

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: Sweet Greens Detox (GF, DF, NF, SF, VG, V)
asparagus + celery + dill + 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) \$9
(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 for the
SALAD OF THE WEEK

Quantities limited & pre-order required

Smoothies

SUPERFOOD SMOOTHIES (FROZEN) \$12

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

Beauty & Balance <i>strawberry + cauliflower + avocado</i>	Immune Booster <i>acai + blueberry + purple cabbage</i>
Detoxify & Repair <i>green apple + celery + lemon</i>	Inflammation Fighter <i>pineapple + ginger + turmeric</i>
Energizer <i>pear + spinach + matcha green tea</i>	Smooth Move <i>cranberry + vanilla + flaxseed</i>
Fat Burner (*contains almond milk) <i>cacao + MCT oil + maca</i>	Kids' Smart Start <i>dark chocolate + banana + cauliflower</i>

Seasoning Blends

HEALTH-BOOSTING (4 OZ JARS - GF, DF, NF, SF, VG, V) \$12

Anti-Inflammatory (Moroccan-inspired) <i>earthy & warming + sweet notes</i>	Immune Boost (Italian-inspired) <i>mellow + herbaceous flavors</i>
Healthy Digestion (Greek-inspired) <i>dill notes + hints of sweet & spice</i>	Metabolism Boost (Mexican-inspired) <i>lightly smoky + sweet notes</i>

Alkalizing Citrus Herb Sea Salt Blend (4 oz Jar - GF, DF, NF, SF, VG, V) \$12

Cheesy Spice Seasoning (4 oz Jar/5 oz Bag - GF, DF, NF, SF, VG, V) \$12/\$18

Power Gelatin Shots

GELATIN SHOTS (3 PACK: REFRIGERATED) \$12

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

The Detoxifier <i>potent detoxifier + boosts immunity + fights cancer</i>
The Metabolism Booster <i>natural diuretic + fights bloating + supports weight loss</i>
The Chill Pill <i>supports sleep + relieves stress & anxiety + balances hormones</i>

Nuts 'n Seeds

8 OZ BAGS \$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)

Cold & Flu Relief

FLU BOMB ELIXIR CUBES (FROZEN) \$14

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

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, Garlic & Herb or Garlic & Sea Salt (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 Almond Clusters (GF, DF, SF, VG, V)	\$14
Farmhouse Granola (GF, DF, SF, VG)	\$16
Farmhouse Snack Mix (VG)	\$16

Coffee & Tea

ANTIOXIDANT COFFEE (BAG: GROUND OR WHOLE BEAN) \$22

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 <i>eases indigestion + alleviates gas</i>
Calm & Rest <i>relieves stress + supports sleep</i>
Gentle Detox <i>cleanses the liver + purifies the blood</i>
Smooth Move <i>relieves constipation + decreases bloating</i>
Turmeric Chai <i>fights inflammation + boosts immunity</i>

LEARN & THRIVE

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