



# BREAKFAST

## 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

## RECC Rib \$10.00

On a brioche bun with a combo of tangy BBQ & sweet BBQ, mozzarella cheese & pork ribs

## 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

# 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

## Creamy Dill Salad \$8.00

Greens, sliced pickles, bacon bits & creamy ranch 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, strawberry with orange juice

### 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 spread

### Pink Smoothie \$8.00

Strawberries, mango & milk

### Fuzzy Peach Smoothie \$8.00

Raspberries, peaches, juice & syrup

## 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

### Protein \$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

Blue Raspberry Lemonade \$6

Strawberry Lemonade \$6

Peach Lemonade \$6

## 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

Marshmallow Latte \$5.00

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