



nourish

an allergen-friendly kitchen

 vegan

 vegetarian

 contains coconut



Signature Salads

8.79

Want to Add a Protein? 3.99

chicken	150 cals	bacon	180 cals
roasted turkey	130 cals	ham	140 cals

Caesar Salad

250 cals

romaine, vegan shredded mozzarella, black chia seeds, hemp seeds, GF croutons with house-made vegan Caesar dressing

House Salad

300 cals

romaine, cucumbers, tomatoes, carrots, onions, GF Croutons with vegan ranch dressing

Spinach Salad

300 cals



spinach, strawberries, blueberries, carrots, cucumber, GF croutons with house-made vegan honey lemon yogurt dressing or vegan lemon vinaigrette dressing



Build-Your-Own Deli Sandwich

10.29 | 320 - 690 cals




Choose Your Bread

 sliced deli bread	240 cals
 burger bun	130 cals

Choose Your Protein

chicken	150 cals
roasted turkey	130 cals
bacon	180 cals
ham	140 cals






Choose Your Cheese

 provolone	70 cals
 cheddar	60 cals
 mozzarella	60 cals

Choose Your Toppings

 lettuce	5 cals
 tomato	5 cals
 onion	5 cals

Choose Your Spreads

 mayo	100 cals
 grain mustard	20 cals
 honey mustard	120 cals
 jalapeno mayo	180 cals
 chipotle ketchup	30 cals



Hot Entrees


Big Plate

12.25





Choose Your Protein

pork cutlet	270 cals
roasted turkey	130 cals
chicken	150 cals

Choose Your Glaze

 honey mustard glaze	120 cals
savory gravy	45 cals



Choose Your Side

 brown rice	115 cals
 steamed potatoes	125 cals
 steamed vegetables	125 cals
 sweet potato fries	120 cals


Southwest Bowl

12.25






Choose Your Base

 mixed greens	15 cals
 brown rice	115 cals

Choose Your Protein

diced chicken	150 cals
 plant-based crumbles	70 cals

Choose Your Toppings



 shredded cheese	40 cals
 vegan queso	25 cals
 black beans	60 cals
 pico de gallo	7 cals
 green onion	10 cals




Build-Your-Own Hot Sandwich

11.49 | 270 - 870 cals

Choose Your Bread




 sliced deli bread	240 cals
 burger bun	130 cals

Choose Your Protein

chicken	150 cals
roasted turkey	130 cals
bacon	180 cals
ham	140 cals
 Hilary's Veggie Burger	317 cals

or make it a grilled cheese!






Choose Your Cheese

 provolone	70 cals
 cheddar	60 cals
 mozzarella	60 cals

Choose Your Toppings

 lettuce	5 cals
 tomato	5 cals
 onion	5 cals

Choose Your Spreads


 mayo	100 cals
 grain mustard	20 cals
 honey mustard	120 cals
 jalapeno mayo	180 cals
 chipotle ketchup	30 cals

Pizza

12.25


plain

500 cals

 marinara, vegan mozzarella
additions: peppers, onions


buffalo chicken

625 cals

 buffalo seasoned chicken, vegan mozzarella, vegan ranch dressing
additions: peppers, onions

Pasta





12.25 | 425 cals

 GF pasta, chickpeas, roasted vegetables, vegan mozzarella cheese



Sides



3.69

 brown rice	115 cals
 steamed potatoes	125 cals
 steamed vegetables	125 cals
 sweet potato fries	120 cals



Desserts

3.69

 chocolate brownie	190 cals
 marshmallow treat	260 cals



- + any salad
- + any deli sandwich
- + any hot sandwich
- + any hot dinner

***lunch** meal blocks come with **one** side, 16.9oz bottled water or 12oz Bubly

***dinner** meal blocks come with **two** sides, 16.9oz bottled water or 12oz Bubly