



Nourish Cafe is a whole food plant-based menu based on foods derived from plants, including vegetables, whole grains, nuts, seeds, legumes and fruits. 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.

1030 Hyde Street
San Francisco, CA 94109
(415) 580-7463 | nourishcafesf.com

BOWLS

Nourish Bowl \$17

Quinoa, yams, avocado, sprouts, hummus, cucumber, mixed greens, tomatoes, beet sauerkraut, sunflower seeds. Oil-free, herby hemp dressing.
Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg

Golden Gate Bowl \$17

Jasmine brown rice, cabbage, avocado, yams, roasted broccoli and cauliflower, roasted mushrooms, mixed greens. Red pepper almond dressing.
Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg

Mission Bowl \$17

Chimichurri-seasoned jasmine brown rice, yams, avocado, cherry tomatoes, corn, radish, romaine lettuce, toasted pumpkin seeds, pickled onions, cilantro, lemon.
Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg

Warrior Bowl \$18

Spinach, carrots, cabbage, zucchini, sprouted beans, avocado, lemon juice, topped with the Nourish Burger (quinoa & black bean patty, gluten-free). Red pepper almond dressing. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg

Bibimbap Bowl \$18

Jasmine brown rice, marinated tofu (amino, ACV, garlic, tamari, paprika), avocado, mixed greens, carrots, cabbage, red bell pepper, cucumber, sprouts. Sriracha miso dressing. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg

Savory Brekkie Bowl \$12

Served warm. Jasmine brown rice, carrots, avocado, roasted broccoli and cauliflower, roasted mushrooms, cabbage, red pepper almond dressing.
Add protein (\$3 each): Marinated Tofu, "JUST Egg" Frittata

Side Salad \$9

Mixed greens, carrots, cucumber, red bell pepper, cabbage, tomatoes.
Choice of dressing: Herby Hemp (oil-free), Chimichurri, Red Pepper Almond, Sriracha Miso. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Avocado (\$2)

SANDWICHES, WRAPS & PIZZA

Frittata Sandwich \$15

"JUST Egg" plant-based frittata (made w/ baby spinach, roasted mushrooms, caramelized onions), avocado, artichoke cashew mayo, lettuce, and heirloom tomato. Gluten-free bread available at extra charge.

Nourish Bánh Mì Sandwich \$15

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

"Tuna" Sandwich \$15

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

Veggie Sandwich \$15

House made hummus, Kite Hill cream cheese (contains almonds), avocado, lettuce, carrots, red pepper, cucumber, sprouts, on toasted bread.
Gluten-free bread available at extra charge.

Veggie Wrap \$15

Hummus, avocado, carrots, sprouts, red peppers, romaine lettuce, cabbage, cucumber, oil-free, herby hemp dressing. Served in a raw spinach wrap (gluten-free). Add protein (\$3 each): Marinated Tofu, Tuna

Nourish Burger \$15

A quinoa and black bean patty (made with carrots, zucchini, onions, garlic, cilantro, tomato paste, oats, cumin, pepper and sea salt). Served with roasted tomato-artichoke cashew mayo, heirloom tomato and sunflower sprouts on a gluten-free bun. Add avocado (\$2).

Grilled Cheese \$15

Made with nut cheese (contains almonds), Miyoko's Creamery Vegan Butter (contains cashews), tomato, chimichurri sauce. Add avocado (\$2), Add "Tuna" (\$3). *Not available on gluten-free bread.*

Veggie Pizza (9") \$18

Made with Kite Hill Almond Milk Ricotta cheese, basil pesto (contains almonds), roasted tomatoes and mushrooms, spinach, and oregano on a Vicolo corn meal crust (contains wheat and soy).

SMOOTHIE BOWLS

TOPPINGS (\$2 ea): Almond Butter
Peanut Butter
Cacao Nibs
Chopped Almonds
Hemp Seeds
Chia Seeds
Flax Seeds

BOOSTS (\$2 ea): Vanilla Protein Powder (\$3)
Spirulina
Maca
Moringa
Lion's Mane

Acai Bowl \$13

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

Dragonfruit Bowl \$13

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

Green Acai Bowl \$13

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

WAFFLES

Better Breakfast Waffle \$15

A half Belgian-style quinoa waffle (quinoa, almond flour, oat flour, coconut sugar), topped with bananas. Paired with a side of Just Egg, marinated Hodo Soy tofu and maple syrup. Gluten-free.

Quinoa Waffle \$14

A full size Belgian-style quinoa waffle (quinoa, almond flour, oat flour, coconut sugar). Topped with bananas and a side of maple syrup. Gluten-free. Add a side of JUST Egg (\$3) or marinated tofu (\$3).

SMOOTHIES (16 oz)

BOOSTS (\$2 ea): Vanilla Protein Powder (\$3), Almond Butter, Peanut Butter, Hemp Seeds, Spirulina, Maca, Moringa, Lion's Mane, Chaga.

Power Berry \$10

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

Baobab Banana Berry \$10

Pura Vida baobab juice from Teranga, almond milk, strawberry, banana.

Green Acai Colada \$10

Acai, spinach, banana, pineapple, coconut, spirulina, date paste.

Choco-Nut \$10

Banana, cacao, date, almond milk, pinch of sea salt; choice of almond butter or peanut butter.

Very Berry \$10

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

Espresso Date Shake \$10

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

Dragonfly \$10

Pitaya, pineapple, banana, date, coconut milk.

Blue Pineapple \$10

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

SOUP OF THE DAY

Small \$6

Large \$8

TOASTS

Gluten-free bread available at extra charge.

Avocado \$9

Avocado, drizzle of olive oil, sea salt, pepper.

Avocado Chimichurri \$9

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

Mediterranean \$9

Hummus, tomato, basil, garlic olive oil, sea salt. Add avocado (\$2).

Cream Cheese \$9

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

"Lox" \$9

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

Butter & Jam \$8

Vegan Butter from Miyoko's Creamery (contains cashews), house-made raspberry jam.

Linda's Almond Butter \$8

Topped with almond butter. Add raspberry jam (+\$1.50).

Chocolate Hazelnut Spread \$8

Chocolate hazelnut spread. Add banana (+\$1).

Sampler \$9.50

Choose any 3 toasts for a delicious sampler.



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