

UPDATED MARCH 13, 2024

WELL  
DAILY  
MENU

# NOURISH

EATERY CATERING

NOUR·ISH /'NƏRISH/ VERB

PROVIDE WITH THE FOOD OR OTHER SUBSTANCES NECESSARY  
FOR GROWTH, HEALTH, AND GOOD CONDITION.

# BREAKFAST SANDWICHES

**Breakfast Scramble \$8.50**  
Scrambled eggs, cheddar cheese, ham & onions on a wrap

**Breakfast Sandwich on a Brioche \$8.50**  
2 eggs over easy, gouda cheese, maple bacon OR maple sausage, & house sauce

**RECC Breakfast Sandwich \$5.00**  
1 egg, double cheese, choice of sausage OR bacon on an english-style muffin

**Avocado Toast on Sour Dough \$6.75**  
Smashed avocado with everything seasoning on sour dough bread

## SANDWICHES

**BBQ Crunch Chicken Sandwich \$10.00**  
Delicious breaded chicken breast flung in carolina BBQ sauce on a brioche bun

**Chicken Parm Sandwich \$10.00**  
Our breaded chicken breast drizzled in our house marinara sauce with mozzarella & parmesan on a brioche bun

**Philly Cheese \$10.00**  
Steak, peppers, onions mozzarella & BBQ on a wrap

## GRILLED CHEESE SANDWICHES

ON SOUR DOUGH

**Just Cheese \$6.00**  
Choice of cheddar, gouda, mozza, swiss, monterey jack

ADD ONS  
**Ham \$2.00**  
**Bacon \$1.00**

## WRAPS - 12"

**Chicken Caesar \$9.00**  
**BLT \$9.00**  
**Chicken Club \$9.00**  
**Ham & Swiss \$9.00**

**BBQ Crunch Wrap \$9.00**  
Lettuce, tomato with a tangy BBQ

**Philly Cheese \$10.00**  
Steak, peppers, onions mozzarella & BBQ on a wrap

Ask about our SEASONAL WRAPS

## SALADS & BOWLS

**Beet & Goat Cheese Salad \$8.00**  
Greens, beets, goat cheese, wallnuts with balsamic drizzle

**Chicken Pecan \$10.00**  
On a bed of greens, crispy chicken, cucumber, carrots, cheddar cheese, & candied pecans with ranch dressing

**Peppercorn Asiago \$8.00**  
On a bed of greens, tomatoes, cucumber, carrots, & corn with peppercorn asiago dressing

**Caesar Salad \$8.00**  
Bacon, parmesan, lettuce & caesar dressing

ADD ONS  
**Chicken \$3.00**  
**Rice \$2.00**

## SMOOTHIES

### SIGNATURE SMOOTHIES

**PB n' J \$8.00**  
Peanut butter, & strawberry with almond milk

**Berry Bliss \$8.00**  
Blueberry, raspberry, orange, banana & strawberry

**Banana Berry Blast \$8.00**  
Oat milk, strawberries & bananas (strawberries can be subbed for blueberries too)

**Tropical Twister \$7.00**  
Mango, banana, orange & lime with pineapple juice

**Peanut Buttercup \$7.00**  
Peanut butter, banana & Hazelnut spread

**Island Green \$7.00**  
Green apple, baby spinach, avocado, cucumber & ginger

### PREMIUM SMOOTHIES

**Cookies & Cream \$9.00**  
Oat milk, oreo cookies, cocoa powder, dates & cashew butter

**Matcha Collagen \$9.00**  
Oat milk, collagen, banana, dates & matcha

**Cold Brew Mocha \$9.00**  
Cold brew coffee, oat milk cocowhip, cauliflower, dates, cocoa powder & almond butter

**Blueberry Thrill \$9.00**  
Oat milk, dates, wild blueberries, almond butter

### GUT HEALTH

**Kombucha \$4.50**  
Blueberry orange kare kombucha

### POWER FUELS

ADD-ONS

**Fiberlicious \$1.50**  
Chai & flax seed

**Endeavor \$1.50**  
Hemp hearts (omega 3 & 6)

**Extra Energy \$1.50**  
Matcha

**Protien \$1.50**  
Vegan, Vanilla or Chocolate

## PIZZAS \$8.50

BUILD YOUR OWN PERSONAL FLAT OR ROUND 7" PIZZA

**Bacon Cheese Ham Mushroom**      **Onions Olives Pepperoni**

### COLD DRINKS

Juice Bottle \$3.50

Iced Tea \$3.50

Kare Kombucha \$4.50

Milk \$3.50

Chocolate Milk \$3.50

Iced Coffee \$2.75

Aquafina \$3.50

Pop \$3.50

Gatorade \$3.50

### HOT DRINKS

Americano \$4.00

Coffee \$2.75

Espresso \$4.00

Cappuccino \$4.00

Latte \$4.00

Tea \$2.75

Hot Chocolate \$3.00

ALL PRICES INCLUDE TAX

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