



## Bowls

Available as a grain bowl or in a raw, gluten-free spinach wrap (\$2).

**Creamy Dill Hemp** (oil-free): Light, creamy dressing with a hint of dill and chives.



**Red Pepper Almond:** Savory, paprika-spiced dressing with red bell peppers, almonds & olive oil.

**Spicy Sriracha Miso:** Sweet, spicy dressing with miso, aminos & sesame oil.

**Cashew Goddess:** A vibrant & creamy cashew dressing with olive oil, basil, chives, lemon and parsley.

**Red Wine Vinaigrette:** A classic with olive oil, oregano, salt & pepper.

### Nourish Bowl \$17

Quinoa or jasmine brown rice, yams, avocado, sprouts, hummus, cucumber, mixed greens, tomatoes, beet sauerkraut, sunflower seeds. Rec'd dressing: Creamy Dill Hemp (oil-free). Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4)

### Golden Gate Bowl \$17

Jasmine brown rice or quinoa, cabbage, avocado, yams, roasted broccoli and cauliflower, roasted mushrooms, mixed greens. Rec'd dressing: Red Pepper Almond. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4)

### Mediterranean Bowl \$17

Mixed greens, couscous, red bell pepper, cucumber, tomatoes, black olives, crispy chickpeas, pickled onions, ricotta cheese (contains almonds). Rec'd dressing: Red Wine Vinaigrette. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4)

### Crunchquake Bowl \$18

Mixed greens, cucumber, celery, shredded zucchini, avocado, crunchy seed & nut clusters, marinated tofu. Rec'd dressing: Cashew Goddess. Add a grain (\$2 each): Quinoa, Jasmine brown rice. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4)

### Spicy Rainbow Bowl \$18

Jasmine brown rice or quinoa, marinated tofu (sesame oil, tamari, seedy seasoning), avocado, mixed greens, carrots, radish, cabbage, red bell pepper, cucumber, sprouts. Rec'd dressing: Spicy Sriracha Miso. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4)

### Side Salad \$9

Mixed greens, carrots, cucumber, red bell pepper, cabbage, tomatoes. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4) or Avocado (\$2).

## Sandwiches, Wraps & Pizza

Gluten-free bread available for an extra charge.

### Frittata Sandwich / Wrap \$15

“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 \$15

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

### Veggie Sandwich \$15

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

### “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. Add Avocado (\$2).

### Veggie Wrap \$15

Hummus, avocado, carrots, sprouts, red bell peppers, romaine lettuce, cabbage, cucumber, oil-free, creamy dill hemp dressing (alt dressing available). Served in a raw, gluten-free spinach wrap. Add protein (\$3 each): Marinated Tofu, Tuna, JUST Egg, Nourish Burger (\$4).

### 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, toasted bun. Add Avocado (\$2).

### Grilled Cheese \$15

Made with Kite Hill cream cheese (contains almonds), Miyoko's Creamery Vegan Butter (contains cashews), tomato, basil pesto. *Not available on gluten-free bread.* Add avocado (\$2), Add “Tuna” (\$3).

### Veggie Pizza (9”) \$18

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

## Soup of the Day

Small	\$7
Large	\$10

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.

Nourish Cafe 1030 Hyde St., SF, CA 94109  
nourishcafesf.com | (415) 580-7463

## 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.

## Toasts

*Gluten-free bread available for an extra charge.*

**Avocado** \$8  
Avocado, drizzle of olive oil, sea salt, pepper. Add Sriracha Miso dressing (\$1).

**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 raspberry jam (+\$1.50).

**“Lox”** \$9  
Creamy nut cheese from Kite Hill (contains almonds), tomato, kelp flakes, red onion, sea salt, pepper.

**Butter & Jam** \$9  
Vegan Butter from Miyoko's Creamery (contains cashews), house-made raspberry jam.

**Linda's Almond Butter** \$9  
Almond butter topped with chopped almonds. Add raspberry jam (+\$1.50).

**Chocolate Hazelnut Spread** \$9  
Chocolate hazelnut spread topped with chopped hazelnuts. Add banana (+\$1) or raspberry jam (+\$1.50).

**Sampler** \$9.50  
Choose any 3 toasts for a delicious sampler.

## Smoothie Bowls

**TOPPINGS** (\$2 ea):  
Almond Butter  
Peanut Butter  
Vegan Honey  
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).

## Breakfast Bites (served all day)

**Egg Bun** \$9  
A warm sandwich featuring “JUST Egg”, avocado, artichoke cashew mayo, and Kite Hill cream cheese (contains almonds) on a gluten-free, toasted bun.

**Savory Brekkie Bowl** \$12  
Served warm. Jasmine brown rice, carrots, avocado, roasted broccoli and cauliflower, roasted mushrooms, cabbage, topped with sesame seeds. Rec'd dressing: Red Pepper Almond. Add protein (\$3 each): Marinated Tofu, “JUST Egg” Frittata, Burger (\$4)

## Waffles

**Better Breakfast Waffle** \$15  
A half Belgian waffle (gluten-free) topped with bananas. Paired with a side of Just Egg, marinated tofu and maple syrup. Gluten-free. Add more sides: Butter (\$2), Jam (\$1.50), Almond or Peanut Butter (\$2), Chocolate Hazelnut Spread (\$2), Vegan Honey (\$2).

**Quinoa Waffle** \$14  
A full-size Belgian waffle (gluten-free), topped with bananas. Incl. a side of maple syrup and a side of vegan butter (contains cashews). Gluten-free. Add more sides: Jam (\$1.50), Almond or Peanut Butter (\$2), Chocolate Hazelnut Spread (\$2), JUST Egg (\$3), Marinated Tofu (\$3), Vegan Honey (\$2).



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