

**At Nourish, you get delicious food, and know exactly what's in it.**

Everything 100% Free From  
Gluten, Dairy, Soy, and Peanuts.

Produce is organic. All of it. Beef is local and grass-finished. Chicken is antibiotic free. Fish is wild. Bacon is free of nitrates.

Nearly every dish is free of corn, GMOs, preservatives, and nonsense.



# nourish yourself

## Breakfast All Day Because breakfast rocks.

### Raw Nut (Dairy Free!) Yogurt Parfait \$4.50

Nut yogurt (cashews, lemon, banana, coconut nectar, sea salt), cinnamon, apple, raw granola.



### Avocado Scramble Wrap \$7

Scrambled egg\*, tomato, spinach, and avocado wrapped in a rice tortilla (contains corn). Add bacon (2), or yeast-free, corn-free sourdough roll (\$2) for added amount.



### Hemp Tofu Scramble Wrap \$9.50

Seasoned organic hemp tofu (turmeric, nutritional yeast, salt, pepper, garlic, onion), tomato, spinach, and avocado wrapped in a rice tortilla (contains corn). Add bacon (\$3), or sourdough roll (\$2) for added amount.



### Bacon & Eggs\* \$7

Two eggs and three slices of nitrate free bacon.



### Pancakes \$12

Rice flour, coconut milk, coconut vinegar, coconut oil, vanilla bean, coconut sugar, chia seed, baking powder, baking soda, sea salt. Comes with pure maple syrup and seasonal fruit. (Add blueberries, chocolate chips, or bananas for \$1 more.)



## Build Your Own Omelet \$9.50 Start with 3 eggs. Then choose....

Choose 4 from Column A or 2 from Column A & 1 from Column B

### Column A

tomato      spinach      broccoli  
bell pepper      avocado      caramelized onion  
mushroom      zucchini      green onion  
kale      carrots

### Column B

bacon  
ground beef  
ground lamb (+\$1)

## Organic Juices & Nut Milks

Juices are always cold pressed and organic., with no water added.

**Digestive** - Apple, mint, ginger, lemon, butternut.

**Sunshine** - Apple, carrot, orange.

**Happy** - Spinach, carrot, apple, cucumber, lemon.

**Apple Cleanser** - Apple, kale, lemon, turmeric.

**Detox** - Beet, celery, ginger, spinach, lemon, apple.

**Alkalizer** - Lemon, ginger, filtered water, cayenne.

**Nourish Green** - Parsley, apple, cucumber, kale, lemon.

**Heart Healing** - Cucumber, apple, broccoli, lemon, basil.



**Maple Walnut Nut Milk** - Walnut, maple syrup, cinnamon, turmeric, vanilla, spirulina.

**Vanilla Almond Nut Milk** - Almond, nutmeg, coconut nectar, turmeric, vanilla, spirulina.

## Sides Small plates of happiness.

### Mashed Butternut \$4

Roasted butternut squash, coconut oil, cinnamon, sea salt, pepper, chopped walnuts.



### Roasted Zucchini \$4

Zucchini, coconut oil, lemon, sea salt, pepper.



### Sweet Potato Fries \$4

Sweet potato fries.



### Sweet Potato & Avocado Salad \$5

Roasted sweet potatoes and avocado topped with Asian Dressing.



### Toasted Sourdough Roll \$3

Delicious and free from corn and yeast!



Have your meals tailored to your specific needs. Get on a Nourish Meal Plan! Ask for details.

**nourish**

food + nutrition with intention

Nourish123.com

## ♡ Desserts - Healthy & Amazing ♡

Contains eggs: Chocolate Chip Cookies + Nutbutter Cookies

Raw, Vegan, and Grain Free: Walnut Cacao Truffles + Salted Caramel Bars + Macaroon Cookies  
♡♡♡♡♡♡♡

# food with intention.....●

## Nourishing Bowls

### Ginger Herb Steelhead \$16

Air-roasted wild steelhead trout, cauliflower rice, seasonal veggies, and ginger chimichurri sauce.



### Ginger Herb Hemp Tofu \$13

Air-roasted hemp tofu, cauliflower rice, seasonal veggies, and ginger chimichurri sauce.



### Nourish Vegan Paleo Noodle Bowl \$10

Sweet potato starch glass noodles with broth, coconut aminos, green onion, red bell pepper, roasted mushrooms, kale, carrots. Add additional protein from list lower right. ↘



### Mac & No Cheeze \$11

Sweet potato starch glass noodles, carrots, spinach, cheezy sauce (coconut milk, coconut flour, nutritional yeast, coconut oil, mustard, lemon, salt, pepper). Add protein from list on lower right. ↘



### Teriyaki Rice Bowl \$10

Organic Nourish jasmine rice with coconut milk. Served with broccoli, carrots, and cashews. Teriyaki dressing: coconut aminos, coconut nectar, lime, garlic, ginger. Add protein from list lower right. ↘



### Southwest Bowl \$12

Organic Nourish jasmine rice, black beans, avocado, carrots, southwest dressing, and spicy taco nut meat. Add additional protein from list lower right. ↘



## Sandwiches & Wraps Always free from gluten, dairy, soy, peanuts, and nonsense.

### Pesto Chicken Wrap \$9.50

Chicken, spinach, and tomato, topped with pesto in a brown rice wrap.



### Healthy Protein Burger on Greens \$9.50

Kidney beans, black beans, sweet potato, walnuts, spaghetti squash, parsley, yellow onion, spinach, and kale burger with cucumbers and pesto on a bed of spinach.



### Grass-finished AZ Beef\* Burger \$9.50 single/13 double

Single or double burger topped with lettuce, tomato, onion on a hamburger bun. Add bacon \$3, avocado \$1, sauteed onions \$.50, or mushroom \$.75.



### Lamb\* Burger \$11 single / \$17 double

Single or double ground lamb burger topped with lettuce, tomato, onion on a hamburger bun. Add bacon \$3, avocado \$1, sauteed onions \$.50, or mushroom \$.75.



## Local Organic Salads Nutrient dense and delicious.

### Thyroid Boosting Salad \$12

This salad really packs a nutritional and flavorful punch! Wakame seaweed, cucumbers, apple, sesame seeds, coconut aminos, coconut sugar. Add additional protein from the list to the right. ⇨



### Apple Walnut Spinach Salad \$12

Apple, spinach, cucumbers, candied walnuts (coconut nectar, cinnamon, sea salt), topped with balsamic vinaigrette. Add additional protein from the list to the right. ⇨



### Mexican Quinoa Salad \$12

Spinach, quinoa, bell pepper, black beans, onion, orange slices, avocado, topped with southwest dressing. Add additional protein from the list to the right. ⇨



### Kale, Lentil, & Beet Salad \$12

Kale, beets, caramelized onion, and lentils topped with lemon thyme dressing (olive oil, sea salt, pepper, mustard, lemon, thyme). Add additional protein from the list to the right. ⇨



## Build Your Own Nourish Bowl

Choose base, veggies, protein, and sauce. 12.95

### BASE (choose 1)

- Nourish Jasmine Rice
- Roasted Sweet Potatoes
- Glass Noodles
- Cauliflower Rice
- Black Beans
- Lentils
- Quinoa

### PROTEIN (choose 1 OR add an extra base.)

- Chicken Breast
- Grass-finished AZ Beef
- Seasoned Hemp Tofu
- Spicy Taco Nut Meat
- Lamb Burger (add \$1)
- Steelhead Trout (add \$3)

### SAUCE (choose 1)

- |              |                           |
|--------------|---------------------------|
| Balsamic Vin | Teriyaki Vin              |
| Chimichuri   | Southwest Sauce           |
| Pesto        | Cheezy Sauce (add \$1.50) |
| Lemon Thyme  |                           |

### VEGGIE (choose 3)

- |                 |          |
|-----------------|----------|
| Broccoli        | Spinach  |
| Red Bell Pepper | Kale     |
| Mushrooms       | Zucchini |
| Carrots         | Tomatoes |
| Green Onion     | Apple    |

>>> Add Protein <<<

Steelhead Trout\* - \$7

Grass Finished Beef\* - \$4

Chicken - \$4

Nitrate Free Bacon\* - \$3

Spicy Taco Nut Meat - \$4

Lamb\* Burger- \$5

Hemp Tofu (soy free) - \$5