

Organic KITCHEN MARKET MENU

SPRING / SUMMER

Soups

CLEANSE SOUPS (PINT: FROZEN) \$15

BREAKFAST: Energize Me (GF, DF, SF, VG, V)
blueberry + lemon + tigernut flour + Nourished almond milk™

LUNCH: Adaptogenic Anti-Inflammatory (GF, DF, NF, SF, VG, V)
tomato + cabbage + ginger + holy basil + Nourished vegetable broth™

LUNCH: Everyday Reset (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™

DINNER: Rest & Digest (GF, DF, NF, SF, VG, V)
carrot + cauliflower + lemon + 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

HEALTH-BOOSTING SOUPS (PINT: FROZEN)

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

Mexican Fire-Roasted Tomato, Pepper & Corn (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, Herb & Sprouted GABA 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 **142% of your daily recommended vitamin D intake, 316% of vitamin B12, 46g protein + 1460mg Omega-3s**

1 fillet of our Pacific cod provides up to **66% of your daily recommended iodine intake, 88% of selenium, 134% of vitamin B12, 34g protein + 140mg 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 (10 oz) smoothies or 1 (20 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>



KIDS' SUPERFOOD SMOOTHIES

Loaded with fruits & veggies!

Brain Booster <i>spinach + avocado + chia seeds + cacao</i>	Immune Booster <i>cauliflower + elderberry + camu camu</i>
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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>
Heart-Healthy (Asian-inspired) <i>Asian-inspired + umami + slightly sweet & spicy</i>	

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

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

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>

Snacks & Bites

HEALTHY SNACKING

Seasonal Protein Breakfast Round: Blueberry, Lemon, Poppy Seed & Oats (GF, DF, SF, VG, V)	\$6
Protein Breakfast Round: Chia, Honey & Oats (GF, DF, NF, SF, VG)	\$6
Grain-Free 4-Seed Crackers: Lavender & Honey Rosemary & Lemon Tomato & Basil (GF, DF, NF, SF, VG, V)	\$10
Cheesy Spice Popcorn (GF, DF, NF, SF, VG, V)	\$12
Dark Chocolate Coconut Health Nut Bites (GF, DF, SF, VG, V)	\$14
Dark Chocolate & Sea Salt Almond Bark (GF, DF, SF, VG, V)	\$16
Farmhouse Granola (GF, DF, SF, VG)	\$18
Farmhouse Snack Mix (VG)	\$18

Cold & Flu Relief

FLU BOMB ELIXIR CUBES (FROZEN)

\$15

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

LEARN & THRIVE

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