

# 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](http://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,  
Cranberry, Orange, Walnut & Oats  
(GF, DF, SF, VG, V) \$5

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

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

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

LEARN  THRIVE

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