

Limited Menu
for Take-Out Only

Operating Hours:
8am-2pm Monday-Friday

Please take this menu with
you!

Visit our website to place pick
up orders & curbside pick
orders

www.nourishchwb.com
(407)993-6225

BREAKFAST

SERVED FROM 8AM - 10:30AM

HAM SANDWICH \$5.25

Ezekiel or English Muffin, Black Forrest Ham, Lake
Meadow Farms Egg,
& Your Choice of Cheese: Aged Cheddar, Smoked
Gouda

BACON SANDWICH \$5.25

Ezekiel or English Muffin, Niman Ranch Bacon, Lake
Meadow Farms Egg,
& Your Choice of Cheese: Aged Cheddar, Smoked
Gouda

TURKEY SAUSAGE SANDWICH \$5.25

Ezekiel or English Muffin, House Made Turkey Sausage
Patty, Lake Meadow Farms Egg
& Your Choice of Cheese: Aged Cheddar, Smoked
Gouda

EGG & CHEESE SANDWICH V \$5.00

Ezekiel or English Muffin, Lake Meadow Farms Egg,
& Your Choice of Cheese: Aged Cheddar, Smoked
Gouda

QUICHE GF V \$6.50

Sweet Potato Crust and Lake Meadow Natural Eggs.
Made Fresh Daily with Seasonal Ingredients. Served
With A Side of Fresh Fruit.

Ask us what the flavor is today!

WEEKLY LUNCH SPECIALS

BLACK BEAN BURGER VG \$10.00

House Made Chipotle Black Bean Burger, Vegan
Chipotle Mayo & Lettuce on a Toasted Brioche Bun

THAI CHICKEN SALAD GF VG \$10.00

Organic Local Cabbage, Carrots, Scallions, Toasted
Peanuts, Cilantro,
Spicy Thai Peanut Dressing
ADD CHICKEN \$1.50

SOUP

SOUP DU JOUR CUP: \$4 BOWL: \$6

Our soups are made fresh daily from scratch with
seasonal ingredients and are served with crackers.

Check out our board for the soup of the day!

SALADS

CROSBY COBB GF HALF \$8.50 FULL \$12

Seasonal Greens, Heirloom Tomatoes, Grilled Chicken, Lake
Meadow Natural Hard Boiled Eggs, Blue Cheese Crumbles,
Cucumber, Avocado, Buttermilk Ranch Dressing

GREEK GF HALF \$8.50 FULL \$12

Seasonal Greens, Heirloom Tomatoes, Cucumber, Marinated
Goat's Feta, Kalamata Olives, Red Onion, Sweet Peppers, Greek
Vinaigrette

ADD CHICKEN HALF \$.75 / FULL \$1.50

SESAME GINGER SALAD GF VG HALF \$8.50 FULL \$12

Seasonal Greens, Carrots, Scallions, Cucumber, Red Cabbage,
Bell Pepper, Edamame, Avocado & Sesame Ginger Vinaigrette

ADD CHICKEN HALF \$.75 / FULL \$1.50

REFRESH SALAD GF V HALF \$8.50 FULL \$12

Seasonal Greens, Strawberries, Mandarin Oranges, Apple, Blue
Cheese Crumbles, Scallions, Raspberry Vinaigrette

ADD CHICKEN HALF \$.75 / FULL \$1.50

SANDWICHES

All Sandwiches Come with Your Choice of Freshly Baked
Bread: Multi Grain, Sourdough, or Whole Wheat Wrap
and a Side Choice of Side Salad of the Day, Pickled
Vegetables, or Fresh Fruit

BLT \$9.50

Niman Ranch Bacon, Heirloom Tomatoes,
Sorrel Aioli, Butter Lettuce

TARRAGON CHICKEN SALAD \$9.50

Chicken, Tarragon, Honey, Toasted Almonds

CHICKEN SALAD \$9.50

Roasted Chicken, Broccoli, Grapes, Dried Cranberries, Toasted
Walnuts, Mayo, Himalayan Pink Salt, Cracked Black Pepper

TUNA SALAD \$9.50

White Albacore Tuna, Red Onion, Celery, Parsley, Dijon, Mayo,
Himalayan Pink Salt, Cracked Black Pepper

EGG SALAD V \$9.50

Lake Meadow Natural Eggs, Shallots, Parsley, Dijon, Mayo,
Himalayan Pink Salt & Black Pepper

NOT YOUR GRANDMAS CHICKEN SALAD VG \$9.50

Chickpeas, Bell Pepper, Onion, Parsley, Vegan Mayo, Himalayan
Pink Salt, Cracked Black Pepper

NOURISH COMBO

\$10.75

Pick Two!

Half Weekly Special (when applicable), Half Sandwich, Half Panini, Half Wrap, Cup of Soup, Half Salad or Slice of Quiche

PANINIS & BURGERS

HAVANA WRAP \$10.00

House Roasted Cuban Style Pork, Black Beans, Caramelized Onions, Mojo Aioli

MUSHROOM PHILLY v \$10.00

Roasted Mushrooms, Caramelized Onions & Peppers, Roasted Garlic Aioli, Sharp Cheddar, Philly Style Roll

RANCH GRILLED CHICKEN SANDWICH \$10.00

Marinated & Grilled Chicken Breast, House Made Ranch Yogurt Sauce, Sharp Cheddar, Seasonal Lettuce, Tomato, Onion on Brioche Bun
ADD BACON \$1.50

WEEKLY DRINK SPECIAL

STRAWBERRY LAVENDER GREEN TEA LEMONADE

House Made Lavender Syrup, Iced Green Tea, Fresh Lemonade, topped & shaken with Frozen Strawberries
S \$3.75 M \$4.25 L \$4.75

SMOOTHIES

FLORIDA SUNSHINE vG S \$5.50 M \$6.50 L \$7.50

Mango, Fresh Squeezed Orange Juice, Turmeric, Flax Seeds, Banana

ACAI & POMEGRANATE vG S \$5.50 M \$6.50 L \$7.50

Pomegranate Juice, Acai, Banana, Blueberries

WILD BLUEBERRY vG S \$5.50 M \$6.50 L \$7.50

Blueberries, Banana, Coconut Oil, Hemp Seeds, Chia Seeds, Cinnamon, Almond Milk

MONKEY JOE vG S \$5.50 M \$6.50 L \$7.50

Amrita Cold Brew Coffee, Banana, House Made Peanut Butter, Almond Milk

COFFEE

ESPRESSO DOUBLE 2.95 QUAD 5.50

Organically Grown Blue Heron Espresso Nicaragua Negra Rain Forrest Alliance Certified (Decaf Available)

AMERICANO S \$2.45 M \$2.95 L \$3.25

CAPPUCCINO \$3.25

LATTE S \$3.25 M \$3.85 L \$4.25

CHOICE OF: LOCAL WHOLE, ALMOND, OR OAT MILK

MOCHA S \$3.75 M \$4.35 L \$4.75

REISHI MUSHROOM MOCHA S \$4.15 M \$4.75 L \$5.15

HOT COFFEE S \$2 M \$2.25 L \$2.65

ICED COFFEE S \$2.25 M \$2.50 L \$3

COLD BREW S \$3 M \$3.50 L \$4

TEA

ICED ORGANIC GREEN TEA S \$2.75 M \$3.45 L \$3.95

ICED ORGANIC BLACK TEA S \$2.75 M \$3.45 L \$3.95

CHAI TEA LATTE S \$3.65 M \$4.25 L \$4.65

HOT TEAS S \$3.25 M \$3.75 L \$4.25

WELLNESS TEAS: DETOX, DIGESTION, RELAX, IMMUNITY, INFLAMMATION

AMRITA TEAS: DRAGON WELL GREEN, ENGLISH BREAKFAST BLACK, EARLY GREY, QUILAN OOLONG, CITRUS CHAMOMILE, DECAF EARL GREY

ORDER ONLINE!

NOURISHCHWB.COM

NOURISH COFFEE BAR + KITCHEN

2005 MIZELL AVE SUITE 1100

WINTER PARK FL 32792

(407)993-6225