

BEHIND THE MENU

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STARTERS

Fifth Avenue Nutrition is a small family-owned and operated business, run by David, Chasity, and Zachary Lewallen. Our name is a play on words for our location: Fifth (Street) Avenue (D) Nutrition. We like to say that we are on the corner of "healthy" and "happy." We support our Garland PD by offering uniformed officers free coffee daily. We brew only Black Rifle Coffee, which supports our veterans and veterans' outreach groups.

ENTRÉE

Why Garland? "Garland is our home, and it needed a healthy coffee and bakery alternative. Most options available are high in sugar and shouldn't be eaten on a regular basis. We have had to modify our eating lifestyle due to health issues... (so) we want to continue to love on our community by helping people through their nutritional journey. Food is a necessity for life. It should be tasty and healthy, not just one or the other."

SIDES

Number of employees: 3

Favorite dish: "High on the Hog" waffles

Options: Curbside, Takeout

Location: 414 W. Avenue D,
Garland, TX 75040

Phone: 469-298-0327

Website: <https://fifth-avenue-nutrition.business.site>

Social Media: @smartfueltexas (FB)
@Fifth_Avenue_Nutrition (IG)

Support your local Garland business!
Order from Fifth Avenue Nutrition today! #BehindtheMenu