

Smoothies

Fuze Classics

Choco Banana Buzz (Fan Favourite)	\$8.00
natural peanut butter, chocolate whey protein, banana, Kicking Horse coffee, vanilla yogurt	
Tropical Sun	\$6.00
mango, pineapple, banana, tropical juice & coconut milk	
Pina Colada	\$6.00
pineapple, banana, coconut milk, shredded coconut, cinnamon	
Classy Peach	\$6.00
peach, strawberries, banana, vanilla yogurt, apple-peach-orange juice	
Frozen Strawberry Lemonade	\$6.00
strawberries, fresh-made lemonade, lemon Greek yogurt, wildberry juice	
Strawberry Banana	\$6.00
strawberries, banana, vanilla yogurt, and orange juice	
Berry Awesome	\$6.00
triberry, vanilla yogurt, wildberry juice	
Lemonade	\$3.00
lemon juice, local honey, sugar	
Fuze Iced Tea	\$ 3.00
made in-house with brewed raspberry-black currant tea, orange pekoe, green tea, honey, sugar	
Kicking Horse Coffee (12oz)	\$2.25
	\$ 2.25
Assorted Hot Tea	\$2.25

Fruit/Veggie Fuze-ions

King Kale	\$6.50
spinach, kale, carrots, banana, mango, orange & apple juice.	
Beet Berry Mojito	\$6.50
beets, triberry, mint, pineapple, wildberry juice, apple juice	
Apple Avocado	\$6.50
fresh apple, mint, avocado, pineapple, and apple juice	
Gold Rush (anti-inflammatory properties)	\$6.50
fresh carrot, grated ginger, turmeric, mango, pineapple, and orange juice	
Make it a Creamsicle: vanilla whey protein add \$1.50	

Smoothies

Super Hero Status

Morning Moringa (Vegan)	\$9.50
Spinach, banana, triberry, almond milk, orange juice, Moringa powder, hemp protein	
Berry Matcha	\$9.00
triberry, Matcha green tea powder, banana, spinach, & almond milk	
Matcha Peachu	\$9.00
Matcha green tea powder, banana, peaches, coconut milk, spinach splash of unsweetened apple/orange/peach juice (optional)	
Spicy Vegan Choco Buzz	\$9.50
almond milk, cocoa hemp protein, dark roasted coffee, banana, dates, organic peanut butter, cinnamon, cayenne	
Green Goddess	\$9.50
Macca powder (hormone balancing properties) Ginger, Kale, Mango, avocado, almond milk, fresh mint and hemp protein	

Really Cool Additives

Matcha	\$1.50
Green tea powder, super clean energy booster	
Moringa Powder	\$1.00
Contains around 90 essential nutrients, vitamins & minerals, 9 essential amino acids, and phytonutrients	
Macca Powder	\$1.50
Increase your stamina, boost energy and strengthen your immune system	
Hemp Protein	\$2.50
Complete Vegan protein source, easily digestible, packs antioxidants, minerals, fibre, unsaturated fats	
Whey Protein	\$1.50
Contains dairy; choice of vanilla or unsweetened	



FOOD AND SMOOTHIE BAR

wraps • bowls • salads
smoothies
Delicious Baked Goods

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www.fuzefood.com

315 3rd Avenue

(between Fubuki Sushi and Subway)

250-342-0209

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WORLD-INSPIRED FLAVOURS
LOCAL FLAIR
WHOLESOME FRESH TAKE-OUT

Find us at www.fuzefood.com

Full menu on-line.

Prices do NOT include taxes.



Signature Bowls

**All bowls served with Jasmine rice or rice noodles.
Add Protein choice if you want see prices on the back.**

Satay Bowl	\$13.50
Famous Fuze peanut sauce with broccoli, carrots, cabbage, peppers, topped with fresh cilantro and roasted peanuts.	
Green Curry Bowl	\$13.50
Zucchini, spinach, mushrooms, peppers, carrot in Thai green curry coconut sauce topped with sesame seeds, fresh basil.	
Better Butter Chicken	\$14.00
contains dairy • can be vegetarian	
Chicken with medium to spicy masala tomato and cream based sauce on jasmine rice or rice noodles, topped with fresh tomato, feta, garlic yogurt and cilantro. Served with a side grilled Naan.	
Super Hero Masala Bowl	\$13.50
sugar-free • Vegan • gluten-free • dairy-free	
Masala spices with apple, coconut milk based tomato sauce. Mushrooms, broccoli, peppers, zucchini, fresh spinach, carrots, basil.	
Teryaki Bowl	\$12.00
Broccoli, mushrooms, purple cabbage, red peppers simmered in our orange teryaki sauce on a bed of rice topped with fresh carrot and sesame seeds.	
Kids' Menu	
Teriyaki Bowl Chicken, Sauce & Rice	\$7.00
Mini Teryaki Chicken Wrap	\$7.00
Chicken, Cheese and Rice (cant add much more to mini wrap)	
Mini Burrito	\$8.00
Chicken, mini wrap, brown rice and beans, yogurt, cheese, lettuce salsa and avocado	

Wrap Zone

Buddha Wrap	\$11.00
Whole wheat flour tortilla, zucchini, mushrooms, red peppers and purple cabbage simmered with your choice of protein in green curry sauce, wrapped with fresh spinach, carrot, beets, basil and feta (Cant be made Gluten-Free there is too much goodness for a small wrap)	
Thai Wrap	\$11.00
Whole wheat tortilla, tangy peanut sauce cooked with your choice of protein, spinach, carrot, cucumber, peppers, rice noodles, mixed cheese, cilantro, Sriracha.	
Extreme Veggie Quesadilla	\$12.00
Mixed cheese, feta, shredded carrot, red pepper, avocado and fresh salsa, served with our garlic- Greek yogurt dip.	
Triple Cheese Quesadilla	\$10.00
Mixed cheese, and feta melted to perfection; served with a side garlic-Greek yogurt dip and fresh salsa.	
Epic Burrito	\$13.00
Whole wheat flour tortilla, Mexican brown rice-bean blend, avocado, cheese, garlic Greek yogurt dip, lettuce, chipotle BBQ sauce, topped with fresh salsa; choice of beef, chicken, or roasted yam.	
Legendary Donair	\$12.00
Seasoned beef, classic sweet donair sauce, shredded lettuce, feta, onion, tomato, garlic yogurt on a grilled pita	
Butter Chicken Wrap	\$12.00
Whole wheat flour tortilla, garlic yogurt, jasmine rice, chicken, red peppers, tomato, spinach, feta, cilantro, Sriracha. (*This wrap is a bit spicy*)	
Vegan Falafal Pita	\$11.00
Curry spice chickpea patties (no egg), on grilled naan, with garlic sauce (not dairy), pickled carrots, cucumbers, shredded lettuce, tomatoes, and onions, drizzled with jalapeno mint sauce	
Add feta	\$1.00
Chicken Pita	\$12.00
Grilled chicken on naan with garlic sauce, pickled carrots, cucumbers, tomatoes, onions, and shredded lettuce, drizzled with jalapeno mint sauce and feta	

Salads

Glory Bowl	\$12.00
Mixed greens, quinoa, shredded beets, carrot, edamame, dried cranberry, almonds, and orange tahini dressing topped with a sprinkle of feta.	
Thai Salad	\$12.00
Mixed greens, rice vermicelli noodle, shredded carrot, cucumber, red peppers, tomato, cilantro topped with our famous peanut dressing.	
Burrito Bowl	\$12.00
Mixed Greens, brown rice and bean blend, shredded carrot, red pepper, chipotle bbq, mixed cheese, salsa, in house made avocado ranch.	
Mediterranean Salad	\$11.00
Mixed Greens, chickpeas, red peppers, onion, tomato, cucumber, feta, sundried tomato balsamic vinaigrette.	

Sides

Pulled Beef	\$2.50
Chicken	\$2.50
Yam	\$2.00
Shrimp	\$3.00
Baked Tofu	\$2.00
Extra vegetables per portion	\$2.00
Grilled Naan	\$3.00
Sauce on Side (hot)	\$3.00
Dressing and Dips	\$2.00

Ask us about daily specials when
you call.
PLEASE CALL AHEAD IF YOU CAN.
Prices do NOT include taxes.