

Salads

Add Cheese \$.50

Extra Dressing \$1.00

Any salad turned Vegetarian
\$5.50

Blueberry Basil: \$10.45
Chicken, Blueberries,
Tomato, Almonds

Pineapple Vinaigrette \$10.45
Chicken, Pineapple,
Mandarin Orange, almonds

Greek Vinaigrette \$10.45
Chicken, olives, tomato,
almonds, red onions

Cobb Chicken Salad \$10.95
Avocado, Egg, Bacon,
Tomato, Red Onion,
Almonds, Ranch

Maple Mustard Chicken \$10.45
Tomato, Red Onion, Walnuts

Cajun Salmon Salad \$11.95
*15min cook times *
Tomato, Red Onion, Almond
Dill Dijon Vinaigrette

Sandwich

Flare: \$6.95
Ham, Turkey, Pepperjack, Lettuce,
Tomato, Spicy Mayo on
Marble Rye

Ham and Cheese: \$6.95
Ham, Swiss, Lettuce, Tomato,
Garlic Aioli on Marble Rye

Cowboy: \$7.25
Roast Beef, Red Onion, Cheddar,
Garlic Aioli on Marble Rye

Big Deal: \$7.25
Turkey, Ham, Bacon, Cheddar,
Swiss, Lettuce, Tomato,
Maple Mustard on Marble Rye

Blitz: \$7.25
Turkey, Bacon, Swiss,
Avocado, Lettuce, Tomato,
Garlic Aioli on Whole Wheat

Chicken Salad: \$7.25
Chicken Salad, Grapes,
Lettuce on Croissant

Kids

PB & J \$5.00

Cheese Quesadilla \$5.00
add Chicken \$1.00

Cheesy Flat Bread \$5.00

Mac and Cheese \$5.00



Fuel'D Cafe

501 Grand Ave

Des Moines, IA 50308

515-630-3809

Avocado Toast

Day Breaker \$5.95
Avocado
Scrambled Egg,
Spicy Mayo
Salsa
(Served until 10:30)

The Everything \$5.95
Avocado, Honey,
Everything Seasoning

GO FISH \$7.95
Cream Cheese,
Avocado, Smoked Salmon
Capers, Dill

Caprese \$7.95
Avocado, Mozzarella
Tomato, Balsamic Glaze

ABC'S \$5.95
Avocado, Balsamic Glaze
Chia, Strawberry

Wraps

Buffalo Chicken \$6.95
Buffalo style chicken, green onion,
Lettuce, Cheese and Ranch

Hawaiian Chicken \$6.95
Chicken, grilled pineapple, Lettuce,
Green onion and cheese

California Turkey \$7.25 Turkey,
bacon, avocado, tomato,
lettuce ,cheese, and Paleo Ranch

Santa Fe Chicken \$7.25
Black beans, pepper and onion,
avocado, tomato, lettuce and cheese

Burgers

Beef Burger: \$5.00
Lettuce, Tomato, Onion
Add Cheese \$.50
Add Bacon \$1.00

Bison Burger: \$8.95
Lettuce, Tomato, Onion.
Add Cheese \$.50
Add Bacon \$1.00

California Turkey Burger: \$6.95
Turkey, Bacon, Lettuce,
Tomato, Onion, Avocado,
Ranch

Sweet Potato Stuffers

Buffalo Chicken \$10.50
buffalo style chicken, ranch, green onion,
side of seasonal veggies

Santa Fe Chicken \$10.50
black beans, avocado, pepper and onions, sweet guajillo
sauce, side of seasonal veggies

Rice Bowls

Buffalo Chicken \$10.50
Rice, Buffalo Chicken, Steamed Veggies

Santa Fe Chicken \$10.50
Rice, Chicken, Black Beans, Peppers
Onions, Guajillo Sauce, Avocado
Steamed Veggies

Hawaiian Chicken \$10.50
Rice, Chicken, Pineapple,
Maple Mustard, Green Onion,
Steamed Veggies

Blacken'd Salmon. \$11.95
Rice, Salmon, Steamed Veggies