



NOURISH

EATERY CATERING

902.893.2224 | jciuffreda@therecc.ca

DAILY MENU

SMOOTHIES

*Add whey or vegan protein powder to any smoothie \$1.75

Strawesome \$7

Strawberry, banana & nutella with milk

Blueberry Cheesecake \$7

Blueberry, cream cheese, graham crackers, & banana with coconut milk

Green Machine \$7

Apple, spinach & avocado with apple juice

PB n' Jay \$7

Peanut butter, oats, mango & strawberry with almond milk

Tropic Morning \$7

Mango, banana, orange & lime with pineapple juice

Ginger Twist \$7

Apple, orange, mango, ginger, chia seed, honey, coconut milk & pineapple juice

KIDS MENU

Pepperoni Pizza \$6.50

Cheese Pizza \$6.50

Ham & Cheese Sandwich \$5.50

Grilled Cheese Sandwich \$4.50

COLD BEVERAGES

Evian Water \$3

ARTO Lifewtr \$3

Bubly \$2

Juice Bottle \$3.50

Iced Tea \$3.50

Kare Kombucha \$4.50

Milk \$3

Chocolate Milk \$3

HOT BEVERAGES

Americano \$3

Aroma Maya Coffee \$2

Espresso \$3

Cappuccino \$4

Latte \$4

Organic Tea \$2

Tea Latte \$4

Hot Chocolate \$2

GRAB N' GO

Veggie Cup \$4

Fruit Cup \$4

Apple \$1.50

Banana \$1.50

Muffin \$2

Cookie \$2

Brownie \$3

Overnight Oats \$4

Grenade Bar \$4.50

Bag of Chips \$2

Yogurt \$2

BREAKFAST SANDWICHES

Served on an English Muffin
Artisanal wrap or white bread available as an option

Simple \$4

Bacon, sausage or ham

Classic \$5

Bacon, sausage or ham, egg, cheddar & mayo

BELT \$5.50

Bacon, egg, lettuce, tomato & mayo

Angler \$6.50

Cured salmon, spinach, egg & goat cheese

Veggie \$5.50

Mushroom, roasted red pepper, spinach, egg, mozzarella & mayo

Vegan \$5.50

Mushrooms, tomato, spinach, avocado & aquafaba mayo

Maple Deluxe \$6.50

Sausage, mushroom, tomato, egg, cheddar & maple mayo

Great Canadian \$6.50

Bacon, sausage, ham, egg, cheddar & maple mayo

Add-ons

Cheese or egg \$1.50

Bacon, ham or sausage \$2.50

BOWLS & SALADS

Roasted Power Bowl \$8.50

Black bean, sweet potato, roasted red peppers with quinoa & oats tossed in maple balsamic vinaigrette

BBQ Caesar \$8.50

Classic caesar salad tossed in sweet BBQ sauce with homemade croutons & fresh bacon bits

Chili Rice Bowl \$8.50

Avocado, edamame, basmati rice & fresh veggies tossed in honey wine vinaigrette & chili lime dressing

Blueberry Spinach \$8.50

Apple & spinach salad with almond, blueberries, goat cheese, red onion & maple balsamic vinaigrette

Soba Buddha Bowl \$8.50

Ginger marinated soba noodles with seeds, veggies & legumes on baby spinach with tahini dressing

Smokey Mushroom \$8.50

Seasoned roasted portabello mushrooms with chickpeas & garden vegetables tossed in honey wine vinaigrette

PROTEIN ADD-ONS

Roasted Chicken \$4

Farm Fresh Ham \$3.50

House Cured Salmon \$5

Maple Baked Salmon \$5.50

Local Smoked Bacon \$3

Chickpea & Portobello \$3

SANDWICHES & WRAPS

*add a side \$4

Honey Mustard Chicken Club \$10

Pulled chicken, lettuce, tomato & bacon with honey mustard toasted on homemade focaccia bread

Cured Salmon & Avocado Wrap \$10

House cured salmon, goat cheese, chili lime, red peppers, romaine & red onion with aquafaba mayo

Tomato Bacon Grilled Cheese \$8

Local smoked bacon, tomato, cheddar & mozzarella cheese on locally baked bread

Chicken Caesar Wrap \$9

Classic caesar salad & roasted chicken with fresh bacon bits

Ham & Cheddar Panini \$9

Farm fresh ham, cheddar cheese, dijon mayo & spinach grilled on locally baked bread

Roasted Veggie Wrap \$8

Chickpeas, sweet potato, corn, oats, spinach, black bean, quinoa, aquafaba mayo & BBQ sauce

7" PIZZA

*add a side \$4

Ham & Bacon \$9

Cheddar, bacon & ham on pizza sauce with mozzarella

Mushroom Cheddar \$9

Smokey mushroom, sweet potato & spinach on pizza sauce with balsamic glaze

Texas Chicken \$9

BBQ chicken, red onion & corn with goat cheese & mozzarella

Sides

Vegan Chili \$5

3 bean chili served with housemade focaccia bread

Daily Soup \$5

Chef inspired served with housemade focaccia bread

Caesar Salad \$5

Housemade croutons & fresh bacon bits

Spinach Salad \$5

Apples & housemade maple balsamic vinaigrette

Garden Salad \$5

Fresh veggies & housemade white wine honey vinaigrette