



189 6<sup>th</sup> Avenue  
San Francisco, CA 94118  
(415) 571-8780

Mon – Fri: 7am – 3pm  
Sat – Sun: 8am – 3pm

**ORDER ONLINE AT:**  
[nourishcafesf.com](http://nourishcafesf.com)

## BOWLS

### **Nourish Bowl \$14**

Quinoa, yams, avocado, sprouts, hummus, cucumber, mixed greens, tomatoes, beet sauerkraut, sunflower seeds. Oil-free creamy dill hemp dressing.  
Add protein (\$2 each): Marinated Tofu, Tuna

### **Golden Gate Bowl \$14**

Jasmine brown rice, cabbage, avocado, yams, roasted broccoli and/or cauliflower, roasted mushrooms, mixed greens. Red pepper almond dressing.  
Add protein (\$2 each): Marinated Tofu, Tuna

### **Mission Bowl \$14**

Chimichurri-seasoned jasmine brown rice, yams, avocado, cherry tomatoes, corn, radish, romaine lettuce, toasted pumpkin seeds, pickled onions, cilantro, lemon. Chimichurri dressing. Add protein (\$2 each): Marinated Tofu, Tuna

### **“Tuna” Bowl \$14**

Our house-made seed and nut “tuna” (sunflower seeds, celery, almonds, onions, tahini, kelp flakes), roasted broccoli and/or cauliflower, apples, tomatoes, sprouts, cucumber, romaine lettuce. Oil-free Umeboshi plum vinaigrette.  
Add-ons: Avocado (\$2)

### **Bibimbap Bowl \$14**

Jasmine brown rice, marinated tofu (aminos, ACV, garlic, tamari, paprika), avocado, mixed greens, carrots, cabbage, red bell pepper, cucumber, sprouts. Sriracha miso dressing.

### **Side Salad \$7**

Mixed greens, carrots, cucumber, red bell pepper, cabbage, tomatoes. Choice of dressing: Creamy dill hemp, Umeboshi plum vinaigrette, Chimichurri, Red pepper almond, Sriracha miso. Add-ons (\$2 each): Marinated Tofu, Tuna, Avocado.

*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

### **Nourish Bánh Mi Sandwich \$12**

Marinated tofu (aminos, ACV, garlic, tamari, paprika), sweet potatoes, pickles, cilantro, jalapeno cashew mayo, sea salt.  
Gluten-free bread available at extra charge.

### **“Tuna” Sandwich \$12**

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

### **Yam & Cheese Sandwich \$12**

Sweet potatoes, creamy nut cheese from Kite Hill, sprouts, sea salt.  
Gluten-free bread available at extra charge.

### **Veggie Wrap \$12**

Hummus, avocado, carrots, sprouts, red peppers, romaine lettuce, cabbage, cucumber, oil-free creamy dill hemp dressing. Served in a raw spirulina flatbread wrap (gluten-free). Add protein (\$2 each): Marinated Tofu, Tuna

## ACAI BOWLS

Add-ons: Vanilla Protein Powder (\$1.50), Almond Butter (\$1), Spirulina (\$1), Hemp Seeds (\$1)

### **Acai Bowl \$12**

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

### **Green Acai Bowl \$12**

Supergreens Acai (kale, spinach, spirulina), fresh spinach, almond milk, pineapple, ginger. Topped with coconut, bananas, and hemp & greens granola (gluten-free).

## COFFEE & TEA

<b>Ruby's Roast Organic Coffee</b> Dark Blend	<b>\$2.50 / \$3</b>
<b>Iced Chai Tea Latte</b>	<b>\$4.25</b>
<b>Mighty Leaf Tea</b> assorted varieties	<b>\$2.50 / \$2.75</b>
<b>Iced Tea</b>	<b>\$2.50</b>

## SOUP OF THE DAY (after 11am)

Small	<b>\$4.50</b>
Large	<b>\$7.50</b>

## BRUNCH (Sat & Sun only)

**Quinoa Waffle \$10**  
Quinoa, coconut, almond flour, oat flour, coconut sugar. Topped with bananas and maple syrup. Gluten-free.



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## SMOOTHIES (16 oz)

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

**Baker Beach Banana Chocolate \$9.50**  
Banana, cacao, dates, almond milk, pinch of sea salt.

**Strawberry Hill \$9.50**  
Strawberry, banana, spinach, almond milk, dates.

**Dragonfruit \$9.50**  
Pitaya (dragonfruit), banana, almond milk, pineapple.

**Alcatraz Acai \$9.50**  
Acai, bananas, blueberries, apple juice.

**Sutro's Palace Pineapple \$9.50**  
Pineapple, blueberries, orange juice, hemp seeds, basil.

**Espresso Date Shake \$9.50**  
Banana, dark roast coffee, almond milk, cacao, dates, pinch of sea salt.

## JUICES (16 oz)

**Balanced \$9.50**  
Spinach, apple, parsley, celery, ginger, lemon

**Nourished \$9.50**  
Beet, apple, carrot, ginger, lime

**Vibrant \$9.50**  
Carrot, orange, ginger

## SWEET TOASTS

*Served on Tartine Country bread. Gluten-free bread available at extra charge.*

**Butter & Jam \$7**  
Vegan Butter from Miyoko's Kitchen, house-made jam.

**Linda's Almond Butter \$7**  
House-made almond butter. Add jam (+\$1.50).

**Nutella \$7**  
House-made nutella. Add banana (+\$1).

## SAVORY TOASTS

*Served on Josey Baker Seedfeast bread. Gluten-free bread available at extra charge.*

**Avocado \$7**  
Avocado, drizzle of oil, sea salt, pepper.

**Avocado Chimichurri \$8**  
Avocado, house-made chimichurri sauce, sea salt, pepper.

**Mediterranean \$8**  
Hummus, tomato, basil, olive oil, sea salt.

**Cream Cheese \$7**  
Creamy nut cheese from Kite Hill. Add avocado (+\$2) or jam (+\$1).

**"Lox" \$8**  
Creamy nut cheese from Kite Hill, tomato, kelp flakes, red onion, sea salt, pepper.

**Sampler \$9**  
Choose any 3 toasts from the sweet and/or savory menu for a delicious sampler.