

NOURISH

BREAKFAST & BEVERAGES

BREAKFAST SANDWICHES

Served 7-11 a.m. | Pre-built on an English Muffin or a Plain Bagel

Bacon, Egg & Cheese \$5.50

Fried Egg, Bacon, and American Cheese

Egg & Cheese.....\$4.50

EngliFried Egg, and American Cheese

Sausage, Egg & Cheese \$5.50

Fried Egg, Sausage, and American Cheese

COFFEE & TEA

Brewed Coffee \$2.95

Iced Coffee..... \$3.95

Cold Brew..... \$3.95

Americano \$3.65

Latte.....\$4.65

Latte + Syrup.....\$4.95

Cappuccino.....\$4.65

Cappuccino + Syrup.....\$4.95

Caramel Macchiato..... \$4.95

Mocha..... \$4.95

Iced Black Tea..... \$3.45

Hot Tea\$3.25

Add Lemonade+\$0.60

Add Flavor+\$0.80

Add Non-Dairy Milk.....+\$0.70

SMOOTHIES

Muscle Builder..... \$7

Strawberry, Blueberry, Banana, Graham Cracker, Choice of Protein, Flax, and Choice of Milk

Recovery \$7

Strawberry, Banana, Pineapple, Vanilla Protein, and White Cranberry Juice

Energy Booster \$7

Strawberry, Peach, Pineapple, Vanilla Protein, and Carrot Juice

Immunity Booster \$7

Blueberry, Raspberry, Pineapple, Choice of Protein, and White Cranberry Juice

NOURISH

LUNCH & DINNER

SANDWICHES & WRAPS

*Choice of Tortilla or Bread.
Variety of Toppings available. Guacamole (+\$2.50)*

- Club**\$9
Sourdough, Ham, Turkey, Bacon, Cheddar Cheese, Tomato, and Romaine
- Ruben**.....\$9
Rye, Corned Beef, Sauerkraut, and Swiss Cheese
- Cubano**\$9
Baguette, Ham, Pork Loin, Mustard, Dill Pickle, and Swiss Cheese
- Chicken Shawarma**\$9
Shawarma, Roasted Red Pepper Spread, Tomato, Red Onion, Romaine, and Tahini Sauce
- Adobo Chicken**\$9
Chicken, Jalapeno Spread, Tomato, Red Onion, Romaine, and Chipotle Mayo
- Gyro**\$9
Gyro Meat, Lettuce, Tomato, Red Onion, Feta, and Tzatziki Sauce
- Turkey**.....\$9
Choice of Toppings
- Ham**.....\$9
Choice of Toppings
- Corned Beef**\$9
Choice of Toppings
- Build Your Own**.....\$9
Choice of Bread, Meat, Cheese, and Toppings

BOWLS

*Choice of Cilantro Rice, Black Beans, Pinto Beans,
Fajita Vegetables, Choice of Salsa, Sour Cream,
Guacamole (+\$2.50), and Romaine Lettuce*

- Adobo Chicken**\$9.50
- Steak**\$10.50

SALADS

Add Steak (+\$3.00) or Adobo Chicken (+\$2.00) to any salad

- California Cobb** \$13
Romaine, Diced Turkey, Bacon, Tomato, Green Onion, Avocado, and Bleu Cheese
- Chef**..... \$13
Romaine, Ham, Turkey, Hard-boiled Egg, Cherry Tomato, Cucumber, Carrots, and Cheddar Cheese
- Caesar**.....\$11
Romaine, Parmesan Cheese, Croutons, and Caesar Dressing
- Greek**\$11
Romaine, Grape Tomatoes, Cucumbers, Bell Pepper, Red Onion, Feta, and Greek Dressing
- Manadarin Orange**\$11
Romaine, Mandarin Oranges, Green Onions, Toasted Almonds, Celery, and Sweet Onion Vinaigrette
- BLT**.....\$11
Romaine, Grape Tomatoes, Bacon, and BLT Dressing

SOUP

- Soup of the Day**\$6

QUESADILLAS

Choice of Tortilla. Variety of fillings available. Guacamole (+\$2.50)

- Chicken**.....\$8
Tortilla, Adobo Chicken, Monterey Jack Cheese, and Salsa (on the side)
- Cheese**\$6
Tortilla, Monterey Jack Cheese, Cheddar Cheese, and Salsa (on the side)
- Steak**\$9.50
Tortilla, Flank Steak, Monterey Jack Cheese, and Salsa (on the side)