANDWICH

BAKED CAULIFLOWER COVERED IN HOUSE MADE BUFFALO SAUCE, TOPPED WITH BLEU CHEESE CRUMBLE AND SLAW,

ON A BRIOCHE BUN *ADD EGG \$2

\$8 EGGLESS SALAD SANDWICH

TOFU IN A TRADITIONAL EGG SALAD RECIPE,

SERVED BETWEEN TOASTED SOURDOUGH WITH

LETTUCE, TOMATO AND ONION (V)

\$11 CHIPOTLE BOWL

QUINOA, ROASTED SWEET POTATO, KALE, AVOCADO, A JAMMY

EGG, AND HOUSE MADE CHIPOTLE SAUCE (GF)

\$11 SWEET POTATO QUESADILLA

THINLY SLICED SWEET POTATO, ONION, CORN, INSIDE A

QUESADILLA. SERVED WITH AN OVER EASY EGG

(V) VEGAN (GF) GLUTEN FREE

ALL SMOOTHIES, JUICES, SALADS, AND MOST SOUPS ARE VEGAN

+ GLUTEN FREE (IF NOT MARKED (V) PLEASE ASK FOR

MODIFICATION)

AUTUMN SEASONALS

\$13 WARM CRANBERRY KALE

FLASH WILTED KALE, HOUSE MADE WARM CRANBERRY DRESSING

TOPPED WITH ALMONDS BUTTERNUT SQUASH,

BLEU CHEESE CRUMBLE (V,GF)

\$10 SWEET POTATO BURGER

VEGAN SWEET POTATO BURGER, TOPPED WITH VEGAN MAYO,

ONION, AVOCADO, AND HOUSE PICKLED CABBAGE

ON A BRIOCHE BUN (V)

\$10 CREAMY POLENTA + BALSAMIC VEGETABLES

ROASTED BALSAMIC BRUSSEL SPROUTS, MUSHROOM, ONION,

GARLIC CHICKPEAS, ON CREAMY POLENTA (V, GF)

\$10 SHEPHERDS PIE + CAULIFLOWER MASH

MUSHROOM BASE, ONION, CARROT, CELERY, HERBS,

TOPPED WITH CAULIFLOWER MASH (V, GF)

HALF \$6

AVOCADO + DUKKAH TOAST

FULL \$12

SOURDOUGH TOAST, SMASHED AVOCADO, DUKKAH

SPICE, OLIVE OIL DRIZZLE, AND LEMON WEDGE (V)

COMBOS

\$15 MAIN+SALAD

ANY MAIN DISH+

1/2 SALAD

\$14 MAIN+SOUP

ANY MAIN DISH+

CUP SOUP

\$14 SOUP+SALAD

ANY 1/2 SALAD +

CUP SOUP

A PIECE OF FRUIT WITH EVERY

DISH AND COMBO