

**NOURISH BELIEVE IN ENCOURAGING GOOD HEALTH AND WELLBEING WITH VIBRANT AND LOCALLY SOURCED FOOD.**

○ **MAINS**

**CONFIT LEG OF GRESSINGHAM DUCK** £12.00  
Puy Lentils, Braised White Cabbage, Sourdough & Bacon Crumb (GFO)

**TRUFFLED ORECCHIETTE PASTA** £12.00  
Sautéed Winter Mushrooms, Pecorino, Rocket & Black Truffle (VEO)

**WHOLE BAKED CAMEMBERT** £12.00  
Black Garlic & Rosemary, Cranberry Chutney & Toast (V) (GFO)

**WINTER SQUASH & CARROT RISOTTO** £12.00  
Harrogate Blue Cheese, Toasted Almond & Celery (GF) (VEO)

**SICILIAN FISH STEW** £12.00  
Shellfish, Plum Tomato, Saffron & Kalamata Olives (GF)

○ **SIDES**

**SWEET POTATO WEDGES (GF) (VEO)** £4.00

**BUTTERED NEW POTATO'S (GF) (VEO)** £4.00

**LEAF SALAD (GF) (VEO)** £4.00

**SEASONAL GREENS, BUTTER & GARLIC (GF) (VEO)** £4.00

○ **NIBBLES & LIGHT BITES**

**SOUP OF THE DAY** £6.25  
Served with Sourdough Bread (GFO) (VEO)

**MARINATED KALAMATA OLIVES (VE) (GF)** £3.50

**ROOT VEGETABLE CRISPS (VE) (GF)** £3.50

**ROSEMARY & SEA SALT NUTS (VE) (GF)** £3.50

**WHIPPED HUMMUS & TORTILLA CHIPS (VE)** £3.50

**CHEESE FONDUE & SOURDOUGH SOLDIERS (V) (GFO)** £4.00

**PECORINO CHEESE & QUINCE PASTE (V) (GF)** £4.00

\* PLEASE LET THE NOURISH TEAM KNOW OF ANY ALLERGIES OR DIETARY REQUIRMENTS PRIOR TO ORDERING

○ **OPEN SANDWICH**

**SEASONAL FOREST MUSHROOMS** £7.00  
Confit Garlic & Rosemary served on Sourdough (GFO) (VEO)

**SMOKED SALMON** £7.50  
Chive Crème Fraiche served on Sourdough (GFO)

**TOASTED BAGEL WITH GLAZED HAM** £7.25  
Wholegrain Mustard Mayonnaise, Picked Onion & Rocket

○ **NOURISH SALAD**

**HERITAGE TOMATO** £7.50  
Buffalo Mozzarella, Green Leaf Salad & Ciabatta Croutes (GFO) (V)

**CLASSIC CAESAR** £8.50  
Anchovy Mayonnaise, Aged Parmesan & Pancetta (GFO)

**MACRO BOWL** £9.50  
Wholesome Grains, Winter Squash, Root Vegetable Slaw, Hummus, Poppy Seed & Citrus Dressing (VE) (GF)

**SOBA NOODLE & SMOKED CHICKEN** £9.50  
Buckwheat Noodles, Celeriac, Chinese Cabbage, Ginger & Peanut Dressing (VEO)

○ **SWEET TOOTH**

**DARK CHOCOLATE TORTE** £6.00  
Poached Blackberries & Mascarpone (V)

**CHOCOLATE BROWNIE SUNDAE** £5.50  
Meringue, Salted Caramel Sauce & White Chocolate (GF) (V)

**FRESH FRUIT PLATE** £5.00  
Seasonal Berries (GF) (VE)

**MENU KEY**

GF- GLUTEN FREE  
GFO- GLUTEN FREE OPTION  
V- VEGETARIAN  
VE- VEGAN  
VEO- VEGAN OPTION