

NootroNourish

Feed your brain

Cuisine: Health

Appetizers

Omega-3 Sardine Toast [WHEAT, FISH]	\$10.99
Wild sardines on sourdough with lemon, capers, and pickled onion.	
Cal: 340 Protein: 22g Fat: 14g Carbs: 30g	

Mains

Brain Boost Bowl [FISH, TREE_NUT]	\$17.49
Wild salmon, blueberries, walnuts, and spinach over farro with turmeric dressing.	
Cal: 520 Protein: 34g Fat: 24g Carbs: 42g	
Adaptogen Mushroom Wrap [SESAME]	\$14.49
Lion's mane mushrooms with hummus, roasted beets, and arugula in a flax wrap.	
Cal: 380 Protein: 14g Fat: 16g Carbs: 46g	
Gut Health Probiotic Bowl [SOY]	\$13.99
Kimchi, tempeh, sauerkraut, and brown rice with miso dressing.	
Cal: 360 Protein: 18g Fat: 10g Carbs: 48g	

Sides

Memory Trail Mix [TREE_NUT, MILK, SOY]	\$4.99
Walnuts, almonds, dark chocolate chips, dried blueberries, and pumpkin seeds.	
Cal: 320 Protein: 10g Fat: 22g Carbs: 24g	

Desserts

Dark Chocolate Bark [MILK, SOY, TREE_NUT]	\$6.49
85% dark chocolate with goji berries, pumpkin seeds, and sea salt.	
Cal: 280 Protein: 6g Fat: 20g Carbs: 24g	

Drinks

Turmeric Golden Latte	\$5.99
Oat milk with turmeric, black pepper, cinnamon, and honey.	
Cal: 140 Protein: 4g Fat: 4g Carbs: 22g	
Focus Matcha Latte [TREE_NUT]	\$5.49
Ceremonial-grade matcha whisked with almond milk.	
Cal: 120 Protein: 2g Fat: 4g Carbs: 18g	