

UPDATED NOVEMBER 26, 2024

FALL
MENU

NOURISH

EATERY CATERING



BREAKFAST

Breakfast Scramble \$8.50

Scrambled eggs, cheddar cheese, peppers, ham & onions on a wrap

RECC Breakfast Sandwich \$5.00

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

Breakfast Sandwich on a Brioche \$8.50

2 eggs, gouda cheese, maple bacon & house sauce



Roasted Ham, Gouda, Egg Breakfast Sandwich \$6.00

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

SANDWICHES

Montreal Smoked

Meat Sandwich \$10.00

Smoked meat, mustard & pickles on sourdough

Chicken Parm Sandwich \$10.00

Pan fried crispy chicken drizzled in our house marinara sauce with mozzarella & parmesan on a brioche bun

BBQ Crunch Chicken Sandwich \$10.00

Pan fried crispy chicken tossed with lettuce, tomato & pickles in carolina BBQ sauce on a brioche bun

CHECK OUT OUR GRAB & GO OPTIONS

GRILLED CHEESE SANDWICHES

ON SOUR DOUGH

Classic Cheese \$6.00

Medium cheddar

Smokey Cheddar \$8.00

Cheddar, maple smoked bacon

ADD ONS

Ham \$3.00

Bacon \$2.00

WRAPS - 12"

Chicken Caesar \$9.00

BLT \$9.00

Chicken Club \$9.00

Ham & Cheddar \$9.00

BBQ Crunch Wrap \$9.00

Lettuce, pickles with a tangy BBQ

Philly Cheese \$9.00

Steak, peppers, onions mozzarella & BBQ

Cranberry Chicken \$9.00

Tortilla wrap, mozzarella cheese, red onion, & cranberry aioli

SALADS & BOWLS

Beet & Goat Cheese Salad \$8.00

Greens, beets, goat cheese, candied pecans with balsamic drizzle

Chicken Pecan \$10.00

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

Peppercorn Asiago \$8.00

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

Caesar Salad \$8.00

Bacon, parmesan, lettuce & caesar dressing

Crunchy Curry Salad \$8.00

Greens, red onion, carrots, cashews pumpkin seeds, drizzled with curry dressing

ADD ONS
Chicken \$3.00
Rice \$2.00

SMOOTHIES

SIGNATURE SMOOTHIES

PB n' J \$8.00

Peanut butter & mango strawberry with oat milk

Berry Bliss \$8.00

Blueberry, raspberry, white cranberry, banana & strawberry

Banana Berry Blast \$8.00

White cranberry, strawberries & bananas

Tropical Twister \$8.00

Mango, banana, orange & lime with pineapple juice

Peanut Buttercup \$8.00

Peanut butter, banana & Hazelnut spread

Jr Mint \$8.00

Banana, cocoa powder, peppermint oil, 4 dates & nut butter

PREMIUM SMOOTHIES

Cookies & Cream \$10.00

Oat milk, oreo cookies, cocoa powder, dates & cashew butter

Matcha Collagen \$10.00

Oat milk, collagen, banana, dates & matcha

Cold Brew Mocha \$10.00

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

Blueberry Thrill \$10.00

Oat milk, dates, wild blueberries, almond butter

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

MILK OPTIONS

OAT

DAIRY

ALMOND

SOY

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

Milk \$3.50

Chocolate Milk \$3.50

Iced Coffee \$3.00

Aquafina \$3.50

Pop \$3.50

Gatorade \$3.50

HOT DRINKS 12 OZ

Americano \$3.50

Coffee \$3.00

Espresso \$3.00

Cappuccino \$5.00

Latte \$5.00

Tea \$3.00

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