

NOURISH CAFE MENU

DRINKS

- Coffee**.....\$4
iced or hot • served with your choice of milk
- Bottled Water**.....\$2
- Seltzer**.....\$2

SMOOTHIES

SERVED WITH YOUR CHOICE OF MILK

- Funky Monkey**.....\$12
banana • cacao powder • cacao nibs • almond butter • cinnamon • VE/VG/GF/DF
- Green Machine**.....\$12
spinach • pineapple • banana • lemon juice • date • VE/VG/GF/DF
- Tropical Twist**.....\$12
pineapple • mango • orange • VE/VG/GF/DF
- PB&J**.....\$12
blueberries • strawberries • peanut butter • chia seeds • VE/VG/GF/DF
- Berry Blast**.....\$12
blueberries • strawberries • banana • VE/VG/GF/DF

Milk Options

oat • almond • skim • coconut water • VE/VG/GF/DF

add protein powder for \$2.00

vegan chocolate • vegan vanilla • unflavored whey • unflavored pea

BREAKFAST

SERVED 8AM-2PM

- Overnight Oats**.....\$10
blueberries • honey • almonds • VE/GF/DF
add protein powder for \$2.00
add nut butter for \$1
- Yogurt parfait**.....\$6
greek yogurt • house granola • strawberry chia jam • VE/
- Avocado Toast**.....\$10
local sourdough • smashed avocado • garlic powder • microgreens • cherry tomatoes • hemp seeds • balsamic glaze
add a fried egg for \$2
- Side of sourdough bread**.....\$3

LUNCH

SERVED 8AM-2PM

- Quinoa Kale Caesar Salad**.....\$15
white quinoa • kale • romaine lettuce • cherry tomatoes • chickpea croutons • housemade caesar dressing
- Nourish Bowl**.....\$15
spinach • brown rice • sweet potato • broccoli • chickpeas croutons • housemade lemon tahini dressing
- Mediterranean Medley**.....\$15
white quinoa • mixed greens • feta • sundried tomatoes • kalamata olives • cucumber • hummus • balsamic glaze
- Burrito Bowl**.....\$15
brown rice • white quinoa • romaine lettuce • black beans • pico de gallo • guacamole • yogurt crema • salsa verde

add chicken to any meal for \$6

BITES

- Brownie Bliss Balls**.....2 for \$4
walnuts • dates • cocoa powder • maple syrup • vanilla extract • sea salt
- Peanut Butter Cookie Dough Protein Bar**.....\$4
chickpeas • protein powder • rolled oats • maple syrup • peanut butter • coconut oil • vegan chocolate

ALCOHOL

- Paloma**.....\$14
silver tequila • grapefruit juice • lime juice • sparkling water
swap out the tequila for sparkling water to make it a mocktail for \$9
- NFH Mimosa**.....\$12
orange juice • prosecco
- Prosecco**.....\$10
- Wine**.....\$10
chardonnay • merlot
- Craft Beer**.....\$9
rotating selection

PLEASE INFORM US IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY