

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

Monday - Friday
7 am-10:30 am

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 VG \$5

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

EGG & AVOCADO SANDWICH VG \$5.25

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

QUICHE GF VG \$6.50

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

ASK US WHAT THE QUICHE FLAVOR IS TODAY!

LUNCH

Monday - Friday
10:30 am - 3 pm

SOUP

SOUP DU JOUR CUP \$4 BOWL \$6

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

Check out our board for the Soup of the Day!

SALADS

CROSBY COBB GF KETO HALF \$9 FULL \$12

Seasonal Greens, Tomatoes, Grilled Chicken, Local Hard Boiled Egg, Bacon Crumbles, Avocado, Buttermilk Ranch Dressing

STRAWBERRY SALAD GF VG KETO HALF \$8.50 FULL \$12

Seasonal Greens, Florida Strawberries, Toasted Sunflower Seeds, Sprouts, Goat Cheese, Poppy Balsamic Vinaigrette
ADD CHICKEN: HALF \$.75 / FULL \$1.50

THAI CRUNCH SALAD GF V KETO HALF \$8.50 FULL \$12

Cabbage, Carrots, Bell Pepper, Cilantro, Scallions, Toasted Almonds, Kale, Spicy Thai Peanut Dressing
ADD CHICKEN: HALF \$.75 / FULL \$1.50

KALE SALAD GF VG KETO HALF \$8.50 FULL \$12

Kale, Tomatoes, Roasted Walnuts, Sliced Red Onions, Creamy Blue Cheese Vinaigrette
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 Choice of Side Salad of the Day, Pickled Vegetables or Fresh Fruit

BLT \$9.50

Thick Cut Bacon, Heirloom Tomatoes, Herbed Mayo, Krunch Lettuce

PARMESAN BASIL CHICKEN SALAD \$9.50

Roasted Chicken, Fresh Basil, Parmesan, Balsamic, Mayo, Himalayan Pink Salt, Cracked Black Pepper

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 \$9.50

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

NOT YOUR GRANDMA'S CHICKEN SALAD VG \$9.50

Chickpeas, Bell Pepper, Red Onion, Parsley, Dijon Mustard, Scallions, Vegan Mayo

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

@nourishcoffeebarkitchen on Instagram
or
search for Nourish on Facebook

NOURISH COMBO

\$11.00

Pick Two!

Half Weekly Special (when available), Half Sandwich, Half Pressed Sandwich, Cup of Soup, Half Salad or Slice of Quiche

Pressed Sandwiches

MOJO MELT \$10.50

House Roasted Pork, House Made Mojo Sauce, Swiss Cheese, Caramelized Onions

BBQ CHICKEN WRAP \$10

Whole Wheat Wrap, House Made BBQ Sauce, Shredded Cheddar, Grilled Chicken, Caramelized Onions, Crispy Shallots

BLACK BEAN BURGER v \$11.25

Our Famous Black Bean Burger, Spring Ceviche Salad, Lettuce, Vegan Chipotle Aioli

GRILLED CHICKEN & PESTO PANINI \$10

Grilled All Natural Chicken, Sliced Tomatoes, House Made Basil Pesto, Mozzarella on Ciabatta Bread

SMOOTHIES

IMMUNE BOOSTER GF v

Sweet Potato, Banana, Almond Butter, Turmeric, Cinnamon, Ginger, Flaxseed, Almond Milk, Orange Juice

FLORIDA SUNSHINE GF v

Mango, Orange, Ginger, Banana, Turmeric, Hemp Seeds

WILD BLUEBERRY GF v

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

MONKEY JOE GF v

Amrita Iced Coffee, Banana, House Made Peanut Butter, Almond Milk

GLOWING SKIN GF v

Coconut Water, Banana, Mango, Kale, Avocado, Ground Flax

Small **\$5.50** Medium **\$6.50** Large **\$7.50**
Add Protein Powder **\$1.50** (Vegan Vanilla or Whey)

COFFEE

SPRING FAVORITES

CINNAMON HONEY OAT LATTE

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

LAVENDER LATTE

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

SEA SALT CARAMEL TOFFEE LATTE

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

PISTACHIO 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

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

LAVENDER HONEY GREEN TEA

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

DESERT PEAR ORGANIC BLACK TEA

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

CHAI TEA LATTE

S \$3.65 M \$4.25 L \$4.65

HOT TEAS

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

**ASK ABOUT OUR ORGANIC HOT TEA SELECTIONS*

ORDER ONLINE!

NOURISHCHWB.COM

NOURISH COFFEE BAR + KITCHEN

2005 MIZELL AVE SUITE 1100

WINTER PARK FL 32792

(407) 993-6225