



# NOURISH

Nourish Kitchen + Table focuses on globally-inspired flavors and a fresh, modern take on ingredients at the peak of their season. We believe in beautiful, healthful food that serves our clients and supports our broader community of farmers, purveyors, and artisans.

Sustainability, seasonality and locality influences us at the core – nose to tail, tip to root, close to home.

The result is deeply flavorful and inherently nutritious fare that supports our well-being and our culinary eco-system.

Here you'll find housemade pastries and treats, vibrant salads, vegetables you'll want more of, heritage grains, thoughtfully-sourced fish, meats and poultry, natural wines, small batch beers...just to name a few.

We love storytelling, experiences and building relationships. Founded and propelled by nutritionist and chef, Marissa Lippert, Nourish reimagines fresh food that is both delicious and just makes you feel really, really good.

## NOURISH KITCHEN + TABLE // SPRING 2018

### BREAKFAST SELECTIONS

#### MORNING GLOW PLATTER

six-minute turmeric-rose tea eggs, gluten-free banana bread with chaga-cocoa nib, whipped honey-vanilla ghee, chia cup + seasonal fruit compote, morning ritual tonic with citrus juice, turmeric, ginger & goji berry // \$24 pp

#### THE RISE + SHINE

market vegetable frittata, seasonal fruit salad with rosemary-vanilla-pink peppercorn honey, artisan morning breads with seasonal jam & whipped butter // \$24 pp

#### THE WARM + TOASTY

sweet and savory scones, seasonal tea loaf, good day apple-date-pumpkinseed muffins // \$20 pp

#### THE GREENWICH AVE. BREAKFAST

oatmeal bake with housemade almond milk, apples, pecans, vanilla-cinnamon struesel // yogurt bar with seasonal jam, gluten-free maple-pecan granola // \$20 pp

#### HOUSE-CURED SALMON + BAGEL PLATTER

beet-cured sustainably-farmed salmon, smoked trout salad, spiced cream cheese, red onion, capers, sliced apples, pickled mustard seeds, assorted bagels // \$270 \*serves 10 // \$425 \*serves 20



### ADD-ONS

#### SPRING FRUIT SALAD

seasonal fruit, vanilla-pink peppercorn honey // \$8 pp [GF, DF]

#### BENTON'S BACON

our favorite crispy bacon, straight from our friends at Benton's in Tennessee // \$6 pp [GF, DF]

#### GLUTEN-FREE MINI MUFFINS

seasonal compote, oat streusel // \$36/dozen

#### GLUTEN-FREE MINI QUINOA OAT BARS

dried cherry, almond, pumpkinseed // \$32/dozen

### COFFEE, TEA + FRESH-PRESSED JUICES

#### PARLOR COFFEE

selection of milks  
[whole, half + half, almond],  
sugar in the raw //  
\$40 / box [serves 12]

#### HARNEY & SONS TEA

black, green & herbal tea blends,  
selection of sugars and milks //  
\$38 / box [serves 12]

#### MINI HOUSEMADE JUICES & SMOOTHIES

8oz // \$8 each

#### the morning green juice

spinach, celery, pineapple, grapefruit, mint, jalapeño

#### cold killa

apple, lemon, wildflower honey, cayenne

#### rise + shine smoothie

banana, date, almond milk, almond butter, cinnamon,  
hemp seed

**FRESH ORANGE or GRAPEFRUIT JUICE // \$6 each**

**SPARKLING SARATOGA WATER // \$3 each**

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### LUNCH + ALL DAY SELECTIONS / PRICED PER PERSON

**THE STANDARD** // choice of 1 salad/vegetable + 1 side + chicken, **\$28** // with grass-fed steak, **\$30**

**THE STANDARD - FISH** // choice of 1 salad/vegetable + 1 side + locally-caught fish, **\$31**

**THE STANDARD - VEG** // choice of 1 salad/vegetable + 1 side + falafel, **\$27**

**THE DAILY DETOX** // choice of any 3 salad/vegetable + sides, **\$22**

**SANDWICH PLATTER** // assortment of sandwiches; vegetarian, vegan & gluten-free options available, **\$16**

### LEAN PROTEINS

#### SPICE-RUBBED ROASTED CHICKEN

local free-range chicken, sumac, zaatar, Tasmanian peppercorn, lemon [GF, DF]

#### CLASSIC HERB-LEMON ROAST CHICKEN

Amish free-range chicken, rosemary, oregano, thyme, garlic confit [GF, DF]

#### GRASS-FED FLANK STEAK

caper-cilantro-fennel chimichurri [GF, DF]

#### VIETNAMESE-STYLE BRAISED BRISKET

cilantro-basil-fresno chili pistou, bean sprouts [GF, DF]

#### MOROCCAN LAMB MEATBALLS

minted yogurt sauce, lemon [GF, DF]

#### MINTED SPRING PEA FALAFEL

vegetarian falafel, fresh herb salad, pickled red onion, zhough [GF, DF]

#### LOCALLY-CAUGHT POACHED FISH

local fish of the day, shaved fennel-herb salad, crispy capers, lemon [GF, DF]



### SANDWICHES

#### SPRING ROAST CHICKEN SANDWICH

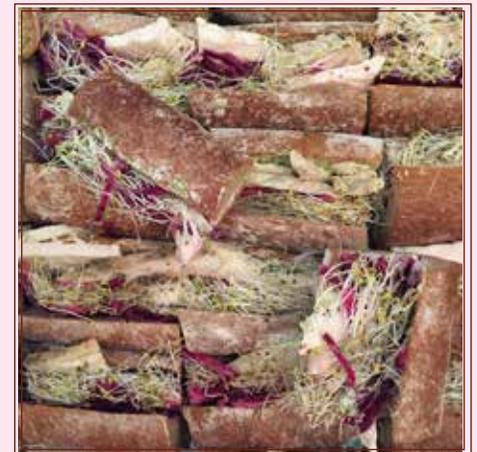
free-range chicken, lemon-mint pesto, pea shoots, Benton's bacon, sarvecchio, baguette

#### BEEF BRISKET SANDWICH

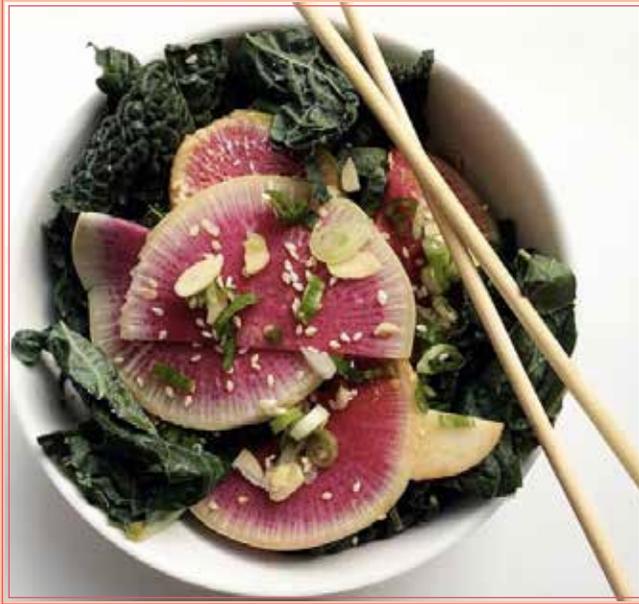
watercress, pickled red onion, horseradish-lemon aioli, sunflower sourdough [VEGAN, DF]

#### ROASTED SPRING VEGETABLE & JALEPENO HUMMUS LAFFA WRAP

pumpkinseed zhough, house-fermented pickles, beet crisps [VEGAN, DF]



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### GOOD GRAINS + SIDES

#### **BLACK & WHITE QUINOA**

fresh peas, Bulgarian feta, pickled fresno chili, herbs [GF]

#### **BARLEY BEET SALAD**

roasted beets, cilantro, mint, red onion, sumac, toasted pistachios [DF, VEGAN]

#### **GLUTEN-FREE SWEET POTATO-SESAME NOODLES**

market vegetables, daikon, fermented black bean-chili sauce, toasted peanuts [GF, DF, VEGAN]

#### **PURPLE POTATO SALAD**

capers, grilled spring onion, lime-jalapeno vinaigrette [GF, DF, VEGAN]

#### **MINTED WHEATBERRY SALAD**

sugar snap peas, ricotta salata, mint

### SALADS + VEG

#### **BIBB LETTUCE SALAD**

herbs, watermelon radish, nigella seed, pistachio, grilled ramp vinaigrette [GF]

#### **VEGAN SPRING KALE SALAD**

shaved fennel, pickled purple daikon, crispy quinoa, gomasio, avocado-miso dressing [GF, DF, VG]

#### **MARKET SPINACH SALAD**

strawberries, popped amaranth, Bulgarian feta, spring onion white balsamic vinaigrette [GF]

#### **SHAVED & ROASTED CARROTS**

pickled golden raisins, za'atar, cilantro, orange blossom-tahini dressing [GF, DF]

#### **SPRING ASPARAGUS & WARM CHICORIES**

crispy leeks, garlic-whole wheat breadcrumbs, cured egg yolk, mustard vinaigrette [GF]



SEASONAL PLATTERS

**GREENMARKET CRUDITÉ PLATTER**

seasonal vegetables, ruby red beet-feta-lemon dip // \$85  
(serves 10) or \$145 (serves 20-25)[GF]

**ARTISAN CHEESE PLATTER**

ewephoria sheep's milk gouda, cremeux de Borgogne,  
Humboldt Fog, Jasper Hill clothbound cheddar, wildflower  
honey with pink peppercorn and vanilla, peppered flatbread,  
dried and fresh fruit // \$180 (serves 10) // \$350 (serves 20-25)

**CHARCUTERIE PLATTER**

artisan cured meats from Ends Meat Brooklyn, cornichons,  
rhubarb mostarda, crostini toasts // \$350 (serves 20-25)

**SPRING BURRATA PLATTER**

Di Paolo's creamy burrata, aged prosciutto,  
fennel-crusteD pork loin, chamomile-infused  
honeycomb, white wine-poached apricots, charred asparagus,  
grilled sourdough //  
\$350 (serves 20-25)

**SPRING MIX PLATTER**

the best of the best: a vibrant mix of artisan cheese,  
charcuterie, roasted spring vegetables, melange of dips,  
housemade pickles, olives, spiced nuts, variety of housemade  
crackers // \$425 (serves 25-30)

**JAPANESE-CURED SALMON PLATTER**

yuzu kosho-togarashi cured sustainably-sourced salmon,  
nori-tamari crackers, miso cream cheese, sesame-hijiki cured  
kohlrabi, tamari-honey-wasabi roasted nuts,  
ponzu-scallion sauce // \$425 (serves 20-25)



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### DESSERTS + SWEETS

#### **ASSORTED COOKIE PLATTER**

chocolate-dipped coconut macaroons, deep dark brownie bites with walnuts and maldon salt, pistachio rosewater buttons // \$95 (serves 10-20) // \$150 (serves 20-30)

#### **BEBE'S COCONUT MACAROONS**

dark chocolate-dipped // \$30/dozen [GF]

#### **RHUBARB-ROSE KUCHEN**

rose pastry cream, coconut-cake crust // \$36

#### **GLUTEN-FREE BUCKWHEAT CITRUS + GOAT CHEESE BAR**

gluten-free buckwheat crust // \$55/dozen [GF]

#### **PISTACHIO-FRANGIPANE TARTLETS**

macerated apples, honey glaze v// \$55/dozen [GF]

#### **GLUTEN-FREE CHOCOLATE LAVENDER CAKE**

chocolate ganache // \$42 [GF]

#### **SEASONAL TEA LOAF**

rose-lemon with almond glaze // \$38 (serves 10-12)

