



NOURISH

EATERY CATERING

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DAILY MENU

NOURISH

EATERY CATERING

GRAB N' GO

Veggie Cup \$4
Fruit Cup \$4
An Apple \$1.50
A Banana \$1.50
Muffin \$2
Cookie \$1.50
Brownie \$2.50
Overnight Oats \$4
Rx Bar \$3.50
Grenade
Protein Bar \$4.50
Bag of Chips \$2
Yogurt \$2
Almond Yogurt \$2

HOT BEVERAGES

Americano \$3
Aroma Maya
Coffee \$2
Espresso \$3
Cappuccino \$4
Latte \$4
Organic Tea \$2
Tea Latte \$4
Hot Chocolate \$2

COLD BEVERAGES

Apple Juice \$3
Strawberry Kiwi Juice \$3
Orange Juice \$3
Pure Leaf Green Tea
W/ Honey \$3.50
Pure Leaf Sweet W/ Lemon \$3.50
ARTO Lifewtr \$3
Evian Water \$3.50
Guru Organic Energy Matcha \$4
Bubly Lime \$2
Bubly Orange \$2
Bubly Strawberry \$2
2% Milk \$3
Chocolate Milk \$3
Almond Milk \$2.50
Chocolate Almond Milk \$2.50
Kare
Kombucha \$4.50
Aroma Maya
Cold Brew \$4.50

SMOOTHIES

*add whey or vegan protein powder to any smoothie \$1

The Strawesome \$7
 Strawberry, Banana and Nutella with Milk

The Gone Coconuts \$7
 Blueberry, Banana and Basil with Coconut Milk and Lime

The Tropic Morning \$7
 Mango, Banana and Orange with Pineapple Juice

The Green Machine \$7
 Apple, spinach and avocado, and apple juice

The PB n' Jay \$7
 Peanut Butter, Oats, Mango and Strawberry with Almond Milk

BREAKFAST SANDWICHES

The Simple \$4
 Bacon, Sausage or Ham

The Classic \$5
 Bacon, Sausage or Ham, Egg, Cheddar and Mayo

The BELT \$5.50
 Bacon, Egg, Lettuce, Tomato and Mayo

The Veggie \$5.50
 Mushroom, Roasted Red Pepper, Spinach, Egg, Mozzarella and Mayo

The Vegan \$5.50
 Mushrooms, Tomato, Spinach, Avocado and Aquafaba Mayo

The TexMex \$6.50
 Sausage, Blackbean, Avocado, Egg, Cheddar and Salsa

The Great Canadian \$6.50
 Bacon, Sausage, Ham Egg, Cheddar and Mayo

The Maple Deluxe \$6.50
 Sausage, Mushroom, Tomato, Egg, Cheddar and Maple Mayo

The Angler \$6.50
 Cured Salmon, Spinach, Egg and Chive Goat Cheese

BOWLS & SALADS

Roasted Chicken Power Bowl \$12
 Pulled chicken, black bean and sweet potato with quinoa and oats

BBQ Chicken Caesar \$11
 Classic caesar salad and roasted chicken tossed in sweet BBQ sauce with home made croutons and fresh bacon bits

Cure Salmon Poke Bowl \$14
 House made gravlax salmon with basmati rice, fresh veggies and chili lime dressing

Maple Baked Spinach Salmon \$15
 Maple marinated salmon freshly baked and served on an apple spinach salad with almond, blueberries, goat cheese, red onion and maple balsamic vinaigrette

Chickpea & Mushroom Buddha Bowl \$11
 Vegan made with seeds, veggies and legumes on soba noodles with aquafaba tahini dressing

Smokey Mushroom Garden \$10
 Vegan salad loaded with fresh veggies and house made white wine honey vinaigrette

SANDWICHES

*add a mini bowl \$4

Honey Mustard Chicken Club \$10
 Pulled chicken, lettuce, tomato and bacon with honey mustard toasted on fresh baked focaccia

Cured Salmon and Avocado Wrap \$10
 With chive goat cheese, roasted red peppers, romaine and red onion with aquafaba mayo

Ham and Cheddar Panini \$9
 With dijon mayo and spinach grilled on homemade bread

Tomato Bacon Grilled Cheese \$8
 With cheddar and mozzarella cheese and homemade bread

Roasted Veggie Wrap \$8
 With chickpeas, corn, black bean, quinoa and BBQ sauce

FLATBREADS

*add a mini bowl \$4

The Cheesy Porker \$9
 Cheddar, bacon and ham on tomato sauce with mozzarella

The Margherita \$7
 Tomato and fresh basil with mozzarella and balsamic glaze

The Texas Chicken \$9
 BBQ chicken and corn with chive goat and mozzarella

The Fun Guy \$8
 Smokey mushroom, sweet potato and spinach on tomato sauce with balsamic glaze

MINI BOWLS

Vegan Chili \$5
 Served with fresh baked focaccia bread

Daily Soup \$5
 Chef inspired served with fresh baked focaccia bread

Cesar Salad \$5
 With homemade croutons and fresh bacon bits

Spinach Salad \$5
 With apples and house made maple balsamic vinaigrette

Garden Salad \$5
 With fresh veggies and house made white wine honey vinaigrette