



Natural Grind Menu

<https://menulist.menu>

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

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



LUNCH	BREAKFAST
SALADS \$8.99 Field Salad, apple, kiwi, or sweet potato Harvest Apple Salad Harvest Apple Salad Turkey and Prosciutto Wrap Kale and Dandelion Salad Kale and Dandelion Salad	HEALTHY AND HEALTHY Oatmeal \$2.75 Breakfast Sandwich \$3.50 Avocado Toast \$4.95 Veggie Panini \$5.95 Oatmeal \$2.75
WRAPS \$12.99 Turkey and Prosciutto Wrap Kale and Dandelion Salad Kale and Dandelion Salad	ANYTIME GOODNESS Smoothies Strawberry Banana Raspberry Mango & Pineapple Mango & Pineapple
SANDWICHES \$6.99 Chicken Salad Sandwich Ham and Swiss Panini Turkey Bacon Panini Ham, Cheddar, Apple Panini	Breakfast Sandwich Avocado Toast Veggie Panini Oatmeal Smoothies
FESTA BURRITO BOWL \$11.99 Fiesta Burrito Bowl	SHRITS

A complete menu of Natural Grind from [Grundy Center](#) covering all 16 dishes and drinks can be found here on the menu. For seasonal or weekly deals, please get in touch via phone or use the contact details provided on the website. What [User](#) likes about Natural Grind:

The Natural Grind was wonderful when I came with a large group and needed a different selection of food than the planned lunch that was prepared for the group due to my weird allergies. They even sell a muffin mix for the vegan muffin I was served. So delicious! Inside, the vibe is so positive and fun. [read more](#). As a customer, you can use the WiFi of the restaurant at no extra cost. What [User](#) doesn't like about Natural Grind:

Typical coffe shop prices with decent baked goods and some Salads and sandwiches There is a strong health shop vibe with essential oils herbal health gummies and other products which I call suspect on when it comes to actual benefits mostly just a waste of money when it comes to shoes since they are quite useless other than house smelling good from the oils but ignoring that good rustic coffee shop with the food and dr... [read more](#). Waiting long for food is not your thing? Then the array of already prepared delicacies is exactly what you want, for breakfast they serve a *tasty breakfast* here. In this locale there is also an comprehensive selection of **coffee and tea specialties** not to forget, You'll also find tasty bites, cake, simple snacks and chilled refreshments and hot drinks here.

Natural Grind Menu

Süßes

MUFFINS

For the small hunger

BAGEL

Drinks

DRINKS

Biscuits and Cookies

COOKIE

Super Foods

AVOCADO TOAST

Coffee

CAPPUCCINO

COFFEE

These types of dishes are being served

BREAD

TOSTADAS

Restaurant Category

TROPICAL

VEGAN

AMERICANA

Ingredients Used

AVOCADO

MANGO

ANANAS CHICKEN

CARAMEL



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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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