

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		