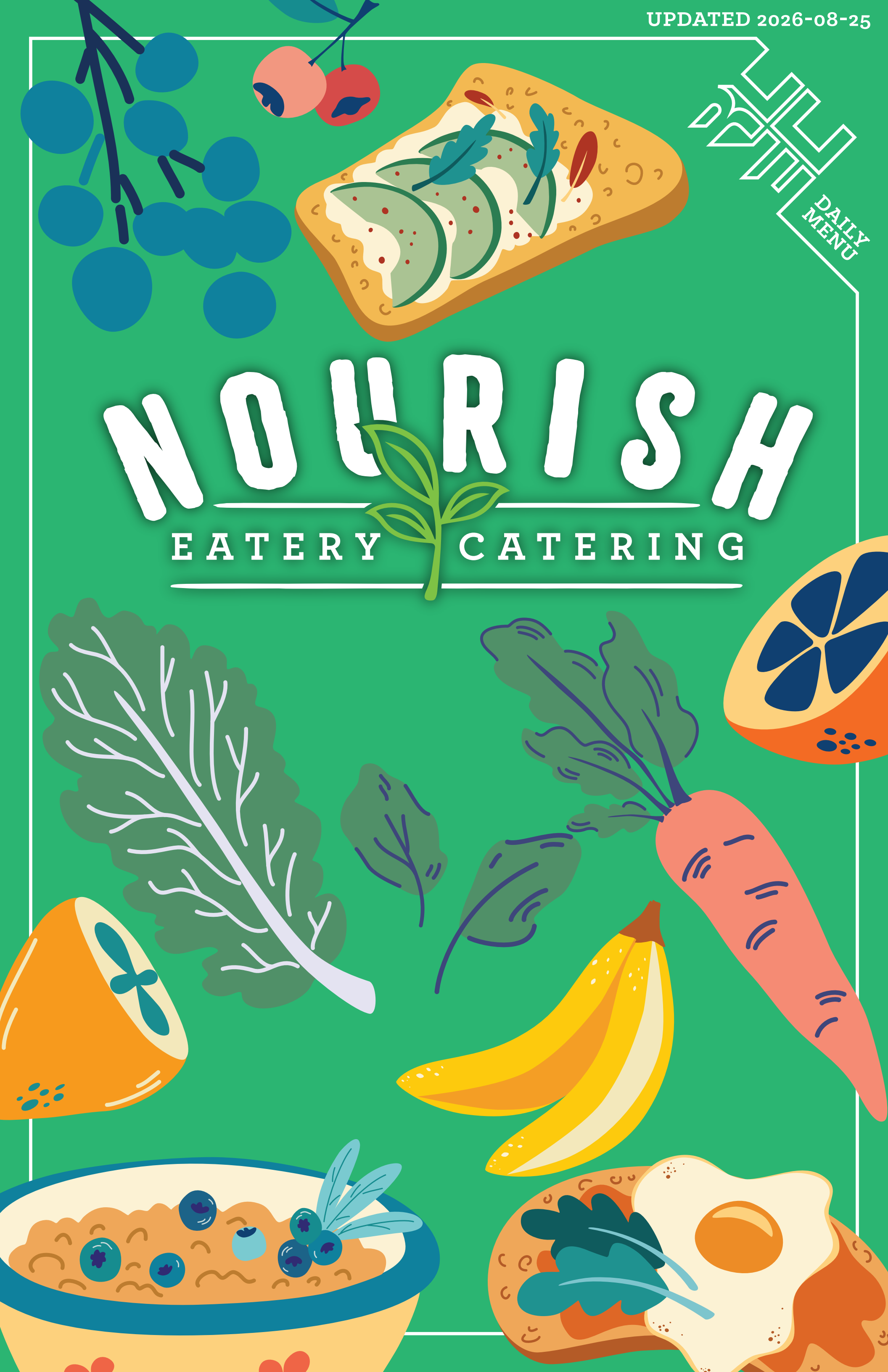




NOURISH

EATERY & CATERING



HAND HELDS

CHOOSE BETWEEN A WRAP, SOURDOUGH BUN, OR BRIOCHE BUN.

- BUFFALO RANCH CHICKEN CRUNCH

Crispy chicken in buffalo sauce with tomato, lettuce, mozzarella & ranch dressing.

\$10.00
- CHICKEN PARMESAN

Crispy chicken drizzled in our house marinara sauce with mozzarella & parmesan on a brioche bun.

\$10.00
- CHIPOTLE HOT HONEY CHICKEN

Chipotle hot honey chicken with beans, marinara sauce, corn, cheddar cheese, sour cream & lettuce.

\$10.00
- CLASSIC CHICKEN & AVOCADO

Grilled chicken, avocado, bacon, lettuce, gouda, red onion, tomato with our house sauce.

\$10.00
- COLD CUT SANDWICH

Our trio of calabrese, piccante, napoli & finocchio salami with fresh tomatoes, onion, pickles and shredded lettuce with provolone cheese & craft dijon on a brioche bun or sourdough bread.

\$10.00
- BBQ CRUNCH

Crispy chicken, cheddar cheese, lettuce, pickles with tangy BBQ.

\$10.00
- PHILLY CHEESE

Steak, peppers, onions, mozzarella & BBQ.

\$10.00
- CHICKEN CAESAR

Bacon, lettuce, parmesan, chicken & caesar dressing.

\$10.00
- BLT

Bacon, lettuce, tomato & mayo.

\$10.00
- CHICKEN CLUB

Mayo, cheddar cheese, bacon, lettuce, tomato & chicken.

\$10.00
- TERIYAKI CHICKEN

Oven baked chicken breast with crispy onions, cucumber, romain, mozzarella served with teriyaki sauce.

\$10.00

NEW
- CHUCK CHEESE BURGER

4 oz beef pattie on a brioche bun with lettuce, tomatoes, pickles, cheddar cheese, ketchup & mustard or build your own.

\$10.00

NEW
- ADD CHIPS

\$3.00
- ADD HOUSE SALAD OR CAESAR SALAD

\$5.00

BREAKFAST

- SCRAMBLED EGG BREAKFAST WRAP

Sausage, eggs, bacon, cheddar cheese, hashbrowns with chipotle mayo.

\$7.00
- EGG BLT

Egg, bacon, lettuce, & tomato on an english muffin.

\$6.00
- AVOCADO TOAST

Add egg, bacon or tomato for an upcharge.

\$5.00
- RECC BREAKFAST SANDWICH

1 egg, cheddar cheese, choice of sausage or bacon on an english muffin.

\$5.00

PIZZAS

- BUILD YOUR OWN PERSONAL FLAT OR ROUND 7” PIZZA

\$8.50
- BACON

ONIONS

CHEESE

PEPPERONI

GRILLED CHEESE SANDWICHES

ON SOUR DOUGH BREAD.

- HOT HONEY GOUDA

Hot honey, gouda cheese with bacon.

\$8.00
- SMOKEY CHEDDAR

Smokey cheddar cheese with bacon.

\$8.00
- CLASSIC CHEESE

Medium cheddar.

\$6.00
- BACON (ADD ON)

\$2.00

ALL PRICES DO NOT INCLUDE TAX

SALADS

- CHICKEN PECAN

Greens, crispy chicken, cucumber, carrots, cheddar cheese, & candied pecans with ranch dressing.

\$12.00
- MAPLE CRUNCH

Greens, dried cranberries, bacon, pecans, goat cheese, chicken & maple vinaigrette.

\$12.00
- BEET & GOAT CHEESE

Romain, beets, goat cheese, balsamic glaze, pumpkin seeds and grilled chicken.

\$12.00
- CAESAR SALAD

Bacon bits, parmesan, lettuce & caesar dressing.

\$8.00
- CHICKEN (ADD ON)

\$4.00

SMOOTHIES

SIGNATURE SMOOTHIES

- PB N’ J

Strawberries, mango & peanut butter with milk.

\$8.00
- BERRY BLISS

Blueberry, raspberry, strawberry with orange juice.

\$8.00
- BANANA BERRY BLISS

White cranberry juice, strawberries & bananas.

\$8.00
- PEANUT BUTTERCUP

Peanut butter, banana, nutella & milk.

\$8.00
- FUZZY PEACH

Raspberries, peaches, peach syrup, & white cranberry juice.

\$8.00
- TROPICAL TWISTER

Mango, banana & pineapple with orange juice.

\$8.00

PREMIUM SMOOTHIES

- GREEN BOOST

Spinach, avocado, mango, pineapple, banana with coconut water or milk.

\$10.00

NEW
- MATCHA COLLAGEN

Milk, collagen, banana, dates & matcha.

\$10.00
- COLD BREW MOCHA

Cold brew, oat milk, cauliflower, dates, cocoa powder & almond butter.

\$10.00
- BLUEBERRY THRILL

Milk, dates, wild blueberries, almond butter.

\$10.00

POWER FUELS ADD-ONS

- FIBERLICIOUS

\$2.00

Chai & flax seed.
- EXTRA ENERGY

\$2.00

Matcha
- PROTEIN

\$2.00

Vegan, vanilla or chocolate.
- NAKED PEANUT BUTTER

\$2.00

Protein Powder 7g per servings

NEW

MILK OPTIONS

OAT
DAIRY
ALMOND

FLAVOUR SHOTS

VANILLA
COCONUT
HAZELNUT
SALTED CARAMEL

CANE SUGAR
SUGAR-FREE
VANILLA

DRINKS

LATTES

- MATCHA

\$6.00
- CAPPUCCINO

\$5.00
- CHAI

\$5.00
- LATTE

\$6.00

HOT DRINKS

- COFFEE/TEA

\$3.00
- AMERICANO

\$3.00
- HOT CHOCOLATE

\$3.50
- WHITE HOT CHOCOLATE

\$3.50

FROZEN FRAPPE

- CHOCOLATE

\$6.50
- STRAWBERRY

\$6.50

COLD DRINKS

- ICED COFFEE

\$3.00
- ICED LATTE

\$5.00
- PUMPKIN SPICE LATTE

\$5.00
- CINNAMON ROLL LATTE

\$5.00
- CARAMEL APPLE LATTE

\$5.00
- SALTED HONEY BUTTER LATTE

\$5.00
- HAZY MAPLE LATTE

\$5.00
- BANANA BREAD LATTE

\$5.00
- ICED MATCHA

\$6.00

Blueberry or vanilla
- LEMONADE

\$6.00

Peach or strawberry
- SPARKLING TEA

\$5.00

Passion fruit, orange or green tea.

Nourish Eatery & Catering is committed to providing the highest quality service that excels in food health & safety standards. However we cannot guarantee an allergen-free environment.