



CATERING MENU





LUNCH / DINNER

TO ORDER:

catering@nourishcafesf.com or (415) 420-7599

For individually packaged items, please view our regular menu

BOWLS (serves 8)

Nourish Bowl \$95

Quinoa or jasmine brown rice, yams, avocado, sprouts, hummus, cucumber, mixed greens, tomatoes, beet sauerkraut, sunflower seeds. Oil-free creamy dill hemp dressing. Add protein (\$12 each): Marinated Tofu, Tuna, JUST Egg

Golden Gate Bowl \$95

Jasmine brown rice or quinoa, cabbage, avocado, yams, roasted broccoli and cauliflower, roasted mushrooms, mixed greens. Red pepper almond dressing. Add protein (\$12 each): Marinated Tofu, Tuna, JUST Egg

Spicy Rainbow Bowl \$105

Jasmine brown rice or quinoa, marinated tofu (sesame oil, tamari, seedy seasoning), avocado, mixed greens, carrots, radish, cabbage, red bell pepper, cucumber, sprouts. Sriracha miso dressing.

Crunchquake Bowl \$95

Mixed greens, cucumber, celery, shredded zucchini, avocado, crunchy seed & nut clusters, marinated tofu. Cashew Goddess dressing. Add protein (\$12 each): Marinated Tofu, Tuna, JUST Egg

Mediterranean Bowl \$95

Mixed greens, couscous, red bell pepper, cucumber, tomatoes, black olives, crispy chickpeas, pickled onions, ricotta cheese (contains almonds). Red Wine Vinaigrette dressing. Add protein (\$12 each): Marinated Tofu, Tuna, JUST Egg



Nourish Cafe offers 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.

SANDWICHES (serves 8)

\$95

A platter of 8 sandwiches, cut in half. Choose one sandwich or mix and match. + \$12 / platter for gluten-free bread.

Frittata Sandwich: "JUST Egg" plant-based frittata (made w/baby spinach, roasted mushrooms, caramelized onions), avocado, artichoke cashew mayo, lettuce, and heirloom tomato. Order as a wrap (\$2).

Spicy Tofu Sandwich: Marinated tofu (sesame oil, tamari, seedy seasoning), sweet potatoes, pickles, cilantro, jalapeno cashew mayo, sea salt.

Veggie Sandwich: House made hummus, Kite Hill cream cheese (contains almonds), avocado, lettuce, carrots, red bell pepper, cucumber, and sprouts on toasted bread.

"Tuna" Sandwich: Our house-made seed and nut "tuna" (sunflower seeds, celery, almonds, onions, tahini, kelp flakes, mustard), cashew mayo, lettuce, tomato and sprouts. Add Avocado (\$2).

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

SANDWICH BOX LUNCH

\$15 per person

Half sandwich, bag of chips, chocolate chip cookie. Napkin + cutlery.





BREAKFAST & SNACKS

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BREAKFAST

Give your group a nourishing start to their day with our delicious baked goods, puddings, toasts and more. All made from scratch, plant-based and delicious.

Nourishing Baker's Box \$65

A dozen of our delicious, healthy, *gluten-free* muffins made from scratch. Choose from: Blueberry Oatmeal, Banana Walnut, Apple Chai, Seasonal muffins. Serves 12.

Savory Breakfast Bowls \$105

Individual (16 oz.) savory breakfast bowls made with jasmine brown rice, carrots, avocado, roasted broccoli and/or cauliflower, roasted mushrooms, cabbage, and a red pepper almond sauce. Serves 10.

Toasts & Spreads \$60

Delicious, toasted bread paired with our favorite house made spreads. Choose from: Chocolate Hazelnut Spread, Raspberry Jam, Almond Butter. Serves 6-8.

Nourishing Sweetness Box \$70

Start the day off with a sweet (but not too sweet!) array of a dozen (12) puddings. Choose from: Dark Chocolate Chia Pudding, Creamy Cashew Pudding – all gluten-free. Serves 12.

Acai Bowls \$65

Small, 9 oz. versions of our Acai Bowl made with acai, blueberries, strawberries, bananas, and apple juice. Topped with coconut, bananas and buckwheat granola (gluten-free). Serves 12.

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SNACKS

Beat the afternoon blues with nourishing snacks that will power your group UP, not down.

Nourishing Pick-Me-Ups \$70

Quick, delicious snacks that everyone will love. Choose from Protein Balls, Nourish Granola Bar, Chocolate Chip Cookie, Super Seed Cookie. Serves 12.

Nourishing Sweetness Box \$70

Avoid the sugar low's of usual afternoon snacking with an array of *gluten-free* puddings. Choose from: Chocolate Chia Pudding, Creamy Cashew Pudding. Serves 12.

COFFEE & TEA

Hot Coffee Service \$40

Includes coffee, almond milk, coconut sugar, cups and stirrers. Serves 10.

Hot Tea Service \$20

Assortment of Mighty Leaf teas, cups, and hot water. Serves 10.





SMALL BITES

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SMALL BITES - APPETIZERS

Delicious, 100% plant-based finger foods for your next gathering. Pair them with a Bowl or Sandwich Platter for a great meal.

Frittatas (1 dozen) \$40
Bite-size, veggie frittatas. Delicious and savory! Gluten-free.

Yam & Cheese Toast Bites (24 pieces) \$50
A tray of toast bites featuring *Kite Hill* (almond) cream cheese and sweet potato on Josey Baker Seedfeast bread. Gluten-free bread available (+\$5).

Mediterranean Toast Bites (24 pieces) \$50
A tray of toast bites featuring our housemade hummus, tomato, basil, garlic olive oil and sea salt. Gluten-free bread available (+\$5).

"Tuna" Toast Bites (24 pieces) \$55
A tray of toast bites featuring our famous nut-based "Tuna" (sunflower seeds, celery, almonds, onions, tahini, kelp flakes), artichoke mayonnaise and lettuce, served on Josey Baker Seedfeast bread. Gluten-free bread available (+\$5).

SMALL BITES - DESSERTS

Acai Bowls (1 dozen) \$65
Small, 9 oz. versions of our Acai Bowl made with acai, blueberries, strawberries, bananas, and apple juice. Topped with coconut, bananas and buckwheat granola (gluten-free).

Chocolate Chip Cookies (1 dozen) \$33
Small versions of our famous, gluten-free chocolate chip cookie made with almond flour, coconut oil, maple syrup, vanilla, baking soda, salt, and vegan chocolate chips. Gluten-free.

