

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

100% Free from gluten, soy, and peanuts.

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

The **dietary icons** below indicate food allergy and restrictions.

(If the icon is gray and crossed out, it is not safe for someone with that restriction.)



# mother's day

## Brunch

Because your mom rocks.

### Raw Nut (Dairy Free!) Yogurt Parfait \$4.5



Nut yogurt (cashews, lemon, banana, coconut nectar), cinnamon, seasonal fruit, raw granola.

### Avocado Scramble Wrap \$6



Scrambled egg, tomato, spinach, and avocado wrapped in a rice tortilla (contains corn). Add bacon (2), cheddar (\$1), or yeast-free, corn-free sourdough roll (\$2) for added amount.

### Hemp Tofu Scramble Wrap \$8



Seasoned organic hemp tofu (tumeric, nutritional yeast, salt, pepper, garlic, onion), tomato, spinach, and avocado wrapped in a rice tortilla (contains corn). Add bacon (\$3), cheddar (\$1), or sourdough roll (\$2) for added amount.

### Bacon & Eggs\* \$7



Two eggs and three slices of nitrate free bacon.

### Pancakes \$9



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

## Burgers & Wraps

Free from gluten, soy, peanuts, and nonsense.

### Healthy Protein Burger on Greens \$9.50



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

### Grass-finished AZ Beef\* Burger \$9 single/13 double



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

## Build Your Own Omelet \$8

Start with 2 eggs.

Then choose:

4 column A or  
2 column A & 1 column B or  
2 from column B or  
1 from column C

### Column A

tomato  
bell pepper  
caramelized onion  
roasted mushroom  
kale  
spinach  
avocado

### Column B

bacon  
ground beef  
cheddar cheese

### Column C

fish of the day  
ground lamb

nourish

food + nutrition with intention

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## >>> Desserts - Healthy & Amazing <<<

Cacao Truffles ♡ Salted Caramel Bars ♡ Macaroon Cookies ♡ Chocolate Chip Cookies ♡ Nutbutter  
♡♡♡♡♡♡♡

# brunch & love .....

## Nourishing Salads & Bowls All the best stuff... in a bowl.

### Country Breakfast Bowl \$14

Two eggs, bacon, roasted potatoes, grass-fed beef, and gravy.



### Teriyaki Rice Bowl \$10

Organic jasmine rice with coconut aminos, coconut milk, lime, and fresh ginger. Served with broccoli, carrots, and cashews. Add additional protein from list. →



### California Club Salad \$14

Nitrate free bacon, avocado, tomato, and cucumber on a bed of romaine and spinach. Lemon thyme vinaigrette. Add additional protein from the list. →



## >>> Add Protein <<<

Wild Steelhead Trout - \$7

Cheddar Cheese - \$1

Hemp Tofu (soy-free) - \$4

Nitrate Free Bacon\* - \$3

Grass finished beef\* - \$4

Lamb\* Burger - \$5



## Mother's Day Special Because your mom rocks.

### Ginger Herb Steelhead \$18

Air-roasted wild steelhead trout, cauliflower rice, roasted asparagus, with chimichurri sauce.



### Ginger Herb Hemp Tofu \$18

Air-roasted hemp tofu, cauliflower rice, roasted asparagus, with chimichurri sauce.



## >>> Drinks <<<

Organic Cold Pressed Juice

Izze Sodas

Organic Smoothies

Pomegranate Green Iced Tea

## Sides Organic local ingredients are used to create these small plates.

### Sweet Potato & Avocado Salad \$5

Sweet potatoes and avocado tossed in teriyaki dressing.



### Sweet Potato Fries \$4

Sweet potato fries served with peach chipotle dipping sauce.



### Sweet Potatoes O'Brien \$4

Roasted sweet or red potatoes, onion, bell pepper, paprika, pepper.



### Toasted Sourdough Roll \$3

Delicious, vegan, and corn and yeast free!



### Muffins - Apple Cinnamon or Blueberry \$4

Delicious and corn and yeast free!



### Banana Bread \$4

Delicious and corn and yeast free!



Check out our  
Cooking & Nutrition Classes!  
Go to [www.Nourish123.com](http://www.Nourish123.com)  
for the latest schedule.