

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

LUNCH: Adaptogenic Gut Repair (GF, DF, NF, SF)
sprouted lentils + swiss chard + triphala + 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 GABA 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, 54g protein + 2400mg Omega-3s

1 fillet of our Pacific cod provides up to 66% of your daily recommended iodine intake, 46g protein + 560mg Omega-3s

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)

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| 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
eases indigestion + alleviates gas

Calm & Rest
relieves stress + supports sleep

Smooth Move
relieves constipation + decreases bloating

Turmeric Chai
fight inflammation + boosts immunity

Cold & Flu Relief

FLU BOMB ELIXIR CUBES (FROZEN) \$15

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

Snacks & Bites

HEALTHY SNACKING

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| Seasonal Protein Breakfast Round: Cranberry, Orange, Walnuts & Oats (GF, DF, SF, VG, V) | \$6 |
| Protein Breakfast Round: Chia, Honey & Oats (GF, DF, NF, SF, VG) | \$6 |
| Grain-Free 4-Seed Crackers: Cheesy Spice Moroccan Spiced (GF, DF, NF, SF, VG, V) | \$10 |
| 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 |

Seasoning Blends

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

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

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

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

LEARN  THRIVE

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