

Limited Menu for
Take-Out + Patio Seating Only

Open 7 AM - 3 PM
Monday-Friday

Please take this menu
with you!

Visit our website to place
pick-up + curbside orders:
www.NourishCHWB.com

(407)993-6225

BREAKFAST

SERVED FROM 8 - 10:30AM

HAM SANDWICH \$5.25

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

BACON SANDWICH \$5.25

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

TURKEY SAUSAGE SANDWICH \$5.25

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

EGG & CHEESE SANDWICH v \$5.00

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

EGG & AVOCADO SANDWICH v 5.25

Local Egg, Sliced Avocado, Sharp Cheddar, Everything Bagel Spice, Served on Ezekiel English Muffin or Local Made English Muffins

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 QUICHE FLAVOR IS TODAY!

Follow us on social media to be the
first to know about specials & more!

@nourishcoffeebarkitchen on Instagram
or
search for Nourish on Facebook

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, Roasted Butternut Squash, Bacon Crumbles, Apple, Cheddar Cheese, Toasted Pecans, Dried Cranberries, Roasted Chicken, Maple Dijon Vinaigrette

GARDENER SALAD GF v HALF \$8.50 FULL \$12

Seasonal Greens, Roasted Beets, Goat Cheese, Pistachio Granola, Herb Vinaigrette
ADD CHICKEN HALF \$.75 / FULL \$1.50

WINTER PEAR SALAD v HALF \$8.50 FULL \$12

Seasonal Greens, Gorgonzola, Toasted Pecans, Pears, Celery, Dried Tart Cherries, Sherry Vinaigrette
ADD CHICKEN HALF \$.75 / FULL \$1.50

THAI SESAME GINGER SALAD v HALF \$8.50 FULL \$12

Cabbage, Carrots, Chow Mein Noodles, Scallions, Tomatoes, Cilantro
ADD CHICKEN HALF \$.75 / FULL \$1.50

SANDWICHES

All Sandwiches Come with Your Choice of Freshly Baked Bread: Tuscan, Marble Rye 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, Herbed Mayo, Butter Lettuce

CURRY CHICKEN SALAD \$9.50

Roasted Chicken, Celery, Red Onion, Pepitas, Curry, Parsley, Dried Cranberries, Mayo

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 GRANDMA'S 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 Pressed Sandwich, Cup of Soup, Half Salad or Slice of Quiche

Pressed Sandwiches

CUBAN \$10.00

House Roasted Pork, Ham, House Made Pickles, Dijon, Swiss Cheese

SESAME THAI CHICKEN WRAP \$10.00

Whole Wheat Wrap, Cabbage, Grilled Chicken, Carrots, Chow Mein Noodles, House Made Sesame Thai Aioli, Scallions, Pressed

MUSHROOM GRILLED CHEESE v \$10.00

Roasted Mushrooms, Fresh Herbs, Havarti Cheese, Caramelized Onions

TURKEY, APPLE & CHEDDAR \$10.00

Sliced Turkey, Red Onion, Apples, Honey Mustard Sauce, Sharp Cheddar

SMOOTHIES

IMMUNE BOOSTER VG S \$5.50 M \$6.50 L \$7.50

Sweet Potato, Banana, Almond Butter, turmeric, Cinnamon, Ginger, Flaxseed, Almond Milk, Orange Juice
Add Protein Powder \$1.50 (Whey or Vegan Vanilla)

WINTER CITRUS VG S \$5.50 M \$6.50 L \$7.50

Mango, Orange, Ginger, Raspberries, Turmeric, Hemp Seeds
Add Protein Powder \$1.50 (Whey or Vegan Vanilla)

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

Blueberries, Banana, Coconut Oil, Hemp Seeds, Chia Seeds, Cinnamon, Almond Milk
Add Protein Powder \$1.50 (Whey or Vegan Vanilla)

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

Amrita Iced Coffee, Banana, House Made Peanut Butter, Almond Milk
Add Protein Powder \$1.50 (Whey or Vegan Vanilla)

GLOWING SKIN GF VG S \$5.50 M \$6.50 L \$7.50

Coconut Water, Banana, Mango, Kale, Avocado, Ground Flax
Add Protein Powder \$1.50 (Whey or Vegan Vanilla)

COFFEE

WINTER FAVORITES

EGGNOG LATTE S \$3.75 M \$4.35 L \$4.75

Made with House Made Eggnog Served with Whipped Cream and Gated Nutmeg

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

NUTELLA LATTE S \$3.75 M \$4.35 L \$4.75

GINGERBREAD LATTE S \$3.85 M \$4.45 L \$4.85

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

ESPRESSO DOUBLE \$2.95 QUAD \$5.50

DECAF AVAILABLE

LATTE S \$3.25 M \$3.75 L \$4.25

VANILLA, HAZELNUT, CARAMEL, CINNAMON, LAVENDER

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

CAPPUCCINO \$3.25

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

WITH HOUSE MADE MOCHA SAUCE

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

ICED COFFEE S \$2.25 M \$2.50 L \$3.00

BEVERAGES

ITALIAN SODAS \$3.45

PLAIN, LEMON, TANGERINE OR GRAPEFRUIT SPARKLING WATER

WITH YOUR CHOICE OF:

PINEBERRY, STRAWBERRY, PEACH, RASPBERRY, GRANNY SMITH APPLE, LAVENDER, GINGER, OR PISTACHIO SYRUP

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

PEACH, STRAWBERRY, RASPBERRY OR PINEBERRY AVAILABLE

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

PEACH, STRAWBERRY, RASPBERRY OR PINEBERRY AVAILABLE

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

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

ORDER ONLINE!

NOURISHCHWB.COM

NOURISH COFFEE BAR + KITCHEN

2005 MIZELL AVE SUITE 1100

WINTER PARK FL 32792

(407)993-6225