



# 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
- RECC RIB \$10.00**  
Pressed rib, BBQ Sauce, Mozzarella, add your favourite veggies on a sub bun.
- Philly Cheese \$10.00**  
Steak, peppers, onions mozzarella & BBQ on a wrap

## 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**  
**BLT \$8.50**  
**Chicken Club \$8.50**  
**Ham & Swiss \$8.50**
- BBQ Crunch Wrap \$8.50**  
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 \$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