

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
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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 Teriyaki 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.