

Organic KITCHEN MARKET MENU

FALL / WINTER

Soups

CLEANSE SOUPS (PINT: FROZEN) \$14

BREAKFAST: Energize Me (GF, DF, NF, SF, VG, V)
pear + lemongrass + coconut milk + Nourished vegetable broth™

LUNCH: Anti-Inflammatory (GF, DF, SF, VG, V)
tomato + cashews + nutritional yeast + Nourished vegetable broth™

LUNCH: Everyday Detox (GF, DF, NF, SF, VG, V)
napa cabbage + carrot + Nourished ginger-coconut broth™

LUNCH: Gut Repair (GF, DF, NF, SF)
roasted fennel + sprouted chickpea + carrot + Nourished pastured chicken bone broth™

LUNCH: Hardcore Detox (GF, DF, NF, SF)
dandelion greens + celery + ginger + Nourished pastured chicken bone broth™

DINNER: Rest & Digest (GF, DF, NF, SF, VG, V)
butternut squash + sweet potato + carrot + 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)

Healing 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)

PASTURED CHICKEN BONE BROTH INFUSED SIPPER CUP (HOT TO GO) \$8

(10 oz Cup - GF, DF, NF, SF)

ADAPTOGENIC VEGETABLE BROTH (FROZEN) \$10

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

Soups

FAMILY-FRIENDLY SOUPS (PINT: FROZEN)

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

Pastured Chicken Taco (GF, DF, NF, SF) \$16

Sprouted Quinoa & Red Lentil Moroccan (GF, DF, NF, SF, VG, V) \$14

Sprouted Quinoa & Vegetable Minestrone (GF, DF, NF, SF, VG, V) \$14

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)

Wild-Caught Fish

FILLETS (6 OZ: INDIVIDUALLY FROZEN)

Alaskan Pacific Cod Fillet (No Pin Bones) \$10

Alaskan Sockeye Salmon Fillet (No Pin Bones) \$12

Visit nourished.com for the
SALAD OF THE WEEK

Quantities limited & pre-order required

Smoothies

SUPERFOOD SMOOTHIES (FROZEN OR BLENDED TO GO)

\$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 almond milk)
cacao + MCT oil + maca

Kids' Smart Start
dark chocolate + banana + cauliflower

Power Gelatin Shots

GELATIN SHOTS (3 PACK: REFRIGERATED)

\$12

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

The Detoxifier
potent detoxifier + boosts immunity + fights cancer

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

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

Cold & Flu Relief

FLU BOMB ELIXIR CUBES (FROZEN)

\$14

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

Coffee & Tea

ANTIOXIDANT COFFEE (BAG: GROUND OR WHOLE BEAN)

\$18

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

LOOSE LEAF HERBAL TEAS

8 OZ BAGS - MAKES 48 CUPS

\$18

8 OZ HOT CUP TO GO

\$3

Belly Bliss
eases indigestion + alleviates gas

Calm & Rest
relieves stress + supports sleep

Gentle Detox
cleanses the liver + purifies the blood

Smooth Move
relieves constipation + decreases bloating

Turmeric Chai
fights inflammation + boosts immunity

Seasoning Blends

HEALTH-BOOSTING (4 OZ JARS - GF, DF, NF, SF, VG, V)

\$10

Anti-Inflammatory (Moroccan-inspired)
earthy & warming + sweet notes

Immune Boost (Italian-inspired)
mellow + herbaceous flavors

Healthy Digestion (Greek-inspired)
dill notes + hints of sweet & spice

Metabolism Boost (Mexican-inspired)
lightly smoky + sweet notes

Alkalizing 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

Nuts 'n Seeds

8 OZ BAGS

\$10

Toasted Lemon-Herb Walnuts (GF, DF, SF, VG)

Sriracha-Honey-Lime Pepitas (GF, DF, NF, SF, VG)

Sweet & Spiced Maple Pecans (GF, DF, SF, VG, V)

Snacks & Bites

HEALTHY SNACKING

Seasonal Protein Breakfast Round, Pumpkin Spice, Flax & Oats (GF, DF, NF, SF, VG, V) \$5

Protein Breakfast Round, Chia, Honey & Oats (GF, DF, NF, SF, VG) \$5

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

Chai-Spiced Popcorn (GF, DF, NF, SF, VG, V) \$10

Cheesy Spice 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

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