

# 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)

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](http://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 <i>strawberry + cauliflower + avocado</i>	Fat Burner (*contains almond milk) <i>cacao + MCT oil + maca</i>
Detoxify & Repair <i>green apple + celery + lemon</i>	Immune Booster <i>acai + blueberry + purple cabbage</i>
Energizer <i>pear + spinach + matcha green tea</i>	Inflammation Fighter <i>pineapple + ginger + turmeric</i>

## 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 <i>eases indigestion + alleviates gas</i>
Calm & Rest <i>relieves stress + supports sleep</i>
Smooth Move <i>relieves constipation + decreases bloating</i>
Turmeric Chai <i>fight inflammation + boosts immunity</i>

## Seasoning Blends

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

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

Alkalizing Citrus Herb Sea Salt Blend \$16  
(5 oz Bag - GF, DF, NF, SF, VG, V)

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

## 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 <i>(GF, DF, SF, VG, V)</i>	\$6
Protein Breakfast Round: Chia, Honey & Oats <i>(GF, DF, NF, SF, VG)</i>	\$6
Grain-Free 4-Seed Crackers: Cheesy Spice   Moroccan Spiced <i>(GF, DF, NF, SF, VG, V)</i>	\$10
Cheesy Spice Popcorn <i>(GF, DF, NF, SF, VG, V)</i>	\$12
Dark Chocolate Coconut Energy Bites <i>(GF, DF, SF, VG, V)</i>	\$14
Dark Chocolate Almond Bark <i>(GF, DF, SF, VG, V)</i>	\$16
Farmhouse Granola <i>(GF, DF, SF, VG)</i>	\$18
Farmhouse Snack Mix <i>(VG)</i>	\$18

LEARN  THRIVE

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