NOURISHED®

FEBRUARY ORGANIC MARKET MENU

Delivery Available to the Greater Chicagoland Area

NOURISHING SOUPS

16 OZ PINT (FROZEN)

Pastured Chicken & Herb *(GF, DF, NF, SF)* — **$17**
with sprouted GABA brown rice + herbs + Nourished bone broth

Greek Lemon & Pastured Chicken *(GF, DF, NF, SF)* — **$17**
with sprouted GABA brown rice + spinach + Nourished bone broth

Pastured Turkey Sausage & Kale *(GF, DF, NF, SF)* — **$17**
with sprouted cannellini beans + squash + Nourished bone broth

Roasted Squash *(GF, DF, NF, SF, VG, V)* — **$15**
with carrot + sweet potato + Nourished veg broth

Creamy Tomato *(GF, DF, SF, VG, V)* — **$15**
with nutritional yeast + cashew + Nourished veg broth

KID FRIENDLY!
Nonna's Italian "Penicillin" *(DF, NF, SF)* — **$16**
with pastina + nutritional yeast + Nourished bone broth

HOT SOUP OF THE MONTH

12 OZ / 16 OZ BOWL TO GO — **$12/$15**
While Bean & Pepper Chili
(GF, DF, NF, SF)

NUTRITION FACT

GABA Rice (Sprouted Brown Rice): 10X more neurotransmitter GABA, 120% more fiber, 614% more magnesium + 475% more antioxidants **compared to white rice.**

PROTEIN SUPERFOOD SMOOTHIES

FROZEN BAGS OR BLENDED TO GO — $13/14

(GF, DF, NF, SF)*

20+ GRAMS TOTAL PROTEIN | **GRASS-FED COLLAGEN** | **20 BILLION** CFU PROBIOTICS

GREAT FOR SMOOTHIE BOWLS, TOO!

Athlete - 26g PROTEIN!
blue spirulina + chia + pineapple + cauliflower

B-12 Boost
spirulina + amla + hemp + kale

Fat Burner
*(*contains almond milk)*
maca + MCT oil + cacao + cauliflower

Get Glowing
pitaya + MCT oil + strawberry + cauliflower

Gut Healer
aloe vera + chia + flax + pineapple

Hinsdale Red Devil
hemp + maca + strawberry + coconut

Immune Booster
acai + camu camu + blueberry + cabbage

Inflammation Fighter
ginger + turmeric + chia + pineapple

KIDS' SUPERFOOD SMOOTHIES (AGES 1+)

Loaded with fruits, veggies, collagen, pre & probiotics!

Brain Booster
cacao + banana + spinach + avocado + chia

Immune Booster
berry + cauliflower + elderberry + camu camu

HEALING BROTHS

KOMBU INFUSED
50% RDI IODINE PER CUP

HOT BONE BROTHS OF THE MONTH

12 OZ SIPPER CUP (HOT TO GO) — **$10**
(GF, DF, NF, SF)
Adaptogenic Astragalus & Parsley Root
Probiotic Chickpea Miso & Ginger

PASTURED CHICKEN BONE BROTH (FROZEN)

Regenerative Traditional Bone Broth — **$19**
(32 oz Quart – GF, DF, NF, SF)

Gut-Healing Turmeric & Lemon Infused — **$13**
(16 oz Pint – GF, DF, NF, SF)

Probiotic Chickpea Miso & Ginger Infused — **$13**
(16 oz Pint – GF, DF, NF, SF)

Anti-Inflammatory Allium & Pepper Infused — **$13**
(16 oz Pint – GF, DF, NF, SF)

ADAPTOGENIC VEGETABLE BROTH (FROZEN)

Anti-Stress Adaptogenic Reishi & Lemongrass Infused — **$12**
(16 oz Pint – GF, DF, NF, SF, VG, V)

PROBIOTIC BONE BROTH LATTES

12 OZ CUPS TO GO — $9+

Nourished Almond Milk + Nourished Bone Broth + 20 billion CFU Probiotics

HOT LATTES *(GF, DF, SF)*
Mocha | Cherry Mocha
Adaptogenic Turmeric Chai
(caffeine free)

ICED LATTES *(GF, DF, SF)*
Mocha | Cherry Mocha

HOT LATTE BOOSTERS:
Grass-fed collagen (6g protein) - $2
MCT oil - $.50
Dirty Chai (black tea) - $.50

WELLNESS SHOTS + ELIXIRS

CLEANSING GINGER SHOTS (VARIETY 3-PACK, 2 OZ EACH) — $12

(One of each variety - GF, DF, NF, SF, VG, V)

Reviver	Detoxifier	Inflamma-Bust
lemon + lucuma	*chlorella + apple*	*turmeric + orange*

CLEANSING GINGER SHOT (SINGLE, 2 OZ) — $5

Reviver
lemon + lucuma (GF, DF, NF, SF, VG, V)

FLU BOMB ELIXIR CUBES (FROZEN) — $15

(Bag makes 7 (6 oz) elixirs - GF, DF, NF, SF, VG)
Natural Cold & Flu Relief
ginger + garlic + raw, MF-manuka honey + cayenne pepper

WILD ELDERBERRY IMMUNE ELIXIR — $28

(8 oz Bottle - GF, DF, NF, SF, VG)
Natural Antioxidant Boost
wild elderberry + raw, MF-manuka honey + echinacea

SHOP IN STORE: MONDAY-FRIDAY, 9AM-5PM

111 S. Vine Street, Hinsdale | 630.YOU.WELL | www.nourished.com

GF=Gluten Free, DF=Dairy Free, NF=Nut Free, SF=Soy Free, VG=Vegetarian, V=Vegan

SUPERFOOD SALADS & BOWLS

WITH COOKED PROTEIN ADD ONS!

QUANTITIES LIMITED

DAILY CHICKPEA SALADS (12 OZ BOWL) — $12

Classic Herb *(GF, DF, NF, SF, VG)*
Curry-Walnut *(GF, DF, SF, VG)*

PRE-ORDER & PICKUP EVERY TUESDAY

Superfood Salad or Bowl — **$18**

COOKED PROTEIN ADD ONS:

Grilled & Seasoned Pastured Chicken Breast — **$14**
Roasted & Seasoned Wild Alaskan Salmon — **$14**
Roasted & Seasoned Wild Pacific Cod — **$12**

WILD-CAUGHT FISH

FILLETS (6 OZ: INDIVIDUALLY FROZEN)

Alaskan Pacific Cod Fillet *(No Pin Bones)* — **$10**
Alaskan Sockeye Salmon Fillet *(No Pin Bones)* — **$12**

NUTRITION FACTS

1 fillet of our Sockeye salmon provides RDI up to: **142% vitamin D, 316% vitamin B12; plus 46g protein + 1460mg Omega-3s**

1 fillet of our Pacific cod provides RDI up to: **88% selenium, 66% iodine, 134% vitamin B12; plus 34g protein + 140mg Omega-3s**

ANTIOXIDANT SPICE BLENDS

4 OZ JAR (GF, DF, NF, SF, VG, V) — $12

1 Tsp = 40% RDI antioxidants

Anti-Inflammatory
(Moroccan)
earthy & warming + sweet notes

Heart-Healthy
(Asian)
umami + slightly sweet & spce

Circulation-Boost
(American)
smoky BBQ notes + slightly sweet

Immune Boost
(Italian)
mellow + herbaceous flavors

Healthy Digestion
(Greek)
dill notes + hints of sweet & spice

Metabolism Boost
(Mexican)
lightly smoky + sweet notes

Alkalizing Citrus Herb Sea Salt Blend - 4 oz Bag — **$16**
(GF, DF, NF, SF, VG, V)

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

GEL-LO CUPS

No junk! Made with grass-fed gelatin and fresh-pressed juices.

2 PACK: 4 OZ CUPS — $9

(One of each variety - GF, DF, NF, SF)
B-Balanced Apple & Cinnamon
Vital-C Pineapple & Coconut

ORGANIC COFFEE

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

Low-Acid Antioxidant Breakfast Blend
(12 oz - GF, DF, NF, SF, VG, V)

WELLNESS SNACKS

PROTEIN OAT ROUNDS: — $6

Cranberry, Walnut & Orange *(GF, DF, SF, VG, V)*
Chia, Honey & Banana *(GF, DF, NF, SF, VG)*

FIBER-FUELED 4-SEED CRACKERS: — $10

Cheesy Spice | **Maple-Cinnamon** | **Rosemary-Lemon**
(GF, DF, NF, SF, VG, V)

ENERGY TRAIL MIXES: — $12

Cherry-Vanilla-Honey *(GF, DF, SF, VG)*
Rosemary & Sage *(GF, DF, SF, VG)*

SUPERFOOD POPCORNS: — $12

Cheesy Spice | **Smoky Spirulina**
(GF, DF, NF, SF, VG, V)

MAGNESIUM DARK CHOCOLATE BARKS: — $18

Cherry & Quinoa *(GF, DF, NF, SF, VG, V)*
Almond & Sea Salt *(GF, DF, SF, VG, V)*

HEALTH BITES: — $14

Dark Chocolate-Coconut
(GF, DF, SF, VG, V)

SPROUTED OAT GRANOLA: — $18

Cacao, Cashew & Blueberry *(GF, DF, SF, VG, V)*
Quinoa, Chia & Coconut *(GF, DF, SF, VG, V)*
Traditional Maple, Nuts & Seeds *(GF, DF, SF, VG, V)*

Protein-Powered Farmhouse Snack Mix *(VG)* — **$18**

BE NOURISHED GIFT BOXES

CRAFTED FOR WELLBEING

100% organic + small-batch made snacks ready to gift!

SMALL SNACK BOX: — $50

- 1 Cranberry, Walnut & Orange Protein Round
- 1 Chia, Honey & Banana Protein Round
- 1 Farmhouse Snack Mix
- 1 Cacao, Cashew & Blueberry Granola

LARGE SNACK BOX: — $100

- 3 Cranberry, Walnut & Orange Protein Rounds
- 2 Chia, Honey & Banana Protein Rounds
- 1 Farmhouse Snack Mix
- 1 Cacao, Cashew & Blueberry Granola
- 1 Cherry-Vanilla-Honey Trail Mix
- 1 Rosemary & Sage Trail Mix
- 1 Cheesy Spice Grain-Free Cracker

OR CUSTOMIZE YOUR OWN BOX!

NATIONWIDE SHIPPING AVAILABLE!

Sending a thoughtful, healthful gift is easy...just call: 630.YOU.WELL (968.9355) or stop in store!

Visit nourished.com for our

WELLNESS KITS

3-DAY DETOX: TOTAL BODY RESET
1-DAY CLEANSE: MINI REBOOT
1-DAY FLU FIGHTER
1-DAY CLEAR LIQUID DIET

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