



**NOURISH**

KITCHEN + TABLE

CATERING + EVENTS

## SUMMER 2016

### **BREAKFAST SELECTIONS** *priced per person*

#### **THE CLEAN + GREEN** //

6-minute Persian tea eggs with turmeric & rose petals, gluten-free quinoa-oat bar with dried cherries and almonds, seasonal fruit salad with rosewater and mint

#### **THE RISE + SHINE** //

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

#### **THE WARM + TOASTY** [SELECTION OF MORNING BAKED GOODS]

sweet and savory scones, seasonal tea loaf, good day apple-date-pumpkinseed muffins, seasonal jam, whipped Trickling Spring butter

#### **THE GREENWICH AVE. BREAKFAST** [GLUTEN-FREE OATMEAL BAKE + NARRAGANSETT CREAMERY YOGURT BAR]

oatmeal bake with housemade almond milk, apples, pecans, vanilla-cinnamon struesel // yogurt bar with seasonal jam, gluten-free granola, toasted coconut-hemp-seed-dried cherries mix // [GF]

**HOUSE-CURED SALMON PLATTER** beet-cured Scottish salmon, spiced cream cheese, red onion, capers, sliced apples, pickled mustard seeds, artisan breads //

### **ADD TO YOUR MORNING...**

**SUMMER FRUIT SALAD** seasonal fruit, toasted coconut, rosewater, fresh mint // [GF, DF, V]

**WHOLE QUICHE** seasonal vegetables, cheese, rye pastry crust // housemade lamb sausage or proscuitto upon request

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

**HOUSEMADE MAPLE-MERGUEZ LAMB SAUSAGE** // [GF, DF]

### **COFFEE, TEA AND FRESH-PRESSED JUICES**

**BOX OF VITTORIA COFFEE** selection of sugars and milks [skim, whole, half and half, soy and almond available]

**HARNEY & SONS TEA** black, green & herbal tea blends, selection of sugars and milks

**ASSORTED 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**

**FRESH WATER**

**SPARKLING SARATOGA WATER**

Vegan, gluten-free, dairy-free options available upon request. We proudly source meat, dairy, and produce from local purveyors such as Saxelby Cheese, Pino's Prime Meats, and Berried Treasures Farm. Please note, we require 5 days notice for all orders or events.

10 person minimum order • \$1,000 order minimum for delivery service Mon-Fri • \$4,000 order minimum Sat-Sun



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## SUMMER 2016 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 - ALL VEG // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + FALAFEL]

THE DAILY DETOX [CHOICE OF ANY 3 SALAD/VEGETABLES AND SIDES]

SANDWICH PLATTER [ASSORTMENT OF SANDWICHES, VEGETARIAN, VEGAN & GLUTEN-FREE OPTIONS AVAILABLE ]

### **SALADS + VEGETABLES**

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

DETOX KALE SALAD red plum, watermelon radish, toasted almonds, scallions, sesame seeds, ginger-lime dressing [GF, DF, VG]

MARKET LETTUCES toasted pistachio, sesame halvah, breakfast radish, summer herbs, nasturiums, lemon 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]

### **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]

ROASTED CARROT, SHAVED SUMMER SQUASH & LENTIL SALAD mint, scallion, tahini-pomegranate molasses dressing [GF, DF, VG]

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

GLUTEN-FREE SWEET POTATO-SESAME NOODLES zucchini, daikon, cherry tomato,, summer herbs, toasted peanuts, sesame vinaigrette [GF, DF, VG]

### **LEAN PROTEINS**

NKT'S SIGNATURE HARISSA ROAST CHICKEN Amish free-range chicken, Moroccan spice blend, rose, thyme, lemon [GF, DF] *\*sliced upon request, carving fee may apply*

HONEY-LIME GRILLED CHICKEN Amish free-range chicken, chili, ginger [GF, DF] *\*sliced upon request, carving fee may apply*

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, carrot-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, baguette

ROASTED VEGETABLE & MOZZARELLA SANDWICH roasted tomato-olive tapenade, basil, Di Paolo's mozzarella, whole wheat-rye sourdough [DF, VG]

SOUTHERN COLLARD GREEN WRAP sweet potato-red lentil-bulgur croquette, red cabbage-kohlrabi slaw, coconut-peanut hot sauce [GF, DF, VG]

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### SEASONAL PLATTERS

**GREENMARKET CRUDITÉ PLATTER** seasonal vegetables, ruby red beet-feta-lemon dip // [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

**CHARCUTERIE PLATTER** artisan cured meats from Ends Meat Brooklyn, cornichons, date mostarda, crostini toasts

**MEDITERRANEAN PLATTER** trio of seasonal dips: spiced edamame, roasted red pepper muhammara, green goddess herb; spice-rolled chevre, marinated olives, thyme-chili spiced nuts, whole wheat zaatar flatbread

**SEASONAL ASSORTMENT** our signature spread, a beautifully designed cascade of assorted artisan cheeses, crudité, charcuterie & more *\*our offering for events of 50 guests or more, contact us to inquire about pricing*

### DESSERTS & SWEETS

**ASSORTED COOKIE PLATTER** chocolate-dipped coconut macaroons, deep dark brownie bites with walnuts and maldon salt, pistachio rosewater buttons

**BEBE'S COCONUT MACAROONS** dark chocolate-dipped // [GF]

**PEACH-BLUEBERRY KUCHEN TART** rose pastry cream, coconut-cake crust

**GLUTEN-FREE CHOCOLATE LAVENDER CAKE** chocolate ganache // [GF]

**SEASONAL TEA LOAF** rose-lemon with almond glaze or rhubarb-vanilla

**SUMMER FRUIT SALAD** seasonal fruit, toasted coconut, rosewater, fresh mint // [GF, DF, VG]

### ADDITIONAL SNACKS priced per person

**LACQUERED KALE CHIPS** black garlic-peanut butter-sriracha glaze // [GF, DF, V]

**SWEET + SPICY ROOT VEGETABLE CRISPS** sumac, za'atar, Tasmanian peppercorn spice blend // [GF, DF, V]

**THYME-CHILI SPICED NUTS** pecans, walnuts, almonds // [GF, DF, V]

**TRUFFLED POPCORN** pecorino romano, chive // [GF]

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**NEW WAVE** coconut water, pineapple, mint, aloe vera, chlorophyll // **RISE + SHINE SMOOTHIE** banana, date, almond milk, almond butter, cinnamon, hemp seed

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