



189 6th Avenue
San Francisco, CA 94118
(415) 571-8780

Mon – Thurs: 7am – 7pm
Fri: 7am - 3pm
Sat – Sun: 9am – 3pm

ORDER ONLINE AT:
nourishcafesf.com

SALADS

Nourish Bowl \$14

Quinoa, spring mix, baby spinach, yam, avocado, sprouts, hummus, cucumber, cherry tomatoes, sauerkraut from Wild West Ferments, toasted sunflower seeds. Oil-free creamy hemp dressing. Add protein (\$2 each): Tofu, Tuna, or Falafel

Mission Salad \$13

Romaine lettuce, red cabbage, yam, avocado, black beans, cherry tomatoes, corn, radish, carrots, jalapeño, pumpkin seeds, cilantro. Oil-free creamy chipotle hemp dressing. Add protein (\$2 each): Tofu, Tuna, or Falafel

Falafel Salad \$14

Baked falafel, romaine lettuce, cucumbers, red onion, cherry tomatoes. Oil-free lemon tahini dressing.

“Tuna” Salad \$14

Romaine lettuce, our famous house made seed and nut “tuna” (sunflower seeds, celery, almonds, onions), fingerling potatoes, cherry tomatoes, sprouts, avocado, cucumber. Shallot mustard chia vinaigrette.

Bibimbap Salad \$12

Jasmine brown rice, tofu, spring mix, baby spinach, carrots, red bell pepper, cucumber, sprouts, avocado. Sriracha miso dressing.

Side Salad \$6

Mixed greens, carrots, cucumber, red bell pepper, red cabbage, cherry tomatoes. Choice of dressing: Creamy hemp, Creamy chipotle hemp, Shallot mustard chia vinaigrette, Sriracha miso, Lemon tahini. Add protein (\$2 each): Tofu, Tuna, or Falafel

Nourish Café is 100% plant-based and uses organic, whole foods and non-GMO ingredients to create delicious, wholesome and healthy foods. We use only natural sweeteners and minimal oils. Our mission is to help you eat healthier and feel amazing through a natural, plant-based diet.

SANDWICHES & WRAPS

Nourish Bánh Mì Sandwich \$12

Marinated tofu, roasted sweet potatoes, pickled carrots and jalapeños, cilantro, wasabi cashew mayo. Gluten-free bread available at extra charge.

“Tuna” Sandwich \$12

Our famous house made seed and nut “tuna” (sunflower seeds, celery, almonds, onions) and nut mayo topped with lettuce, tomato and sprouts. Gluten-free bread available at extra charge.

Yam & Cheese Sandwich \$10

Roasted sweet potatoes, creamy nut cheese from Kite Hill, sunflower sprouts. Gluten-free bread available at extra charge.

Veggie Wrap \$12

Hummus, carrots, sprouts, red peppers, romaine lettuce, red cabbage, avocado, oil-free creamy hemp dressing. Served in a raw spirulina flatbread wrap (gluten-free).

BOWLS

Acai Bowl \$11

Acai, blueberries, strawberries, bananas, apple juice. Topped with coconut, bananas and sprouted buckwheat granola (gluten-free).

Green Acai Bowl \$11

Acai, spinach, broccoli, bananas, ginger, citrus, apple juice. Topped with coconut, bananas, and hemp & greens granola (gluten-free).

JUICES (16 oz)

Balanced \$9

Spinach, apple, parsley, celery, ginger, lemon

Nourished \$9

Beet, apple, carrot, ginger, lime

Vibrant \$9

Carrot, orange, ginger

Refresh \$9

Pineapple, pear, cucumber, mint, lime

SOUP OF THE DAY

(Mon-Fri only)

Small \$4

Large \$7

BRUNCH (Sat & Sun only)

Quinoa Waffle \$9

Quinoa, coconut, almond flour, gluten-free flour. Topped with bananas and maple syrup. Gluten-free.

COFFEE & TEA

Ruby's Roast

Organic Coffee \$2.25 / \$2.75

Dark Blend

Iced Coffee \$2.75

Iced Chai Tea Latte \$4

Mighty Leaf Tea \$2.25

assorted varieties

Iced Tea \$2.50

SMOOTHIES (16 oz)

ADD A PROTEIN BOOST: Vanilla Protein Powder (\$1.50), Spirulina (\$1), Hemp Seeds (\$1)

Strawberry Hill \$9

Strawberry, banana, spinach, almond milk, dates.

Sutro's Palace Pineapple \$9

Pineapple, spinach, blueberries, orange juice, hemp seeds, basil.

Baker Beach Banana Chocolate \$9

Banana, cacao, dates, almond milk.

Alcatraz Acai \$9

Acai, bananas, blueberries, apple juice.

Espresso Date Shake \$9

Banana, dark roast coffee, almond milk, cacao, dates, pinch of sea salt.

Dragonfruit \$9

Pitaya (dragonfruit), banana, almond milk, pineapple.

Ironwoman Shake \$9

Orange juice, spinach, ginger.

Pear-a-dise \$9

Pear, pineapple, banana, orange juice, honey, garnished with fresh mint.



TOASTS

Gluten-free bread available at extra charge.

Avocado \$6

Avocado, sea salt, drizzle of oil, pepper.

Avocado Pesto \$7.50

House made pesto, avocado, sea salt, pepper, drizzle of oil.

Mediterranean \$7.50

Hummus, tomato, basil, olive oil, garlic, sea salt.

Cream Cheese \$6

Creamy nut cheese from Kite Hill. Add avocado (+\$2) or jam (+\$1.50).

Herb Ricotta \$7

Almond milk ricotta from Kite Hill mixed with dill, parsley, garlic, thyme, salt and pepper.

“Lox” \$7.50

Creamy nut cheese from Kite Hill, tomato, kelp flakes, red onion, sea salt, pepper.

Linda's Almond Butter \$6

House made almond butter. Add jam (+\$1.50).

Nutella \$6

House made nutella. Add banana (+\$1.50).

Hummus \$6

Hummus, radish, sprouts. Add avocado (+\$2).

Sweet Ricotta \$7

Almond milk ricotta from Kite Hill with seasonal fruit topping.

Sampler \$8

Choose any 4 toasts from the menu for a delicious sampler.

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