



natural foods store

39 East 100 North,  
Moab, UT 84532  
Open 7 Days a Week,  
8 AM to 8 PM  
(435) 259-5712



www.moonflower.coop

UTAH'S FIRST FOOD CO-OP - MOAB'S ONLY HEALTH FOOD STORE  
Sustainable | Local | Organic

## Hot Bar

Seating area available

### Breakfast served daily at 8am

*GF, vegan, and vegetarian options available*

#### Breakfast sandwiches under \$5

- Tofu Scramble Sandwich w/ Vegan Sausage
- Egg & Cheddar Sandwich
- Egg, Cheddar & Green Chili Sandwich
- Ham & Gouda Egg Sandwich

#### Breakfast burritos under \$7

- Tofu Scramble Burrito
- Southwest Egg Scramble Burrito

#### Fresh Moab Coffee (FMC)

### Lunch served daily at 12pm

*Rotating vegetarian, vegan, meat & GF options*

#### Lunch entrees include:

- Kung Pao Tofu, Cottage Pie, Vegetable Curry, Lasagna, and Spanakopita!
- (\$7 per pound)**

### Served All Day

Starting at \$4.50 for a 12 oz. cup!

#### Rotating hot soups

Vegan, vegetarian, meat & gluten-free options

## Grab & Go

*GF, vegan, vegetarian, and meat options available*

### Seasonal Varieties of Quinoa, Kale & Pasta Salads (\$3 - \$8)

- Options include:
- Pesto Tortellini
  - Chicken Salad
  - Ginger Sesame Quinoa Noodles
  - Curried Tofu Salad
  - Quinoa Black Bean Salad
  - Pecan "Parmesan" Kale Salad

#### Salads (Half & Full Size) \$5 - \$10

Caesar, Green, Greek and Superfood Salads

#### Sandwiches (under \$8)

- Veggie Sandwich w/ Hummus
- Turkey & Cheese Sandwich
- Italian Turkey Sandwich
- Chicken & Cheese Sandwich
- Ham & Cheese Sandwich
- Roast Beef Sandwich



### Freshly Baked Breads, Pastries & Desserts (under \$6)

Assortment of freshly baked muffins, scones, cookies, cakes, and breads

#### Homemade Hummus (under \$5)

- Lemon Garlic
- Ginger Beet
- Roasted Red Pepper
- Kalamata Olive
- Turmeric White Bean



PRICES, ITEMS AND HOURS SUBJECT TO CHANGE