



Natural Grind Menu

<https://menuweb.menu>

721 G Ave, Grundy Center I-50638-1439, United States

(+1)3192159573,(+1)3198255544 - <http://www.thenaturalgrind.com/>



LUNCH	BREAKFAST
SALADS \$8.99	HEALTHY AND HEALTHY
Flavia Salad, quinoa, or sweet potato. 100% organic, low-sodium, low-sugar dressing. Choose your protein: chickpeas or chickpeas.	Oatmeal \$2.75 Egg \$3.99
Harvest Apple Salad Apples, walnuts, raisins, nuts, walnuts, cinnamon, maple syrup dressing	Breakfast Sandwich \$3.99
WRAPS \$11.99	Breakfast Sandwich \$3.99 Turkey Bacon Scramble \$4.99
Turkey and Prosciutto \$11.99	Anytime Egg Toast \$4.99
Turkey, cheddar cheese, tomatoes, onions, jalapeno, avocado, cilantro dressing	Yogurt Parfait \$5.99
Heat and Greek Wrap	Granola \$2.99
Heat, olive oil, tomatoes & jalapeno dressing	ANYTIME GOODNESS
SANDWICHES	Sandwiches
Chicken Salad/Sandwich \$6.99 Includes: whole grain bread and 100% whole wheat bun	anytime anytime anytime anytime anytime
Ham and Swiss Panini \$12.99	anytime anytime anytime anytime anytime
Ham, cheddar, provolone, jalapeno, tomatoes, onion, mustard dressing	anytime anytime anytime anytime anytime
Turkey Bacon Panini \$12.99	anytime
Turkey, turkey bacon, provolone, cheddar, onion, mustard dressing	anytime
Ham Cheddar Apple Panini \$12.99	anytime
Ham, cheddar, apple, onion, mustard dressing, cinnamon, maple, walnuts	anytime
FESTA BURRITO BOWL	anytime

Here you can find the [menu](#) of Natural Grind in Grundy Center. At the moment, there are **15** courses and drinks on the menu.

Natural Grind Menu



Toast

AVOCADO TOAST

Drinks

DRINKS

Chicken

PINEAPPLE CHICKEN

Hot Drinks

COFFEE

Bread

BAGEL

Coffee

CAPPUCCINO

Dessert

MUFFINS

COOKIE

Restaurant Category

TROPICAL

VEGAN

These Types Of Dishes Are Being Served

BREAD

TOSTADAS

Ingredients Used

AVOCADO

MANGO

CARAMEL

Natural Grind

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Opening Hours:

Monday 06:30 -17:00
Tuesday 06:30 -17:00
Wednesday 06:30 -17:00
Thursday 06:30 -17:00
Friday 06:30 -17:00
Saturday 07:30 -15:00
Sunday 09:00 -12:00

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