

UPDATED AUGUST 26, 2025



NOURISH

EATERY CATERING



SANDWICHES & WRAPS

BREAKFAST

Buffalo Ranch Chicken Crunch \$10.00

Crispy chicken in a buffalo sauce with tomato, lettuce, mozza and ranch dressing

Chicken Parmesan \$10.00

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

Chipotle Hot Honey Chicken \$10.00

Beans, chipotle, hot honey chicken, salsa, corn, cheddar cheese, sour cream & lettuce

Classic Chicken & Avocado \$10.00

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

BBQ Crunch \$10.00

Crispy chicke, Cheddar Cheese, Lettuce, pickles with tangy BBQ

Philly Cheese \$10.00

Steak, peppers, onions mozzarella & BBQ

Chicken Caesar \$9.00

Bacon, lettuce, parmesan, & dressing

BLT \$9.00

Bacon, lettuce, tomato & mayo

Chicken Club \$9.00

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

Ham & Cheddar \$9.00

Ham, cheddar, tomato, lettuce, honey mustard

Roasted Ham, Gouda, Egg Breakfast Sandwich \$6.00

English muffin, gouda cheese, 1 egg & ham with creamy garlic dressing

Egg BLT \$5.00

Egg, bacon, lettuce, tomato on an english muffin

Avocado Toast \$5.00

Add egg, bacon or tomato for an upcharge

RECC Breakfast Sandwich \$5.00

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

PIZZAS

\$8.50

BUILD YOUR OWN PERSONAL FLAT OR ROUND 7" PIZZA

Bacon Cheese Ham

Onions Mushroom Pepperoni

ADD CHIPS \$3 OR A SIDE SALAD: HOUSE SALAD OR CAESER SALAD \$5

GRILLED CHEESE SANDWICHES

ON SOUR DOUGH

HOT HONEY GOUDA \$9.00

Hot honey, gouda cheese with Ham

Smokey Cheddar \$8.00

Smokey cheddar cheese with bacon

Classic Cheese \$6.00

Medium cheddar

ADD ONS

Ham \$3.00

Bacon \$2.00

SALADS

Chicken Pecan \$12.00

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

Maple Harvest Salad \$12.00

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

Peppercorn Asiago \$8.00

Greens, tomatoes, cucumber, carrots, & corn with peppercorn asiago dressing

Caesar Salad \$8.00

Bacon bits, parmesan, lettuce & caesar dressing

ADD ONS

Chicken \$4.00

SMOOTHIES

DRINKS

SIGNATURE SMOOTHIES

PB n’ J \$8.00

Strawberries, mango,& peanut butter with almond milk

Berry Bliss \$8.00

Blueberry, raspberry, strawberry with white cranberry

Banana Berry Blast \$8.00

White cranberry juice, strawberries & bananas

Peanut Buttercup \$8.00

Peanut butter, banana, nutella, & milk

Pink Smoothie \$8.00

Strawberries, mango & almond milk

Fuzzy Peach \$8.00

Raspberries, peaches, peach syrup, & whitecranberry juice

Tropical Twister \$8.00

Mango, banana & pineapple with orange juice

Banana Bread \$8.00

Banana, milk, vanilla, cinnamon, & yogurt

Cookies & Cream \$8.00

Milk, oreo cookies, cocoa powder, dates & cashew butter

LATTES

Cappuccino \$5

Matcha \$6

Chai \$5

Latte \$5

HOT DRINKS

Coffee/tea \$3

Americano \$3

Hot Chocolate \$3.50

French Vanilla \$3.50

White Hot Chocolate \$3.50

PREMIUM SMOOTHIES

Matcha Collagen \$10.00

Milk, collagen, banana, dates & matcha

Cold Brew Mocha \$10.00

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

Blueberry Thrill \$10.00

Milk, dates, wild blueberries, almond butter

POWER FUELS ADD-ONS

Fiberlicious \$2.00

Chai & flax seed

Endeavor \$2.00

Hemp hearts (omega 3 & 6)

Extra Energy \$2.00

Matcha

Protein \$2.00

Vegan, Vanilla or Chocolate

MILK OPTIONS

OAT

DAIRY

ALMOND

FLAVOUR SHOTS BOOST YOUR DRINK

VANILLA

COCONUT

HAZELNUT

SALTED CARAMEL

CANE SUGAR

SUGAR-FREE VANILLA

COLD DRINKS

Iced Coffee \$3

Iced Latte \$5

Pumpkin spice Latte \$5

Banana Bread Latte \$5

Iced Matcha \$6

BLUEBERRY • VANILLA

Lemonade \$6

PEACH • STRAWBERRY • BLUE RASPBERRY

Sparkling Tea \$5

PASSION FRUIT • ORANGE • GREEN TEA

FROZEN

Chocolate Frappe \$6.50

Strawberry Frappe \$6.50

ALL PRICES + HST

NOURISH EATERY & CATERING IS COMMITTED TO PROVIDING THE HIGHEST QUALITY SERVICE THAT EXCELS IN FOOD HEALTH AND SAFETY STANDARDS. HOWEVER WE CANNOT GUARANTEE AN ALLERGEN-FREE ENVIRONMENT