

NOURISH KITCHEN + TABLE // SAMPLE MENU SUMMER 2018

BREAKFAST SELECTIONS

MORNING RITUAL PLATTER

mini coconut-chia puddings, turmeric-rose tea eggs, gluten-free raspberry-almond butter toast bites, fresh berries + chamomile honey, dried plums & apricots with orange blossom water //

THE RISE + SHINE

market vegetable frittata, seasonal fruit salad with rosewater and mint, artisan morning breads with seasonal jam & whipped butter //

THE WARM + TOASTY

sweet and savory scones, seasonal tea loaf, good day blueberry-date-pumpkinseed muffins //

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 //

BEET-CURED SALMON + BAGEL PLATTER

beet-cured sustainably-farmed salmon, fenugreek spiced cream cheese, red onion, capers, sliced apples, pickled mustard seeds, assorted bagels // serves 10 or 20



ADD-ONS

SUMMER FRUIT SALAD

seasonal fruit, toasted coconut, rosewater, fresh mint // [GF, DF, V]

BENTON'S BACON

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

GLUTEN-FREE MINI MUFFINS

seasonal compote, oat streusel // per dozen

GLUTEN-FREE MINI QUINOA OAT BARS

pistachios, cardamom // per/dozen

COFFEE, TEA + FRESH-PRESSED JUICES

EAST ONE COFFEE

selection of milks [whole, half + half, almond], panela // [serves 12]

HARNEY & SONS TEA

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

MINI HOUSEMADE JUICES & SMOOTHIES

8oz //

the morning green juice

spinach, celery, pineapple, grapefruit, mint, jalapeño

cold killa

apple, lemon, wildflower honey, cayenne

new wave

coconut water, pineapple, mint, aloe vera, chlorophyll

rise + shine smoothie

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

FRESH ORANGE or GRAPEFRUIT JUICE //

SPARKLING SARATOGA WATER //

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LUNCH + ALL DAY SELECTIONS / PRICED PER PERSON

THE STANDARD // choice of 1 salad/vegetable + 1 side + chicken // with grass-fed steak

THE STANDARD - FISH // choice of 1 salad/vegetable + 1 side + locally-caught fish

THE STANDARD - VEG // choice of 1 salad/vegetable + 1 side + falafel

THE DAILY DETOX // choice of any 3 salad/vegetable + sides

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

LEAN PROTEINS

CLASSIC LEMON-HERB ROAST CHICKEN

Amish free-range chicken, summer herb spoon sauce [DF]

SPICE-RUBBED GRILLED CHICKEN

Amish free-range chicken, Tasmanian peppercorn, sumac, za'atar [GF, DF]

GRASS-FED FLANK STEAK WITH CHIMMICHURRI

cilantro, capers, fennel, chili [GF, DF]

MOROCCAN LAMB MEATBALLS

date, cumin, minted-lemon yogurt sauce [GF, DF]

SPICED-CARROT FALAFEL PLATTER

vegetarian falafel, fresh herb salad, cumin-ginger-lime yogurt sauce [GF, DF]

LOCALLY-CAUGHT POACHED FISH

popped cherry tomatoes, fresh oregano, lemon thyme [GF, DF]



SANDWICHES

SUMMER ROAST CHICKEN SANDWICH

free-range chicken breast, peach-peppercorn compote, Benton's bacon, arugula, goat cheese, sunflower sourdough

ROASTED VEGETABLE & MOZZARELLA SANDWICH

roasted tomato-olive tapenade, basil, Di Paolo's mozzarella, sunflower sourdough [DF, VG]

VIETNAMESE STEAK LETTUCE WRAP

pho-marinated steak, bean sprouts, Thai basil, cilantro, mint, pickled red chili, nuoc cham dipping sauce [GF, DF, VG]



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GOOD GRAINS + SIDES

SUMMER QUINOA

arugula, mint, cilantro, peas, Bulgarian feta, pickled fresno chili [GF]

BARLEY BEET SALAD

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

CASARECCE PASTA SALAD

roasted summer squash, arugula-walnut pesto, pecorino romano

PURPLE POTATO SALAD

capers, grilled red onion, lime-jalapeño vinaigrette [GF, DF, VG]

GLUTEN-FREE SWEET POTATO-SESAME NOODLES

zucchini, cucumber, cherry tomato, summer herbs, toasted peanuts, sesame-tahini dressing [GF, DF, VG]

SALADS + VEG

HEIRLOOM SUMMER SALAD

market greens, shaved fennel, Vermont Creamery goat cheese, heirloom tomato vinaigrette [GF]

DETOX KALE SALAD

magenta plum, watermelon radish, toasted almonds, scallion

sesame seeds, ginger-lime dressing [GF, DF, VG]

GRILLED PEACH + HEIRLOOM TOMATO SALAD

tarragon, blue cheese, sourdough spelt croutons, sparkling citrus vinaigrette [GF, DF, VG]

WATERMELON-CRUSHED CUCUMBER-TOMATO SALAD

thai basil, basil seed, nuoc cham lime-chili dressing [GF]

*contains fish sauce

GREEN & YELLOW WAX BEAN SALAD

toasted walnuts, pecorino romano, fennel, pickled red onion [GF]



SEASONAL PLATTERS

GREENMARKET CRUDITÉ PLATTER

seasonal vegetables, ruby red beet-feta-lemon dip // (serves 10 or 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 // serves 10 or 20-25

CHARCUTERIE PLATTER

artisan cured meats, paté, cornichons, nectarine mostarda, crostini toasts //serves 20-25

BURRATA PLATTER

Di Paolo's creamy burrata, sauvignon blanc-cherry reduction, aged prosciutto, fresh melon, charred summer peppers, grilled crostini, tomato jam // serves 20-25

SUMMER MIX PLATTER

roasted tomato and goat cheese polenta bites, summer fruit with gomasio, cured Moroccan olive-crispy lemon sourdough foccaccia, ruby beet toum, green goddess white bean tapenade, // serves 20-25

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 // 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 // serves 10-20 or 20-30

BEBE'S COCONUT MACAROONS

dark chocolate-dipped // per /dozen [GF]

PEACH-BLUEBERRY KUCHEN

rose pastry cream, coconut-cake crust //

SUMMER SWEET PLATTER

summer berries + nectarines, lemon-lavender shortbread, dark chocolate bark with goji berries, lemon & almond // serves 20-30

GLUTEN-FREE BUCKWHEAT CITRUS + GOAT CHEESE BAR

summer berries, gluten-free buckwheat crust // per /dozen [GF]

GLUTEN-FREE CHOCOLATE LAVENDER CAKE

chocolate ganache // [GF]

SEASONAL TEA LOAF

rose-lemon with almond glaze or nectarine-lavender // serves 10-12

