

nourish

an allergen-friendly kitchen

SUPERFOOD SALADS

ADD-ONS

Choose your base. Add to any salad for \$2.99: local Gerber Farms chicken breast | fresh roast turkey | deli ham | roast beef | sesame cheese **vegan**

CAESAR SALAD

vegan | contains coconut

black chia and hemp seeds, romaine hearts, vegan caesar dressing, croutons

\$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

BUILD YOUR OWN DELI SANDWICH

\$7.99

add sweet potato fries \$1.00

CHOOSE BREAD OR BUN

vegan

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

leaf lettuce | tomato | pickle | onion | roasted kale

add avocado \$1.50

CHOOSE YOUR SPREAD

egg-free mayonaise | grain mustard | horseradish sauce | honey mustard | jalapeno mayo



cmu.edu/dining/get-foods
M-F 10:30am - 6:30pm

food items made in a facility that processes coconut.



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HOT 'WICHES

\$8.99

served with sweet potato fries

BUILD-YOUR-OWN

CHOOSE BREAD OR BUN

vegan

CHOOSE YOUR PROTEIN

local Gerber Farms chicken breast | 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

leaf lettuce | tomato | pickle | onion | roasted kale

add avocado \$1.50

CHOOSE YOUR SPREAD

egg-free mayonaise | grain mustard | horseradish sauce | honey mustard |
jalapeno mayo | raita | chipotle ketchup | chimichurri dressing **contains coconut**

GRILLED CHEESE

\$6.99

vegan

served with sweet potato fries

Daiya provolone or cheddar | tomato

PIZZA

\$5.99

topped with Daiya cheese on a gluten-free crust

vegan | contains coconut

CHOOSE YOUR VEGETABLE TOPPINGS

tomato | onion | beluga lentils | peppers | mushrooms

up to 3 - \$1.00

CHOOSE YOUR PROTEIN TOPPINGS

local Gerber Farms chicken breast | deli ham |
85% lean ground turkey | 85% lean ground Angus beef

\$2.99



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HOT ENTREES

\$9.99

CHOOSE YOUR ENTREE

local Gerber Farms chicken breast | roast turkey breast | pork outlet

CHOOSE YOUR STYLE

honey mustard glaze | savory gravy | plain (no sauce)

CHOOSE TWO SIDES

vegan

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

DESSERTS



MARSHMALLOW CEREAL TREAT

vegan | contains coconut

CHOCOLATE BROWNIE

vegan | contains coconut

COCONUT OATMEAL COOKIE

vegan | contains coconut

SUNBUTTER CHOCOLATE CHIP COOKIE BITES

\$2.99

CHIA PUDDING WITH SEASONAL FRESH BERRIES

chocolate | matcha green tea | vanilla

vegan | contains coconut

\$4.99



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How to Order a Nourish Block Meal at Entropy+

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

Blocks cannot be used to purchase meals through GET

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



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