

Organic Smoothies

Nourish Café Organic Smoothie \$9 ea.
Choice of milk add in or water. Nutrition info does not include choice of milk

Add a scoop of plant-based protein for \$1 (chocolate or vanilla)

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
150	4g	2g	0	0	260mg	11g	7g	1g	20g

Dark Moon (V, GF)
Banana, strawberries, blueberries

Calories	Sodium	Carbs	Fiber	Sugar	Protein
138	3mg	34g	3g	4g	1g

Green Monstah (V, GF)
Banana, apple, spinach

Calories	Sodium	Carbs	Fiber	Sugar	Protein
162	26mg	41g	3g	10g	6g

Orange Mango Honey
Mango, orange, honey, ginger

Calories	Sodium	Carbs	Fiber	Sugar	Protein
134	5mg	16g	3g	29g	1g

Sunrise Surf (V, GF)
Banana, strawberries, pineapple, orange

Calories	Sodium	Carbs	Fiber	Sugar	Protein
207	1mg	51g	7g	18g	2g

Straw-nana (V, GF)
Banana, strawberries, coconut flakes

Calories	Sodium	Carbs	Fiber	Sugar	Protein
207	2mg	37g	7g	5g	2g

Green Rainforest
Kale, honey, pineapple, mango

Calories	Sodium	Carbs	Fiber	Sugar	Protein
147	26mg	35g	5g	28g	2g

Tropical Matcha (V, GF)
Banana, green matcha, spinach, mango

Calories	Sodium	Carbs	Fiber	Sugar	Protein
234	2mg	58g	5g	2g	2g

Funky Monkey (V, GF)
Banana, frozen organic coffee, cocoa powder, almond butter, cocoa nibs

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
205	9g	1g	0	0	4mg	31g	5g	0	4g

Miss Linda (V, GF)
Banana, spinach, kale, dates, fresh ginger, avocado, maple syrup, lemon juice

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
315	7g	1g	0	0	53mg	56g	5g	20g	8g

Peanut Butter Banana (V, GF)
Banana, peanut butter, flax seed, vanilla extract

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
367	21g	2g	0	0	100mg	39g	9g	3g	11g

Hot Shots

Nourish Café Hot Shots \$3 ea.

Fire Cider Tonic (V)
Apple cider vinegar and Old Friends' Farm honey

Calories	Sodium	Carbs	Fiber	Sugar	Protein
57	1mg	17g	0	17g	0

Elderberry Elixir (V)
Fresh lemon juice and Old Friends' Farm turmeric elderberry syrup

Calories	Sodium	Carbs	Fiber	Sugar	Protein
45	0	12g	0	12g	0

Lemon Ginger & Honey (V)
Fresh lemon juice and Old Friends' Farm ginger honey syrup

Calories	Sodium	Carbs	Fiber	Sugar	Protein
45	0	12g	0	12g	0

Ginger & Turmeric (V)
Old Friends' Farm turmeric honey syrup and fresh ground ginger

Calories	Sodium	Carbs	Fiber	Sugar	Protein
45	0	12g	0	12g	0

Breakfast Plates

Three Egg Scramble (GF) \$8

Organic eggs with choice of mushrooms, tomatoes, peppers, spinach, onions, cheddar cheese, feta cheese

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
354	20.3g	6g	0	558mg	435mg	16.6g	2.6g	7.5g	31.1g

Vegetable Quiche, 1 slice \$7

Pie crust, organic eggs, flour, 2% milk, chopped onion, diced green peppers, mushrooms, baby spinach, garlic, oregano, cheddar cheese

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
222	12g	5g	0	108mg	268mg	20g	0	2g	6g



Western Omelette (GF) \$10

Organic eggs, ham, onion, green pepper, cheddar cheese

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
674	28.3g	6g	0	558mg	710mg	61.6g	5.6g	23.5g	50g

Breakfast Burrito \$9

Organic eggs, cheddar cheese, black beans, fresh salsa (tomato, diced red onion, diced jalapeños, minced cilantro, fresh lime juice, salt and pepper), and choice of wrap (nutrition info does not include choice of wrap)

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
455	22g	4.5g	0	720mg	490mg	29g	7g	6g	33g

Beverages

Polar Seltzer \$1

Poland Springs water \$1

Red Barn Coffee Roasters (iced or hot) \$3

Ethically-sourced and small-batch roasted regular and decaf coffees

Two Leaves and Bud Teas (iced or hot) \$3

High quality organic and fairly traded tea in sachets, iced tea, loose leaf, and now teabags from their Paisley Label Tea collection

Add-Ins:

Half-n-Half, 2%, skim, almond milk, or oat milk
Choice of sweeteners: raw sugar, honey, Agave and Stevia

Breakfast Bowls

Choice of 3 toppings (nutrition info does not include toppings)



Acai Bowl (V, GF) \$8.50

Acai and bananas with choice of 3 toppings

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
530	10.8g	2.2g	0	0	28mg	67g	12g	54g	4.6g

Nate's Oatmeal (V, GF) \$8

Boiled rolled oats with choice of 3 toppings

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
150	3g	0.5g	0	0	0	27g	4g	1g	5g

Breakfast Toasts

Choice of 3 toppings (nutrition info does not include toppings)

Gluten-free bread available upon request

Tasty Toast with Almond Butter (V) \$6

Nashoba sourdough bread with almond butter

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
200	8g	0.5g	0	0	1g	25g	3g	1g	7g

Tasty Toast with Peanut Butter (V) \$6

Nashoba sourdough bread with peanut butter

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
200	8g	3g	0	0	330mg	25g	2g	3g	6.5g

Avocado Toast (V) \$5.25

Nashoba sourdough bread with mashed avocado and pink Himalayan salt

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
220	12g	0	0	0	260mg	36g	11g	0g	5.5g

Avocado Toast with a Fried Egg \$7.20

Nashoba sourdough bread with mashed avocado and pink Himalayan salt, topped with a fried egg

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
310	21.8g	2g	0	184mg	352mg	36.4g	11g	0.2g	11.8g

Toppings:

Coconut, Strawberry, Banana, Chia Seeds, Almonds, Pecans, Walnuts, Honey, Granola, Almond Butter and Peanut Butter



Dine in and take out available
Tel: 508-986-2330

Café Hours

Mon - Fri: 7am-2pm | Sat - Sun: 8am-2pm



Nourish Café at Release Well-Being Center

201 Turnpike Road Westborough, MA

ReleaseWellbeingCenter.com/services/nourish-cafe/



Wraps

Comes with choice of basic side or \$1 add on for premium side
(Nutrition info does not include wrap)

Chickpea Burger Wrap \$9
Organic spring mix, onion, tomato, cheddar cheese
Chickpea Burger: Chickpeas, green chilies, chopped parsley,
Panko bread crumbs, organic egg, salt and pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
112	3g	0.3g	1.5g	54g	210mg	17g	4g	1g	5g

Black Bean Burger Wrap \$9
Organic spring mix and roasted red peppers
Black Bean Burger: Black beans, organic eggs, chopped onion,
Panko bread crumbs, salt and pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
147	1.5g	0.5g	0	62mg	71mg	24g	2g	2g	8g

Spicy Tuna Wrap \$9
Bonito flakes line caught tuna, organic spring mix, shredded
carrots, sliced cucumbers, spicy aioli (mayo with Sriracha)

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
135	9.3g	1g	0	30mg	430mg	2g	0	2g	8.4g



Spring Veggies Wrap (V) \$9
Hummus, shredded carrots, sliced cucumber, sliced green
pepper, sliced mushrooms, organic spring mix

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
145	7g	0	0	0	346mg	18g	4g	2g	7g

Turkey Avocado Wrap \$10
Turkey breast, chopped turkey bacon, avocado, organic spring
mix, healthy yogurt ranch dressing

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
363	16g	1g	0	94mg	26mg	14.6g	11.4g	5.8g	40.6g

Your Choice of Wrap!

Whole Wheat Wrap
Calories: 120, Fat: 2.5g, Saturated: 0.5g, Trans: 0, Chol.: 0, Sodium: 280mg, Carbs: 20g, Fiber: 3g, Sugar: 1g, Protein: 3g

Spinach Wrap
Calories: 140, Fat: 3g, Saturated: 0.5g, Trans: 0, Chol.: 0, Sodium: 330mg, Carbs: 24g, Fiber: 1g, Sugar: 0, Protein: 4g

Tomato Basil Wrap
Calories: 150, Fat: 3g, Saturated: 0.5g, Trans: 0, Chol.: 0, Sodium: 280mg, Carbs: 26g, Fiber: 2g, Sugar: 2g, Protein: 5g

Basic Sides

Seasonal Fruit (V, GF) \$1.95

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
200	0	0	0	0	520mg	44g	4g	0g	8g

Garden Side Salad with Choice of Dressing (V, GF) \$1.95

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
31	.1g	0	0	0	74.5mg	6.5g	3.4g	2g	1.3g

Roasted Sweet Potato (V, GF) \$1.95

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
86	0	0	0	0	55mg	20g	3g	4g	1g

Hard Boiled Egg, 1 Medium Egg \$1.95

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
68	4.8g	1.4g	0	164mg	54.6mg	.5g	0	.5g	5.5g

Premium Sides

Veggie Coleslaw (GF) \$2.95

Shredded red and green cabbage, shredded carrots, sliced scallions, cilantro,
sliced red and orange pepper, optional diced jalapeños (Dressing: Mayonnaise,
apple cider vinegar, lemon, tabasco, celery seed, horseradish, salt and pepper)

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
239	24g	4g	0	13mg	282mg	5g	1.4g	2g	2.1g

Cucumber Kimchi (V, GF) \$2.95

Sliced cucumber, crushed garlic, sliced scallions, white vinegar,
sugar, water, salt, crushed red pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
32	0	0	0	0	3mg	6g	0	2g	0

Grilled Veggies (V, GF) \$2.95

Broccoli, eggplant, zucchini, summer squash, green pepper,
red onion brushed with olive oil, salt and pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
130	4.5g	1g	0	0	310mg	27g	0	4g	4g



Seasonal Soups

Tuscan Vegetable Soup (V, GF) \$4 /cup \$7 /bowl
(nutrition info for cup (1 serving); bowl is 2 servings)

Organic vegetable broth, cannelloni white beans, spinach, diced tomatoes,
onion, carrots, sliced celery, zucchini, garlic, thyme, sage, salt and pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
145	4g	0.5g	0	0	206mg	21g	5g	5g	8g

Ask about our Soup of the Day!

Paninis

Comes with choice of basic side or \$1 add on for premium side
Nashoba Sourdough Bread. Gluten-free bread available upon request

Power Veggie Panini (V) \$9
Hummus, sliced avocado, spinach, sliced roasted red pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
416	17g	0	0	0	1048mg	62g	15g	1g	13g

Two Cheese & Apple Panini \$9
Crumbled goat cheese, cheddar cheese, sliced gala apples

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
468	18g	10g	0	45mg	840mg	51g	5g	5g	23g

Chicken Pesto Panini \$9
Fresh mozzarella, homemade pesto, grilled chicken breast

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
530	21g	3g	0	76mg	820mg	46g	4g	1g	39g



Salads

(Nutrition info does not include dressing)

Nourish Power Bowl, Honey Apple Cider Vinaigrette \$11
Organic spring mix, chopped walnuts, dried cranberries,
pickled beets, chicken breast, white rice

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
451	19g	4g	0	80mg	274mg	29g	3g	24g	27g

Nathan Fisher House Salad, NFH Dressing (V, GF) \$9
Organic spring mix, shredded carrots, sliced green pepper, sliced
cucumber, sliced mushrooms, chopped walnuts, dried cranberries

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
255	8g	0	0	0	216mg	52g	6g	28g	6g

Deeply Rooted Salad, Honey Apple Cider Vinaigrette (GF) \$11
Organic spring mix, cooked quinoa, cubed roasted sweet potato,
cubed roasted beets, pecans

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
269	12g	12g	0	0	153mg	33g	4g	1g	7g

Blackberry Walnut Arugula Salad (GF), Yogurt Ranch \$10
Organic arugula, blackberries and chopped walnuts, yogurt ranch
dressing (ranch dressing nutritional facts are included)

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
169	5.7g	0	0	4mg	32.5mg	17g	5.3g	9.4g	11.9g

Add-Ons:

Grilled chicken, black bean burger, or chickpea burger \$4 ea.
Fried Egg \$1.95

Guiltless Treats

Banana Bread (2 slices) \$3
Unsalted butter, ripe bananas, organic eggs, flour, sugar, baking powder

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
289	3g	1g	0	59mg	23mg	59g	1g	31g	5g

Bliss Bites (1 bite) (V, GF) \$1.75
Crushed walnuts, crushed pecans, ground chia seeds, crushed almonds,
almond butter, coconut oil, cocoa powder, minced dates, coconut flakes

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
183	15g	3g	0	0	5mg	9g	1g	0	4g

Flourless Avocado Brownies, 1 brownie (GF) \$3
Organic eggs, avocado, melted butter, sugar, almond butter, cocoa
powder, baking soda, vanilla extract, gelatin, chocolate chips, salt

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
152	14g	3g	0	46mg	168mg	10g	2g	4g	4g

Nut Free Chocolate Chip Oat Bar (1 bar) \$3
Rolled oats, organic eggs, whole wheat flour, mini chocolate chips,
unsweetened applesauce, honey, vanilla, baking powder, cinnamon, salt

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
119	2g	1g	0	23mg	107mg	22g	3g	7g	4g



Salad Dressings

Honey Apple Cider Vinaigrette (V)
EVOO, apple cider vinegar, water, honey, Himalayan salt, pepper

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
142	14g	1.9g	0	0	260mg	5.8g	0	5.7g	0

NFH Dressing (V, GF)
EVOO, fresh squeezed lemon, red wine vinegar, balsamic vinegar,
dijon mustard, crushed garlic, salt, pepper, basil

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
251	28g	4g	0	0	111mg	0	0.3g	0.4g	0

Healthy Yogurt Ranch Dressing (GF)
Nonfat plain greek yogurt, garlic powder, onion powder, lemon
juice, dried dill, salt, water, honey

Calories	Fat	Saturated	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
78	0	0	0	4mg	21mg	7.6g	0.4g	4.8g	11.6g