



1030 Hyde Street
San Francisco, CA 94109
(415) 580-7463

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

ORDER ONLINE AT:
nourishcafesf.com

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.

SALADS

Nourish Bowl \$14

Quinoa, spring mix, 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 chipotle hemp dressing. Add protein (\$2 each): Tofu, Tuna, or Falafel

Falafel Salad \$14

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

“Tuna” Salad \$14

Romaine lettuce, our famous house made seed and nut “tuna” (sunflower seeds, celery, almonds, onions, tahini, kelp flakes), fingerling potatoes, cherry tomatoes, sprouts, avocado, cucumber. Chia green goddess vinaigrette.

Bibimbap Salad \$14

Jasmine brown rice, tofu, spring mix, 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, Chipotle hemp, Chia green goddess vinaigrette, Sriracha miso, Lemon tahini.

Add protein (\$2 each): Tofu, Tuna, or Falafel

SANDWICHES & WRAPS

Nourish Bánh Mi 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, tahini, kelp flakes) and cashew 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).

Grilled Cheese \$9

M-F after 11am. Please allow for extra time!

Made with Miyoko’s Kitchen VeganMozz cheese and VeganButter, house made pesto, tomato.

SOUP OF THE DAY (after 11am)

Small \$4

Large \$7

SMOOTHIES (16 oz)

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

Baker Beach Banana Chocolate \$9
Banana, cacao, dates, almond milk.

Strawberry Hill \$9
Strawberry, banana, spinach, almond milk, dates.

Pear-a-dise \$9
Pear, pineapple, banana, orange juice, garnished with fresh mint.

Dragonfruit \$9
Pitaya (dragonfruit), banana, almond milk, pineapple.

Alcatraz Acai \$9
Acai, bananas, blueberries, apple juice.

Sutro's Palace Pineapple \$9
Pineapple, blueberries, orange juice, hemp seeds, basil.

Espresso Date Shake \$9
Banana, dark roast coffee, almond milk, cacao, dates, pinch of sea salt.

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

ACAI BOWLS

Acai Bowl \$11
Acai, blueberries, strawberries, bananas, apple juice. Topped with coconut, bananas and buckwheat granola (gluten-free).

Green Acai Bowl \$11
Acai, spinach, broccoli, bananas, ginger, citrus, almond milk. Topped with coconut, bananas, and hemp & greens granola (gluten-free).

MORNING BOWLS

(M-F until 10:30am | All day Sat & Sun)
Served warm.

Savory \$8
Brown rice, carrots, avocado, broccolini, mushrooms, red cabbage, romesco.

Sweet \$8
Muesli, strawberry preserves, coconut, berries, nuts

BRUNCH (Sat & Sun only)

Quinoa Waffle \$9
Quinoa, coconut, almond flour, gluten-free flour, coconut sugar. Topped with bananas and maple syrup. Gluten-free.

Morning Bowls – SEE ABOVE \$8



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SWEET TOASTS

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

Butter & Jam \$6
VeganButter from Miyoko's Kitchen, house made jam.

Linda's Almond Butter \$6
House made almond butter. Add jam (+\$1.50).

Nutella \$6
House made nutella. Add banana (+\$1.50).

Sweet Ricotta \$7
Almond milk ricotta from Kite Hill with seasonal fruit topping.

SAVORY TOASTS

Served on Josey Baker Seedfeast bread. 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, carrots, red onion, sea salt, pepper.

Sampler \$8
Choose any 4 toasts from the sweet and/or savory menu for a delicious sampler.