



**NOURISH**

KITCHEN + TABLE

CATERING + EVENTS

## WINTER 2017

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

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

6-minute Persian turmeric tea eggs, gluten-free quinoa-oat bar with dried cherries and almonds, seasonal fruit salad, Morning Green juice

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

market vegetable frittata, Benton's bacon, seasonal fruit salad, artisan morning breads with seasonal jam & cultured 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 & BAGEL PLATTER** beet-cured sustainably-farmed salmon, smoked trout salad, spiced cream cheese, red onion, capers, sliced apples, pickled mustard seeds, assorted bagels // \*serves 10 or 20

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

**WINTER FRUIT SALAD** seasonal citrus, pomegranate seeds, tonka bean-vanilla drizzle // [GF, DF, V]

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

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

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

**BOX OF VITTORIA COFFEE** selection of milks [whole, half and half, almond available] // [serves 12]

**HARNEY & SONS TEA** black, green & herbal tea blends, selection of sugars and milks // (serves 12)

**ASSORTED MINI HOUSEMADE JUICES & SMOOTHIES** 8oz

**THE MORNING GREEN JUICE** spinach, celery, pineapple, grapefruit, mint, jalapeño // **COLD KILLA** apple, lemon, wildflower honey, cayenne

**LV POTION NO. 9** beet, orange, lemon, mint, rosewater // **RISE + SHINE SMOOTHIE** banana, date, almond milk, almond butter, cinnamon, hemp seed

**FRESH ORANGE OR GRAPEFRUIT JUICE** /

**FRED 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



# NOURISH

KITCHEN + TABLE

CATERING & EVENTS

## WINTER 2017 LUNCH + ALL DAY SELECTIONS *priced per person*

THE STANDARD // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + CHICKEN] \$27 // WITH GRASS-FED STEAK \$29

THE STANDARD - FISH // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + LOCALLY-CAUGHT FISH] // \$31

THE STANDARD - ALL VEG // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + CARROT FALAFEL] // \$24

THE DAILY DETOX [CHOICE OF ANY 3 SALAD/VEGETABLES AND SIDES] // \$22

SANDWICH PLATTER [ASSORTMENT OF SANDWICHES, VEGETARIAN, VEGAN & GLUTEN-FREE OPTIONS AVAILABLE ] // \$16

### WINTER SALADS + VEGETABLES

BUTTERNUT SQUASH SALAD arugula, Bulgarian feta, spiced pumpkin seeds, crispy shallots, balsamic vinaigrette [GF]

DETOX KALE SALAD apple, watermelon radish, toasted almonds, scallions, sesame seeds, ginger-lime dressing [GF, DF, VEGAN]

WATERCRESS & CITRUS SALAD toasted almonds, scallion, cilantro, avocado, sesame-lime vinaigrette [GF, DF, VEGAN]

TAHINI-ROASTED CAULIFLOWER currants, capers, crispy shallots, date molasses, tahini-lemon dressing [GF, DF]

HARISSA-GLAZED CARROTS Vermont Creamery goat cheese, cilantro, nigella seeds [GF]

### WINTER GOOD GRAINS + SIDES

WINTER QUINOA SALAD fresh and roasted radish, avocado, shiso, miso-orange dressing [GF, DF, VEGAN]

FORAGER'S FARRO roasted mushrooms, thyme, truffle oil, pecorino romano

GLUTEN-FREE SWEET POTATO NOODLES market vegetables, bok choy, black sesame, sichimi togarashi [GF, DF, VEGAN]

HIMALAYAN PINK RICE PILAF lychee, grilled scallion, ras el hanout cashews [GF, DF, VEGAN]

CRISPY SMASHED FINGERLING POTATOES rosemary, thyme, garlic [GF, DF, VEGAN]

### LEAN PROTEINS

NKT'S SIGNATURE HARISSA ROAST CHICKEN Amish free-range chicken, Moroccan spice blend, rose, thyme, lemon [GF, DF]

HERB-LEMON ROAST CHICKEN rosemary, sage, thyme, garlic confit [GF, DF]

MOROCCAN LAMB MEATBALLS minted lemon tatziki

RED WINE-BRAISED BRISKET roast carrots, onions, mushrooms [GF, DF]

CARROT-CHICKPEA FALAFEL herbs, tahini-tamarind sauce [GF, DF]

LOCALLY-CAUGHT ROASTED FISH local fish of the day, cured Moroccan olive-grapefruit gremolata [GF, DF]

### SANDWICHES

ROAST CHICKEN SANDWICH apple-parsnip-red cabbage slaw, herbed aioli, sunflower pumpernickel

TURKEY-MUSHROOM PRESS roast free-range turkey breast, thyme-roasted mushrooms, fontina, black garlic-date aioli, whole wheat-rye sourdough

ROASTED JALAPEÑO HUMMUS WHOLE WHEAT LAFFA WRAP roasted cauliflower, pumpkinseed zhoug, house-fermented pickles, beet crisps [V, DF]

Vegan, gluten-free, dairy-free options available upon request. We proudly source 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



# NOURISH

KITCHEN + TABLE

CATERING & EVENTS

## WINTER 2017

### 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, fennel-black pepper crackers, dried and fresh fruit // \$180 (serves 10) // \$350 (serves 20-25)

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

**WINTER BURRATA PLATTER** DiPaolo's creamy burrata, sage infused-honeycomb, roasted pear, truffled mushrooms, lemon oil, crostini toasts // \$350 (serves 20-25)

**WINTRY MIX PLATTER** seasonal crudite, zaatar-spiced whole wheat laffa, seeded gf crostini, roasted jalapeño hummus, roasted mushroom-walnut paté, citrus wedges, cured olives // \$325 (serves 20-25)

**JAPANESE CURED SALMON PLATTER** yuzu kosho-togarashi cured sustainably caught salmon, nori-tamari crackers, miso cream cheese, sesame-hijiki cured kohlrabi, tamari-honey-wasabi roasted nuts, ponzu-scallion sauce // \$375 (serves 20-25)

### 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) or \$150 (serves 20-30)

**GLUTEN-FREE BUCKWHEAT CITRUS BAR** gluten-free buckwheat crust // \$55/dozen [GF]

**BEBE'S COCONUT MACAROONS** dark chocolate-dipped // \$36/dozen [GF]

**APPLE-CRANBERRY KUCHEN TART** cinnamon pastry cream, coconut-cake crust // \$40

**GLUTEN-FREE CHOCOLATE LAVENDER CAKE** chocolate ganache // \$40 [GF]

**SEASONAL TEA LOAF** rose-lemon with almond glaze or carrot-golden raisin-tahini // \$38 (serves 10-12)

**WINTER FRUIT SALAD** seasonal citrus, pomegranate seed, blue cornflower, tonka bean-vanilla drizzle // \$75 (serves 10) [GF, DF, VEGAN]

### ADDITIONAL SNACKS priced per person

**LACQUERED KALE CHIPS** black garlic-peanut butter-sriracha glaze // \$4 [GF, DF, VEGAN]

**MINI QUINOA OAT BARS** dried cherries, almonds, pumpkinseeds // \$4 [GF, DF, VEGAN]

**SWEET + SALTY TRAIL MIX** dried apricots and strawberries, coconut flakes, nuts, dark chocolate chunks // \$5 [GF, DF, VEGAN]

**THYME-CHILI SPICED NUTS** pecans, walnuts, almonds // \$5 [GF, DF, VEGAN] | **TRUFFLED POPCORN** pecorino romano, chive // \$5 [GF]

### COFFEE, TEA AND FRESH-PRESSED JUICES

**BOX OF VITTORIA COFFEE** selection of milks [whole, half and half, almond available] // \$38 [serves 12]

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

**ASSORTED MINI HOUSEMADE JUICES & SMOOTHIES** 8oz // \$8 each

**THE MORNING GREEN JUICE** spinach, celery, pineapple, grapefruit, mint, jalapeño // **COLD KILLA** crimson crisp apple, lemon, wildflower honey, cayenne

**LV. POTION NO. 9** beet, orange, lemon, mint, rosewater // **RISE + SHINE SMOOTHIE** banana, date, almond milk, almond butter, cinnamon, hemp seed

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

**FRED WATER** // \$2.75 **SPARKLING SARATOGA WATER** // \$3

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