

Sandwich Melts

\$11.75-12.75

Your choice of Bread: Whole Grain, Gluten Free, or Low carb

Breakfast Melt – boiled egg, tomato, baby spinach & provolone cheese with your choice of avocado, breakfast sausage or mushroom

Mystic Melt #1 – avocado, bell pepper, cucumber, tomato & provolone cheese with our house-crafted spinach lemon sauce

Mystic Melt #2 – turkey, tomato, onion, provolone cheese & baby spinach with our house-crafted creamy pesto marinara sauce

Mystic Melt #3 – roast beef, garlic, onion, sauerkraut & provolone cheese with our house-crafted honey mustard sauce

Egg, Tuna, or Chicken Salad available for sandwich melts

Transformed Toast

\$6.50

Your choice of Bread: Whole Grain, Gluten Free, or Low carb (one slice)

Avocado Toast – sliced avocado, cherry tomato, pink salt & black pepper

Hummus Toast – roasted red pepper hummus, diced bell pepper, pink salt & black pepper

Peanut Butter Toast – peanut butter, sliced banana, local honey & chia seeds

Pesto Toast – basil pesto, cherry tomato, provolone cheese & minced garlic

Bumpin' Bagels

\$6.50

One slice of Regular or Gluten Free Bagel with your choice of pesto or marinara sauce 1 free topping

Toppings: bell pepper, tomato, onion, pepperoni, sausage, spinach

Stuffed Avocado

\$10.75

One whole Avocado stuffed with cherry tomatoes and your choice of Egg, Tuna or Chicken Salad dip & topped with provolone cheese & melted

Hot Buddha Bowl

\$17

This large hot salad bowl is tossed and melted with avocado, boiled egg, baby spinach, bell pepper, cherry tomato, cucumber, onion, turkey, provolone cheese & our house-crafted creamy pesto sauce

Side Baby Spinach Salads

\$7.50

Baby Chicken Salad – baby spinach, cherry tomato, carrots & a 4oz side of our house-crafted chicken salad

Spinach Ham n' Cheese Chef Salad – baby spinach, cherry tomato, cucumber, carrots & deli ham/provolone wheels

Blueberry & Almond Spinach Salad – baby spinach, cherry tomato, cucumber, carrot, blueberry & almonds

Desserts

\$3.65-\$7

Avocado Chocolate Mousse – avocado, maple syrup, coconut milk, cacao powder, pink salt & vanilla extract

Keto Avocado Chocolate Mousse – avocado, stevia, coconut milk, cacao powder, pink salt & vanilla extract

Coconut Vanilla Chia Seed Pudding – chia seeds, coconut milk & vanilla syrup

Keto Coconut Vanilla Chia Seed Pudding – chia seeds, coconut milk, monkfruit sweetener & vanilla extract

Peanut Butter Coconut Bites – peanut butter, local honey, grass-fed butter & coconut flakes

Sweet n' Natural Cakes & Muffins – local brand – ask what flavors are available!

Violeta Gluten Free Cinnamon Rolls – local brand – ask for it to be heated up!

About Nourishing Journey Wellness Center & Organic Café

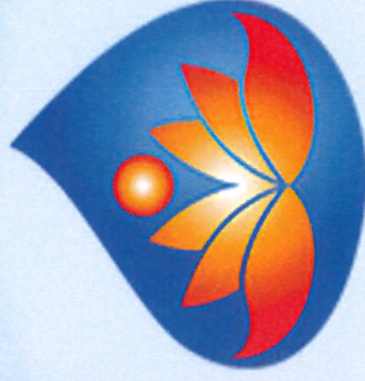
Founded in 2010 by Jennifer Palmer, Nourishing Journey has been serving the community by providing a safe and comfortable place to get multiple types of healing.

Not only do we serve lovingly made all-organic high quality, fresh food, we also offer many other services and events! From acupuncture to detox services and massage or energy healing, Nourishing Journey has you covered! We offer many reoccurring and new events as well as hosting private retreat events!

Check us out at www.nourishing-journey.com

Now Hiring! E-mail your resume to: cafe@nourishing-journey.com

Nourishing Journey Organic Café Menu



Nourishing Journey

8975 Guilford Road, Suite 170

Columbia, Maryland 21046

Hours: 8am - 6pm everyday

NOW HIRING!

E-mail your resume to:

cafe@nourishing-journey.com

Prices are subject to change without notice

Coffee

\$3-\$4.50

Organic Black Coffee – dark french roasted coffee

Bulletproof Black Coffee – a hot cup of bulletproof brand original medium roast coffee (no add-ins included)

Blended Coffees

\$6.75-\$7.75

Organic coffee blended with regular, almond, or coconut milk

Vanilla – blended with vanilla syrup

Chocolate – blended with house-crafted hot cocoa mix

Salted Caramel – blended with caramel syrup & pink salt

Chai – Chai Tea steeped in coffee and blended with vanilla Syrup

Pumpkin – maple syrup, pumpkin puree, cinnamon & nutmeg

Hot Drinks

\$3.50-\$8

Hot Cocoa – house-crafted hot cocoa mix with your choice of milk

Hot Tea – green, black, chai, peppermint, chamomile, earl grey

Reme-Tea – fresh ginger root, sliced lemon, & local honey

Golden Milk – almond milk, coconut milk, turmeric root, ginger root, local honey, cinnamon & a pinch of black pepper for absorption

Bone Broth – chicken or beef bone broth, turmeric root, ginger root, coconut milk, lemon juice, minced garlic, onion powder, pink salt & black pepper

Hot Smoothies – enjoyed *hot or cold!* Small - \$7.50, Large - \$9.75

Vitamin C Boost – carrot, ginger root, orange & lemon

Hot Green Smoothie – apple, kale, spinach, local honey & matcha green tea powder

Miso Soup

\$8.50-\$10.50

Miso Crazy! – organic miso paste, mushrooms, onions, garlic & poured over chopped baby spinach

Miso Grateful! – organic miso paste, mushrooms, onions, garlic, ginger root & poured over chopped baby spinach

Miso Crazy! – blended with organic miso paste, mushrooms, onions, garlic, ginger root & poured over boiled egg, baby spinach & diced ham

Smoothies

Small - \$8.50, Large - \$10.75

Blue Moon Rising – blueberry, spinach, yogurt, cream, chia seeds & vanilla syrup

Celestial Cacao – banana, milk, coffee, cacao, peanut butter & vanilla syrup

Chia Me – banana, granola, almond milk, loose leaf chai tea & vanilla syrup

Cherry On – cherry, spinach, yogurt, milk & raspberry syrup

Golden Zen – banana, mango, kale, turmeric, ginger, lemon, apricot mango juice & coconut milk

Heavenly Awakening – banana, mango, yogurt & vanilla syrup

Mango Sunset – mango, apricot mango juice, lime, pink salt & cayenne pepper

Matcha Picchu – banana, spinach, almond milk, matcha green tea powder & vanilla syrup

OM Berry – banana, blueberry, strawberry, kale & lemon juice

Open Your Heart Chakra – strawberry, fresh cranberry, lemonade & raspberry syrup

Rock The Detox – apple, cucumber, spinach, cranberry cherry juice & soaked chia seeds

Salted Caramel Seed Of Life – apple, banana, yogurt, cream, milk, pink salt & caramel syrup

Sun Goddess – pineapple, banana, coconut flakes & lemon juice

The OMG – mango, banana, spinach, purple grape juice, apricot mango juice & lime juice

The Pink Smoothie – strawberry, apple, banana, almond milk, coconut milk, caramel syrup & pink salt

Tropical Oasis – mango, pineapple, strawberry, orange juice & lemon juice

Cold Drinks

\$8-\$8.50

Chakra Tea – cold white tea with soaked chia seeds, a handful of fresh fruit that represent the chakras & raspberry syrup

Lovin' Care Iced Latte – almond milk, coconut milk, strawberry, moon balance powder, vanilla & raspberry syrup

Keto Friendly Smoothies

\$9-\$11.50

Green Margarita – avocado, cucumber, pineapple, kale, lemon, lime & stevia

Peanut Butter Bliss – avocado, almond milk, coconut milk, peanut butter, cacao powder & stevia

Soul Power – avocado, almond milk, coconut milk, coffee, cacao powder, cinnamon & stevia

Raspberry Cosmos – avocado, raspberry, spinach, almond milk, cacao powder & stevia

Keto Refresh House-Crafted Lemonade

\$7.50

Strawberry Lemonade – strawberry, lemon, monkfruit sweetener

Raspberry Lemonade – raspberry, lemon, monkfruit sweetener

Mango Limeade – mango, lime, monkfruit sweetener

Drink Add-Ins

Proteins – Bulletproof brand Collagen Protein, Whey Protein, Pea protein

Other – Grass-Fed Butter, Bulletproof brand Brain Octane Oil, Activated Charcoal powder, Blue Spirulina powder, Chlorrella powder, Wheatgrass powder

Bliss Bowls

\$12.34

Thick Smoothie Bowl with your choice of toppings

Base (choose 1)

Avocado – avocado, mango, pineapple, apple, spinach

Berry – blueberry, strawberry, banana

Chocolate – banana, strawberry, yogurt, heavy cream, cacao powder

Toppings (choose 3)

Granola, Coconut Flakes, Chia Seeds, Nuts, Chocolate Chips, Local Honey, Peanut Butter, Fresh Banana, Frozen Blueberry