

# Organic KITCHEN MARKET MENU

SPRING / SUMMER

## Soups

### CLEANSE SOUPS (PINT: FROZEN) \$14

**BREAKFAST: Energize Me** (GF, DF, SF, VG, V)  
*blueberry + lemon + almond milk*

**LUNCH: Anti-Inflammatory** (GF, DF, NF, SF, VG, V)  
*red lentils + spinach + ginger + Nourished vegetable broth™*

**LUNCH: Everyday Detox** (GF, DF, NF, SF)  
*asparagus + spring pea + lemon + Nourished pastured chicken bone broth™*

**LUNCH: Gut Repair** (GF, DF, NF, SF)  
*sprouted white beans + onion + herbs + Nourished pastured chicken bone broth™*

**LUNCH: Hardcore Detox** (GF, DF, NF, SF)  
*cabbage + green beans + ginger + Nourished pastured chicken bone broth™*

**DINNER: Rest & Digest** (GF, DF, NF, SF, VG, V)  
*carrot + cauliflower + lemon + Nourished vegetable broth™*

### ONE-DAY SOUP CLEANSE (FROZEN) \$65

**CLEANSE PACKAGE SOLD FROZEN**  
*Electrolyte Hydration Packet & Gentle Detox Tea*  
*Breakfast, Lunch & Dinner Cleanse Soups (3 Pints)*  
*Garlic & Ginger Infused Bone Broth (2 Pints)*

**VEGAN OPTION**  
*Electrolyte Hydration Packet & Gentle Detox Tea*  
*Breakfast, Lunch & Dinner Cleanse Soups (3 Pints)*  
*Adaptogenic Vegetable Broth (2 Pints)*

## Soups

### FAMILY-FRIENDLY SOUPS (PINT: FROZEN)

Green Garden Spinach, Sweet Pea & Potato (GF, DF, NF, SF, VG, V) \$14

Roasted Tomato, Basil & Sprouted White Bean (GF, DF, NF, SF, VG, V) \$14

Pastured Chicken, Herb & Sprouted Brown Rice (GF, DF, NF, SF) \$16

Pastured Turkey Sausage, Kale & Red Potato (GF, DF, NF, SF) \$16

## Salad Staples

### SALAD DRESSINGS (8 OZ BOTTLE: REFRIGERATED) \$10

Chipotle-Honey-Lime Vinaigrette (GF, DF, NF, SF, VG)

Dairy-Free Creamy Green Goddess Dressing (GF, DF, NF, SF, VG)

White Balsamic & Mixed-Herb Vinaigrette (GF, DF, NF, SF, VG, V)

### SALAD TOPPINGS (8 OZ BAG) \$10

Balsamic & Pepper Sunflower Seeds (GF, DF, NF, SF, VG, V)

Herbaceous Sliced Almonds (GF, DF, SF, VG, V)

Lime- & Cumin-Toasted Pepitas (GF, DF, NF, SF, VG, V)

## Broths

### PASTURED CHICKEN BONE BROTH (FROZEN)

Traditional Bone Broth \$18  
(32 oz Quart - GF, DF, NF, SF)

Traditional Bone Broth: 5 Pack \$80  
(32 oz Quart - GF, DF, NF, SF) (10% Savings)

Garlic & Ginger Infused Bone Broth \$10  
(16 oz Pint - GF, DF, NF, SF)

Garlic & Ginger Infused Bone Broth: 5 Pack \$45  
(16 oz Pint - GF, DF, NF, SF) (10% Savings)

### ADAPTOGENIC VEGETABLE BROTH (FROZEN) \$10

(16 oz Pint - GF, DF, NF, SF, VG, V)

## Veggie Burgers

### QUARTER POUND BURGERS (FROZEN) \$16

Asian Red Bean Burgers: 2 Pack (GF, DF, NF, SF, VG, V)

Italian White Bean Burgers: 2 Pack (GF, NF, SF, VG)

Mexican Black Bean Burgers: 2 Pack (GF, DF, NF, SF, VG)

## Sauces & Relishes

### TOPPINGS (8 OZ: FROZEN) \$12

Honey-Tamari BBQ Sauce (GF, DF, NF, VG)

Fire-Roasted Tomato, Pepper & Onion Relish (GF, DF, NF, VG, V)

Poblano, Tomatillo & Fire-Roasted Corn Relish (GF, DF, NF, VG, V)



## Drinks

### ADAPTOGENIC FUNCTIONAL DRINKS (8 OZ: FROZEN) \$8

Adaptogenic Golden Milk Latte (GF, DF, SF, VG, V)

Adaptogenic Matcha Latte (GF, DF, SF, VG, V)

### ANTIOXIDANT COFFEE (GROUND) \$18

Organic Low-Acid Antioxidant Breakfast Blend (12 oz - GF, DF, NF, SF, VG, V)

### ANTIOXIDANT COFFEE DRINKS (8 OZ: FROZEN) \$8

Lavender Vanilla Café Latte (GF, DF, SF, VG, V)

### LOOSE LEAF HERBAL TEAS (8 OZ BAGS - MAKES 48 CUPS) \$18

Belly Bliss  
ease indigestion + alleviate gas

Calm & Rest  
relieve stress + support sleep

Gentle Detox  
cleanse the liver + purify the blood

Smooth Move  
relieve constipation + decrease bloating

Turmeric Chai  
fight inflammation + boost immunity

## Power Gelatin Shots

### GELATIN SHOTS (3 PACK: REFRIGERATED) \$12

Pack includes 3 (2 oz) shots - (GF, DF, NF, SF)

The Chill Pill  
supports sleep + relieves stress & anxiety + balances hormones

The Detoxifier  
potent detoxifier + boosts immunity + fights cancer

The Metabolism Booster  
natural diuretic + fights bloating + supports weight loss

## Smoothies

### SUPERFOOD SMOOTHIES (FROZEN) \$10

Bag makes 2 (9 oz) smoothies or 1 (18 oz) smoothie - (GF, DF, NF\*, SF)

Beauty & Balance  
strawberry + cauliflower + avocado

Immune Booster  
acai + blueberry + purple cabbage

Detoxify & Repair  
green apple + celery + lemon

Inflammation Fighter  
pineapple + ginger + turmeric

Energizer  
pear + spinach + matcha green tea

Smooth Move  
cranberry + vanilla + flaxseed

Fat Burner (\*contains nuts)  
cacao + MCT oil + maca

Kids' Smart Start  
dark chocolate + banana + cauliflower

## Cold & Flu Relief

### FLU BOMB ELIXIR CUBES (FROZEN) \$14

Bag makes 7 (6 oz) elixirs - (GF, DF, NF, SF, VG)

## Seasoning Blends

### HEALTH-BOOSTING (4 OZ JARS - GF, DF, NF, SF, VG, V) \$10

Anti-Inflammatory  
earthy + warming + cumin notes

Immune Boost  
mellow + herbaceous flavors

Detox  
warming + slightly sweet to spicy

Healthy Digestion  
dill notes + hints of sweet & spice

Citrus Herb Sea Salt Blend (4 oz Jar - GF, DF, NF, SF, VG, V) \$10

Cheesy Spice Seasoning (4 oz Jar/5 oz Bag - GF, DF, NF, SF, VG, V) \$10/\$14

## Snacks & Bites

### HEALTHY SNACKING

Grain-Free 4-Seed Crackers, Garlic & Sea Salt or Rosemary & Lemon (GF, DF, NF, SF, VG, V) \$8

Cheesy Spice Popcorn (GF, DF, NF, SF, VG, V) \$10

Herb Ranch Popcorn (GF, DF, NF, SF, VG, V) \$10

Vanilla Coconut Popcorn (GF, DF, NF, SF, VG, V) \$10

Dark Chocolate Coconut Energy Bites (GF, DF, SF, VG, V) \$12

Dark Chocolate Almond Clusters (GF, DF, SF, VG, V) \$14

Farmhouse Granola (GF, DF, SF, VG) \$16

Farmhouse Snack Mix (VG) \$16

## Wild-Caught Fish

### FILLETS (6 OZ: INDIVIDUALLY FROZEN)

Alaskan Pacific Cod Fillet (No Pin Bones) \$7

Alaskan Sockeye Salmon Fillet (No Pin Bones) \$10

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