

UPDATED MARCH 20, 2025



NOURISH

EATERY CATERING



BREAKFAST

RECC Breakfast Sandwich \$5.00

1 egg, cheddar cheese, choice of sausage OR bacon on an english 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, 1 egg & ham with creamy garlic dressing

SANDWICHES

Buffalo Ranch Chicken Crunch \$10.00

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

Chicken Parm Sandwich \$10.00

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

BBQ Crunch Chicken Sandwich \$10.00

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

Classic Chicken & Avocado \$10.00

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

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

ADD CHIPS \$2 OR A SIDE SALAD:
HOUSE SALAD OR CAESER SALAD \$5

WRAPS - 12"

Chicken Caesar \$9.00

BLT \$9.00

Chicken Club \$9.00

Ham & Cheddar \$9.00

BBQ Crunch Wrap \$9.00

Crispy chicken, Cheddar Cheese, Lettuce, pickles with a tangy BBQ

Philly Cheese \$10.00

Steak, peppers, onions mozzarella & BBQ

SALADS & BOWLS

Chicken Pecan \$12.00

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

Chef Salad \$12.00

Bed of romain with chopped ham, bacon bits, tomato, cucumber, onion, 1 egg with thousand island dressing

Peppercorn Asiago \$8.00

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

Caesar Salad \$8.00

Bacon bits, parmesan, lettuce & caesar dressing

Creamy Dill Salad \$8.00

Greens, sliced pickles, bacon bits & creamy ranch dressing parmesan cheese

ADD ONS
Chicken \$4.00
Rice \$2.00

SMOOTHIES

SIGNATURE SMOOTHIES

PB n' J \$8.00

Peanut butter & mango strawberry with milk

Berry Bliss \$8.00

Blueberry, raspberry, strawberry with white cranberry

Banana Berry Blast \$8.00

White cranberry, strawberries & bananas

Tropical Twister \$8.00

Mango, banana, pineapple with orange juice

Peanut Buttercup \$8.00

Peanut butter, banana, nutella, & milk

Pink Smoothie \$8.00

Strawberries, mango & milk

Fuzzy Peach Smoothie \$8.00

Raspberries, peaches, juice, syrup, & whitecranberry juice

PREMIUM SMOOTHIES

Cookies & Cream \$10.00

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

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

PIZZAS \$8.50

BUILD YOUR OWN PERSONAL FLAT OR ROUND 7" PIZZA

Bacon
Cheese
Ham

Onions
Mushroom
Pepperoni

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 SOY

DRINKS

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

Blue Raspberry Lemonade \$6.00

Strawberry Lemonade \$6.00

Peach Lemonade \$6.00

Iced Mocha \$6.00

Frapped Chocolate Mocha \$6.00

Iced Chai \$6.00

Sparkling Tea \$5.00

HOT DRINKS 12 OZ

Americano \$3.50

Coffee \$3.00

Espresso \$3.00

Cappuccino \$5.00

Latte (seasonal) \$5.00

Tea \$3.00

Hot Chocolate \$3.00

Chocolate Mocha \$5.00

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