

Organic KITCHEN MARKET MENU

FALL / WINTER

Soups

CLEANSE SOUPS (PINT: FROZEN) \$15

BREAKFAST: Energize Me (GF, DF, NF, SF, VG, V)
roasted cauliflower + cinnamon apple + Nourished vegetable broth™

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

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

LUNCH: Gut Repair (GF, DF, NF, SF)
sprouted lentils + swiss chard + 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) \$69

Electrolyte Hydration Packet + Calm & Rest Tea
Breakfast, Lunch + Dinner Cleanse Soups (3 Pints)
Garlic & Ginger Infused Bone Broth (2 Pints)

VEGAN OPTION

Electrolyte Hydration Packet + Calm & Rest Tea
Breakfast, Lunch + Dinner Cleanse Soups (3 Pints)
Adaptogenic Vegetable Broth (2 Pints)

Soups

FAMILY-FRIENDLY SOUPS (PINT: FROZEN)

Pastured Chicken, Herb & Sprouted Brown Rice (GF, DF, NF, SF) \$17

Moroccan Sprouted Quinoa & Red Lentil (GF, DF, NF, SF, VG, V) \$15

Mexican Sprouted White Bean & Tomato (GF, DF, NF, SF, VG, V) \$15

ONE-DAY COVID & FLU FIGHTER PACKAGE \$55 (FROZEN)

Flu Bomb (Bag for 7 drinks)
Immune Booster Superfood Smoothie
Garlic & Ginger Infused Bone Broth
Pastured Chicken & Sprouted Brown Rice Soup

Sprouted Bean Burgers

QUARTER-POUND VEGGIE BURGERS \$18 (2 PACK: FROZEN)

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

Italian White Bean Burgers (GF, NF, SF, VG)

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

Healing Broths

PASTURED CHICKEN BONE BROTH (FROZEN)

Traditional Bone Broth \$19
(32 oz Quart - GF, DF, NF, SF)

Garlic & Ginger Infused Bone Broth \$12
(16 oz Pint - GF, DF, NF, SF)

ADAPTOGENIC VEGETABLE BROTH (FROZEN) \$12

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

 **INFUSION OF THE MONTH**
PASTURED CHICKEN BONE BROTH INFUSED SIPPER CUP (HOT TO GO) \$9
Ask for more details
(10 oz Cup - GF, DF, NF, SF)

Wild-Caught Fish

FILLETS (6 OZ: INDIVIDUALLY FROZEN)

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

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



FUN FACTS

1 fillet of our Alaskan Sockeye salmon contains 70% of your daily recommended vitamin D intake

1 fillet of our Pacific cod provides up to 66% of your daily recommended iodine intake

Visit nourished.com for the
SALAD OF THE WEEK
and
3-DAY DETOX

Quantities limited & pre-order required

Smoothies

SUPERFOOD SMOOTHIES (FROZEN OR BLENDED TO GO)

\$12

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

Beauty & Balance

strawberry + cauliflower + avocado

Fat Burner (*contains almond milk)

cacao + MCT oil + maca

Detoxify & Repair

green apple + celery + lemon

Immune Booster

acai + blueberry + purple cabbage

Energizer

pear + spinach + matcha green tea

Inflammation Fighter

pineapple + ginger + turmeric

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

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

fight inflammation + boosts immunity

Seasoning Blends

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

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

(5 oz Bag - GF, DF, NF, SF, VG, V)

\$16

Cheesy Spice Seasoning

(4 oz Jar/5 oz Bag - GF, DF, NF, SF, VG, V)

\$12/\$18

Cold & Flu Relief

FLU BOMB ELIXIR CUBES (FROZEN)

\$15

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

Snacks & Bites

HEALTHY SNACKING

Seasonal Protein Breakfast Round: Pumpkin Spice, Flax & Oats
\$6

(GF, DF, SF, VG, V)

Protein Breakfast Round: Chia, Honey & Oats

\$6

(GF, DF, NF, SF, VG)

Grain-Free 4-Seed Crackers:

\$10

Cheesy Spice | Moroccan Spiced

(GF, DF, NF, SF, VG, V)

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

\$12

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

\$14

Dark Chocolate Almond Bark (GF, DF, SF, VG, V)

\$16

Farmhouse Granola (GF, DF, SF, VG)

\$18

Farmhouse Snack Mix (VG)

\$18

Power Gelatin Shots

GELATIN SHOTS (20 PACK: REFRIGERATED)

\$80

Pack includes 20 (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

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