

nourish

an allergen-friendly kitchen



MENU

cmu.edu/dining/get-foods

10:30am-6:30pm M-F

LUNCH & DINNER

Caesar Salad *Vegan* contains coconut
GF croutons, black chia & hemp seeds,
romaine hearts, vegan caesar dressing \$6.99

Garden Salad *Vegan*
romaine lettuce, tomato, cucumber, white
beans, beluga lentils, choice of dressing \$6.99
Dressings: *lemon vinaigrette, creamy chimichurri*
contains coconut

Quinoa Crunch Bowl *Vegan*
quinoa tabbouleh, crunchy carrots, celery
& peppers, kale, white bean-basil
hummus, lemon vinaigrette \$6.99

Salad protein add-ons.....additional \$2.99
*Local Gerber Farms chicken breast, fresh roast turkey,
deli ham, roast beef, **sesame cheese (Vegan)***

Add avocado (Vegan) \$1.50

Build Your Own Deli Sandwich..... \$7.99

Choose Your Bread *Vegan*
brown rice | white rice | tapioca bun

Choose Your Protein

local Gerber Farms chicken breast | fresh roast turkey
roast beef | deli ham

Choose Your Daiya Cheese *Vegan* contains coconut
Daiya provolone | Daiya cheddar

Choose Your Toppings *Vegan*
red leaf lettuce | tomato | pickle | onion | roasted kale

Choose Your Spread *Vegan*
vegannaise | grain mustard | horseradish sauce
honey mustard | jalapeno mayo

Add avocado (Vegan) \$1.50

Food items made in a facility that processes coconut.

LUNCH & DINNER

Build Your Own Burger \$8.99
Served on a Tapioca Bun with Sweet Potato Fries

Choose Your Burger

85% lean hand-pressed Angus beef burger
85% lean hand-pressed turkey burger
quinoa crunch burger **Vegan**

Choose Your Daiya Cheese **vegan** *contains coconut*

Daiya provolone | Daiya cheddar

Choose Your Toppings **vegan**

red leaf lettuce | tomato | pickle | onion | roasted kale

Choose Your Spread **vegan**

raita | chipotle ketchup | chimichurri dressing *contains coconut*

Hot Grilled Cheese **Vegan** *contains coconut*
choice of Daiya provolone or cheddar,
optional tomato, served with sweet potato
fries \$6.99

Hot Grilled Sandwich *contains coconut*
optional tomato, served with sweet potato
fries \$8.99

Choose Your Bread **vegan**

brown rice | white rice | tapioca bun

Choose Your Protein

local Gerber Farms chicken breast | fresh roast turkey
roast beef | deli ham

Choose Your Daiya Cheese **vegan** *contains coconut*

Daiya provolone | Daiya cheddar

Daiya Cheese GF Pizza **Vegan** \$5.99
contains coconut

Add veggie toppings **Vegan** \$1.00
tomato | onion | beluga lentils | peppers | mushrooms

Add protein toppings (1)..... \$2.99
local Gerber Farms chicken breast | deli ham
85% lean ground turkey | 85% lean ground Angus beef

DINNER AVAILABLE 4PM-6:30PM

Hot Dinner Entrees \$9.99

Choose Your Entree

local Gerber Farms chicken breast
roast turkey breast
pork cutlet

Choose Your Style

honey mustard glazed
savory gravy
plain with no sauce

Choose Two Sides

steamed broccoli
sweet potato fries
steamed green beans
steamed red potatoes
roasted corn
steamed brown rice
garlic sauteed kale

Food items made in a facility that processes coconut.



CULINARY GROUP
INNOVATIVE DINING SOLUTIONS

Blocks cannot be used to purchase meals through GET Food.

How to Order a Nourish Block Meal at Entropy+

10:30 am - 6:30 pm, Monday - Friday

Lunch & Late Block

Garden salad & bottled water
Add a protein +3

Grilled cheese, whole fruit, chips & bottled water

Hot grilled sandwich & bottled water

Any burger or deli sandwich & bottled water

Daiya cheese GF pizza, whole fruit, chips,
bottled water

Daiya cheese GF pizza with 1 veggie topping,
whole fruit & bottled water

Daiya cheese GF pizza with 1 protein topping
& bottled water

Quinoa crunch bowl & bottled water **(+2)**

Any dinner entree & bottled water **(+2)**

Dinner Block

Hot grilled sandwich, whole fruit & bottled water

Any burger or deli sandwich, whole fruit
& bottled water

Daiya cheese GF pizza with 1 veggie topping, whole fruit,
chips & bottled water

Daiya cheese GF pizza with 1 protein topping, whole fruit
& bottled water

Quinoa crunch bowl & bottled water

Any dinner entree & bottled water

