



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 \$9.50**
Delicious breaded chicken breast flung in carolina BBQ sauce on a brioche bun
- Chicken Parm Sandwich \$9.50**
Our breaded chicken breast drizzled in our house marinara sauce with mozzarella & parmesan on a brioche bun
- Chicken Pesto Sandwich \$9.50**
Our breaded chicken breast drizzled with pesto, mozzarella & lettuce

GRILLED CHEESE SANDWICHES

- ON SOUR DOUGH**
- Just Cheese \$5.50**
Choice of cheddar, gouda, mozza, swiss, monterey jack
- Tomato & Bacon \$6.25**
- ADD ONS**
Ham \$2.00
Bacon \$1.00

WRAPS - 12"

- Chicken Caesar \$8.50**
Turkey Club \$8.50
Ham & Swiss \$8.50
BLT \$8.50
- Thai Wrap \$8.50**
House-made **peanut sauce**, lettuce, cucumber, onion, carrot with crunchy noodles
- BBQ Crunch Wrap \$8.50**
Lettuce, tomato with a tangy BBQ

Ask about our SEASONAL WRAPS

SALADS & BOWLS

- Beet & Goat Cheese Salad \$7.50**
Greens, beets, goat cheese, wallnuts with balsamic drizzle
- Chicken Pecan \$9.50**
On a bed of greens, crispy chicken, cucumber, carrots, cheddar cheese, & candied pecans with ranch dressing
- Peppercorn Asiago \$7.50**
On a bed of greens, tomatoes, cuccumber, carrots, & corn with peppercorn asiago dressing
- Caesar Salad \$7.50**
Bacon, parmesan, lettuce & caesar dressing
- Greek Salad \$7.50**
Olives, feta, tomatoes, cucumbers & red onions
- ADD ONS**
Chicken \$3.00
Rice \$2.00

SMOOTHIES

SIGNATURE SMOOTHIES

- PB n’ J \$7.00**
Peanut butter,& strawberry with almond milk
- Berry Bliss\$7.00**
Blueberry, raspberry, orange, banana & strawberry
- Banana Berry Blast \$7.00**
Oat milk, strawberries & bananas (strawberries can be subbed for blueberries too)
- Sunrise Sunset \$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**
- Essentials \$1.50**
Greens
- 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