

# 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)*

## 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)

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

## 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) \$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

## 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

## 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

## Nuts 'n Seeds

### 8 OZ BAGS \$10

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

Kelp & Sea Salt Cashews (GF, DF, SF, VG, V)

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

## 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

## Snacks & Bites

### HEALTHY SNACKING

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

Seasonal Protein Breakfast Round, Blueberry, Lemon Poppyseed & Oats (GF, DF, NF, SF, VG, V) \$5

Grain-Free 4-Seed Crackers: Cheesy Spice or Garlic & Herb (GF, DF, NF, SF, VG, V) \$8

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

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

Dark Chocolate-Coconut Health Nut Bites (GF, DF, SF, VG, V) \$12

Dark Chocolate-Matcha 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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