GREATER CHICAGOLAND DELIVERY AVAILABLE!

NOURISHED®

NOVEMBER ORGANIC MARKET MENU

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 white beans + butternut squash + Nourished bone broth

Mexican Bean & Pepper *(GF, DF, NF, SF)* — **$16**
with sprouted white beans + green chiles + Nourished bone broth

Adaptogenic 7- Vegetable Minestrone *(GF, DF, NF, SF, VG, V)* — **$15**
with sprouted quinoa & beans + holy basil + Nourished veg broth

Creamy Tomato-Hummus *(GF, DF, NF, SF, VG, V)* — **$15**
with herb-roasted sprouted chickpeas + basil + Nourished veg broth

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

HOT SOUP OF THE MONTH

12 OZ / 16 OZ BOWL TO GO — **$12/$16**
Roasted, Squash, Carrot & Sweet Potato
(GF, DF, NF, SF, VG, V)

SUPERFOOD SMOOTHIES & BOWLS

FROZEN BAGS OR BLENDED TO GO — **$13/$15**
SMOOTHIE BOWL + GRANOLA — **$16**
(GF, DF, NF, SF)*

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

Alkalizer
duckweed + green apple + lemon + spinach

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

Smoothie Bowl

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

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

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

HEALING BROTHS

12g PROTEIN PER CUP

HOT BONE BROTHS OF THE MONTH

12 OZ SIPPER CUP (HOT TO GO) — **$10**
(GF, DF, NF, SF)
Heart-Healthy Roasted Garlic & Chili
Ayurvedic Tej Patta, Turmeric & Ginger

PASTURED CHICKEN BONE BROTH (FROZEN)

Traditional Bone Broth (Unsalted) — **$18**
*(**32 oz Quart** – GF, DF, NF, SF)*

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

Energizing Coconut Curry & Lime — **$13**
*(**16 oz Pint** – GF, DF, NF, SF)*

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

ADAPTOGENIC VEGETABLE BROTH (FROZEN)

Anti-Stress Adaptogenic Reishi & Lemongrass — **$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 | Pumpkin Spice | Adaptogenic Turmeric Chai
(caffeine free)

ICED LATTES *(GF, DF, SF)*
Mocha | Pumpkin Spice

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

WELLNESS SHOTS

2 OZ CLEANSING SHOTS (SINGLE, REFRIDGERATED) — **$5**
(GF, DF, NF, SF, VG, V)

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

ELECTROLYTE DRINK

12 OZ BOTTLE (REFRIDGERATED) — **$8**
Blue Spirulina & Lemon *(GF, DF, NF, SF, VG)*

GEL-LO CUPS

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

VARIETY 2 PACKS: 4 OZ CUPS (REFRIDGERATED) — **$8**
(One of each variety - GF, DF, NF, SF)

2 Pack:	2 Pack:
Apple-Cinnamon + Pineapple-Coconut	**Raspberry-Lime + Spirulina-Pineapple**

SALADS & BOWLS

COOKED PROTEIN ADD-ONS AVAILABLE

ALL QUANTITIES LIMITED

DAILY SALADS — $12

Curry-Walnut Sprouted Chickpea Salad *(GF, DF, SF, VG)*
Cranberry-Squash Sprouted Quinoa Salad *(GF, DF, SF, VG, V)*
Broccoli-Tahini Pad Thai Noodle Salad *(GF, DF, NF, VG)*

PRE-ORDER SALADS (PICKUP EVERY TUESDAY)

Superfood Salad or Bowl — $19

PRE-ORDER COOKED PROTEIN ADD-ONS (PICKUP EVERY TUESDAY)

Herb-Roasted Pastured Chicken Breast — $12
Herb-Roasted Wild Alaskan Sockeye Salmon — $17
Herb-Roasted Wild Alaskan Black Cod — $17

ARTISAN LOAVES

FLOURLESS LENTIL LOAF (REFRIDGERATED) — $15

Banana, Walnut & Raisin *(GF, DF, SF, VG) - 6g protein/serving*
Mediterranean Olive & Feta *(GF, NF, SF, VG) - 7g protein/serving*

WILD-CAUGHT FISH

FILLETS (6 OZ: INDIVIDUALLY FROZEN)

Alaskan Black Cod Fillet *(No Pin Bones)* — $15
Alaskan Sockeye Salmon Fillet *(No Pin Bones)* — $15

NUTRITION FACTS

1 fillet of our Black cod provides RDI up to: **51% vitamin B12; plus 30g protein + 3086mg Omega-3s DHA + EPA**

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

ANTIOXIDANT SPICE BLENDS

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

1 Tsp = 40% RDI antioxidants

Cajun Blackened
fish & chicken rub | marinades

Mexican
tacos | chili | fajitas | eggs

Greek
hummus | potatoes | vinaigrettes

Moroccan
chicken | rice | couscous

Italian
pasta | veggies | bread dipping

Rosemary & Lemon Celtic Sea Salt - 4 oz Bag — $14
(GF, DF, NF, SF, VG, V)

6-Herb Ranch Dressing, Dip & Seasoning Mix - 4 oz Bag — $15
(GF, DF, NF, SF, VG, V)

Cheesy Spice Topping & Seasoning Salt Mix - 5 oz Bag — $15
(GF, DF, NF, SF, VG, V)

WELLNESS KITS

3-Day Detox, 1-Day Cleanse, 1-Day Flu Fighter, & 1-Day Clear Liquid Diet
More information at nourished.com

WELLNESS SNACKS

PROTEIN OAT ROUNDS: — $6

Pumpkin, Flax & Spices *(GF, DF, NF, SF, VG, V)*
Carrot, Quinoa & Raisin *(GF, DF, NF, SF, VG, V)*

FIBER-FUELED 4-SEED CRACKERS: — $10

Cheesy Spice | **Maple-Cinnamon** | **Rosemary & Thyme**
(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

Almond & Sea Salt *(GF, DF, SF, VG, V)*
Adaptogenic Pistachio & Quinoa *(GF, DF, SF, VG, V)*

HEALTH NUT BITES: — $14

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

PROTEIN-POWERED SPROUTED SNACK MIX *(VG)* — $18

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)*

COLD & FLU

FLU BOMB ELIXIR CUBES (FROZEN) — $15

*(**Bag makes 7 (5 oz) elixirs** - GF, DF, NF, SF, VG)*
Natural Cold & Flu Relief
ginger + garlic + raw, MF-manuka honey + cayenne pepper

FLU BOMB SIPPER (HOT CUP TO-GO) — $6

*(**5 oz Cup** - GF, DF, NF, SF, VG)*
with raw, UMF 15+ manuka honey from New Zealand

WILD ELDERBERRY IMMUNE ELIXIR (REFRIDGERATED) — $28

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

NEW ZEALAND RAW MANUKA HONEY (UMF 15+) — $55

*(**Medical-grade 8.8 oz Jar** - Does Not Expire)*
antibacterial + antiviral + soothes the throat

PUREDEFENSE NAC SUPPLEMENT PACK — $18

*(**20 Capsules** - 5-Day Supply to Speed Recovery)*
supports immune function + upper respiratory health

THREE WAYS TO GET NOURISHED

MARKET HOURS: MONDAY-FRIDAY, 9AM-5PM

DROP IN

111 S. Vine Street, Hinsdale
Items are ready to grab in our Organic Walk-in Market, and we can help you shop!

CALL AHEAD

630.YOU.WELL (968.9355)
We'll prepare your order for pick up!

REQUEST DELIVERY

630.YOU.WELL (968.9355)
Weekday courier delivery in the Chicagoland area. Your order arrives in an insulated tote!

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