



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

BOWLS

Nourish Bowl \$15

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

Warrior Bowl \$15

Spinach, carrots, cabbage, zucchini, sprouted beans, Nourish Burger, avocado. Green Goddess dressing. Add protein (\$2 each): Marinated Tofu, Tuna.

Golden Gate Bowl \$15

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 \$15

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.

Bibimbap Bowl \$16

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 \$8

Mixed greens, carrots, cucumber, red bell pepper, cabbage, tomatoes. Choice of dressing: Creamy Dill Hemp, Green Goddess, 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

Frittata Sandwich \$12 (M-F 'til 11am, all day Sat & Sun)

“JUST Egg” plant-based frittata with baby spinach, roasted mushrooms, caramelized onions, housemade artichoke mayo, avocado, lettuce, and heirloom tomato. Served on Josey Baker Seedfeast Bread (GF not available).

Nourish Bánh Mì 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

Nourish Burger \$12 (After 11am)

Lentils, carrot, zucchini, parsley, garlic, oats, onion, paprika, oregano, salt, pepper. Served with roasted tomato-artichoke cashew mayo, heirloom tomato and sunflower sprouts on a Bread Srsly Sandwich Roll (gluten-free).

Grilled Cheese \$12 (After 11am)

Made with nut cheese, Miyoko’s Kitchen VeganButter, tomato, pesto.

SMOOTHIE BOWLS

Add-ons: Vanilla Protein Powder (\$2), Almond Butter (\$1.50), Spirulina (\$1.50), Hemp Seeds (\$1.50)

Acai Bowl \$12

Acai, banana, blueberry, strawberry, apple juice. Topped with coconut, banana and buckwheat granola (gluten-free).

Dragonfruit Bowl \$12

Pitaya (dragonfruit), banana, coconut milk, pineapple. Topped with coconut, banana, and buckwheat granola (gluten-free).

Green Acai Bowl \$12

Supergreens Acai (kale, spinach, spirulina), coconut milk, pineapple, avocado, lime. Topped with coconut, banana, and hemp & greens granola (gluten-free).

BREAKFAST BOWLS

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

Served warm.

Savory \$9

Jasmine brown rice, carrots, avocado, roasted broccoli and/or cauliflower, roasted mushrooms, cabbage, red pepper almond sauce.

Sweet \$9

Muesli, seasonal fruit, jam, coconut, nuts, maple syrup

SOUP OF THE DAY (after 11am)

Small \$5
Large \$7.50



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SMOOTHIES (16 oz)

ADD A PROTEIN BOOST: Vanilla Protein Powder (\$2), Almond Butter (\$1.50), Spirulina (\$1.50), Hemp Seeds (\$1.50)

Power Berry \$9.50

Strawberry, banana, spinach, date, hemp seeds, coconut milk.

Chocolate Banana \$9.50

Banana, cacao, date, almond butter, almond milk, pinch of sea salt.

Acai Bomb \$9.50

Acai, blueberry, strawberry, chia seeds, apple juice.

Espresso Date Shake \$9.50

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

Dragonfly \$9.50

Pitaya, pineapple, banana, date, coconut milk.

Blue Pineapple \$9.50

Blueberry, pineapple, basil, hemp seeds, orange juice.

BRUNCH (Sat & Sun only)

Quinoa Waffle \$12

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

Frittata Sandwich \$12

“JUST Egg” plant-based frittata with baby spinach, roasted mushrooms, caramelized onions, housemade artichoke mayo, avocado, lettuce, and heirloom tomato. Served on Josey Baker Seedfeast Bread only.

SWEET TOASTS

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

Butter & Jam \$8

VeganButter from Miyoko’s Kitchen, house-made jam.

Linda’s Almond Butter \$7

Topped with 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 \$8

Avocado, drizzle of oil, sea salt, pepper.

Avocado Chimichurri \$8.50

Avocado, house-made chimichurri sauce, sea salt, pepper.

Mediterranean \$8

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

Cream Cheese \$8.50

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

“Lox” \$8.50

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

Sampler \$9.50

Choose any 3 toasts from the sweet and/or savory menu for a delicious sampler.