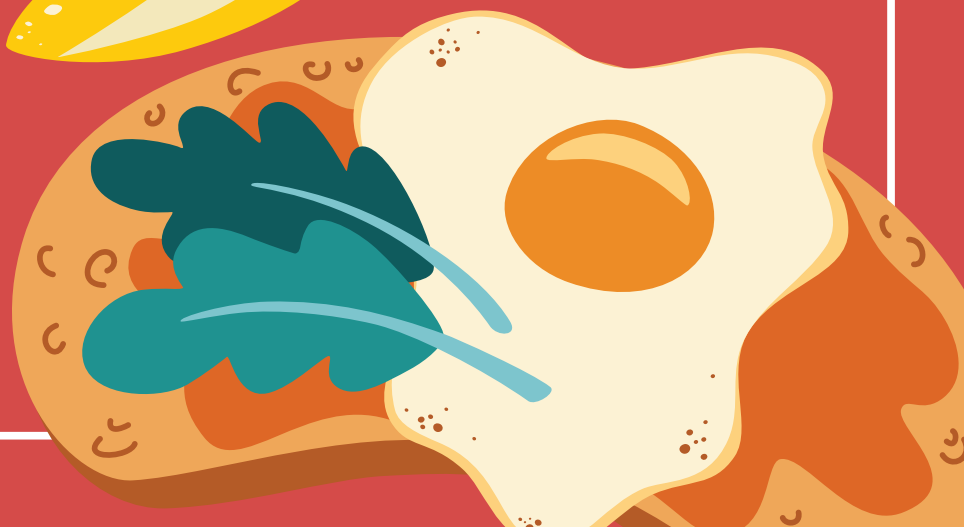
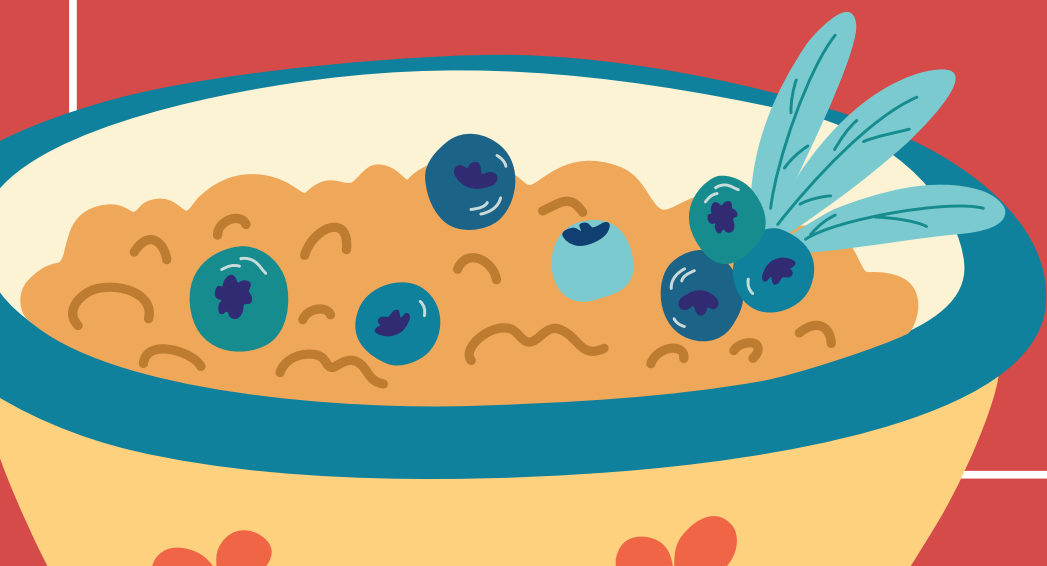




NOURISH

EATERY CATERING



HAND HELDS

CHOOSE BETWEEN A WRAP, SOURDOUGH BUN, OR A BRIOCHE BUN.

- BUFFALO RANCH CHICKEN CRUNCH** \$10.00
Crispy chicken in buffalo sauce with tomato, lettuce, mozzarella & ranch dressing.
- CHICKEN PARMESAN** \$10.00
Crispy chicken drizzled in our house marinara sauce with mozzarella & parmesan on a brioche bun.
- CHIPOTLE HOT HONEY CHICKEN** \$10.00
Chipotle hot honey chicken with beans, salsa, corn, cheddar cheese, sour cream & lettuce.
- CLASSIC CHICKEN & AVOCADO** \$10.00
Grilled chicken, avocado, bacon, greens, gouda, red onion, tomato with our house sauce.
- CLASSIC ITALIAN SANDWICH** \$10.00
Our trio of calabrese piccante, napoli & finocchio salami with fresh tomatoes, red onion, shredded lettuce, provolone cheese with a craft dijon aioli. **NEW**
- BBQ CRUNCH** \$10.00
Crispy chicken, cheddar cheese, lettuce, pickles with tangy BBQ.
- PHILLY CHEESE** \$10.00
Steak, peppers, onions, mozzarella & BBQ.
- CHICKEN CAESAR** \$10.00
Bacon, lettuce, parmesan & caesar dressing.
- BLT** \$10.00
Bacon, lettuce, tomato & mayo.
- CHICKEN CLUB** \$10.00
Mayo, cheddar cheese, bacon, lettuce, tomato & chicken.
- HAM & CHEDDAR** \$10.00
Ham, cheddar, tomato, lettuce & honey mustard.
- ADD CHIPS** \$3.00
- ADD HOUSE SALAD OR CAESAR SALAD** \$5.00

BREAKFAST

- SCRAMBLED EGG BREAKFAST WRAP** \$7.00
Sausage, eggs, bacon, cheddar cheese, hashbrowns with chipotle mayo. **NEW**
- EGG BLT** \$5.00
Egg, bacon, lettuce, & tomato on an english muffin.
- AVOCADO TOAST** \$5.00
Add egg, bacon or tomato for an upcharge.
- RECC BREAKFAST SANDWICH** \$5.00
1 egg, cheddar cheese, a choice of sausage or bacon on an english muffin.

PIZZAS

- BUILD YOUR OWN PERSONAL FLAT OR ROUND 7" PIZZA** \$8.50

- BACON**
- ONIONS**
- PEPPERONI**
- CHEESE**
- HAM**

GRILLED CHEESE SANDWICHES

ON SOUR DOUGH BREAD.

- HOT HONEY GOUDA** \$8.00
Hot honey, gouda cheese with ham.
- SMOKEY CHEDDAR** \$8.00
Smokey cheddar cheese with bacon.
- CLASSIC CHEESE** \$6.00
Medium cheddar.
- HAM (ADD ON)** \$3.00
- BACON (ADD ON)** \$2.00

ALL PRICES DO NOT TAX

SALADS

- CHICKEN PECAN** \$12.00
Greens, crispy chicken, cucumber, carrots, cheddar cheese, & candied pecans with ranch dressing.
- MAPLE CRUNCH** \$12.00
Greens, dried cranberries, bacon, pecans, goat cheese, chicken & maple vinaigrette.
- SUMMER SALAD** \$10.00
Romaine, roasted pecans, goat cheese, fresh strawberries sliced with a homemade lemon dressing. **NEW**
- CAESAR SALAD** \$8.00
Bacon bits, parmesan, lettuce & caesar dressing.
- CHICKEN (ADD ON)** \$4.00

SMOOTHIES

SIGNATURE SMOOTHIES

- PB N' J** \$8.00
Strawberries, mango & peanut butter with almond milk.
- BERRY BLISS** \$8.00
Blueberry, raspberry, strawberry with orange juice.
- BANANA BERRY** \$8.00
White cranberry juice, strawberries & bananas.
- PEANUT BUTTERCUP** \$8.00
Peanut butter, banana, nutella & milk.
- FUZZY PEACH** \$8.00
Raspberries, peaches, peach syrup, & white cranberry.
- TROPICAL TWISTER** \$8.00
Mango, banana & pineapple with orange juice.
- SUMMER BERRY BLAST** \$8.00
Pineapple, strawberries, banana & grapefruit. **NEW**

PREMIUM SMOOTHIES

- MATCHA COLLAGEN** \$10.00
Milk, collagen, banana, dates & matcha.
- COLD BREW MOCHA** \$10.00
Cold brew, oat milk, banana, dates, cocoa powder & nut butter.
- BLUEBERRY THRILL** \$10.00
Milk, dates, wild blueberries, nut butter.

POWER FUELS ADD-ONS

- | | |
|------------------------------|----------------------------|
| FIBERLICIOUS \$2.00 | ENDEAVOR \$2.00 |
| Chai & flax seed. | Hemp hearts (omega 3 & 6) |
| PROTEIN \$2.00 | EXTRA ENERGY \$2.00 |
| Vegan, vanilla or chocolate. | Matcha |

MILK OPTIONS

- OAT
- DAIRY
- ALMOND

FLAVOUR SHOTS

- | | |
|-----------------|-------------------|
| VANILLA | CANE SUGAR |
| COCONUT | SUGAR-FREE |
| HAZELNUT | VANILLA |
| CARAMEL | BANANA |

DRINKS

HOT DRINKS

- MATCHA** \$6.00
- CAPPUCCINO** \$5.00
- CHAI** \$5.00
- LATTE** \$5.00
- COFFEE/TEA** \$3.00
- AMERICANO** \$3.00
- HOT CHOCOLATE** \$3.50
- WHITE HOT CHOCOLATE** \$3.50

COLD DRINKS

- ICED COFFEE** \$3.00
- BASIC LATTE** \$5.00
- BANANA BREAD LATTE** \$5.00
- ICED MATCHA** \$6.00
Blueberry or vanilla
- LEMONADE** \$6.00
Peach, strawberry or blue raspberry.
- SPARKLING TEA** \$5.00
Passion fruit, orange or green tea.

FROZEN FRAPPE

- CHOCOLATE** \$6.50
- STRAWBERRY** \$6.50
- MATCHA** \$6.50

Nourish Eatery & Catering is committed to providing the highest quality service that excels in food health & safety standards. However we cannot guarantee an allergen-free environment.