## **Breakfast Sandwiches**

Served on your choice of bagel or English muffin

#### Pesto Chorizo

fresh cracked all natural egg, chorizo, pickled red onions, wild mushrooms, parmesan cheese and dijon pesto on flatbread

#### Honey Goat Avocado (v)

fresh cracked all natural eggs, fresh avocado, pickled red onions, arugula, scallions and honey goat cheese on toasted ciabatta

#### **Short Rib Torta**

short rib, fresh cracked egg, tomato, avocado, sriracha, cheddar, pressed ciabatta

#### Fresh Cracked Egg & Cheese V

add bacon, vegan bacon, or chorizo

#### Vegan JUST Egg 🙌

vegan egg, vegan mozzarella, pickled red onions, arugula, and chipotle aioli

\*replace eggs with JUST Egg or tofu to make vegan

## **Breakfast Burritos/Bowls**

Served as a burrito or bowl

#### Spanish Scramble (++)

3 cage-free eggs or vegan JUST egg, chorizo or impossible sausage, fresh salsa, melted cheddar cheese or vegan mozzarella, black beans, fresh cilantro, pickled red onion and sour cream, and avocado

#### Harvest Tofu Scramble (++)



sweet potatoes, pickled red onions, wild mushrooms, kale and organic marinated tofu, topped with basil pesto drizzle

#### **Chorizo Sweet Potato Hash**

chorizo, sweet potatoes, red onion, sriracha, fried egg, micro cilantro

#### Impossi-Burrito (v+)



impossible sausage, vegan JUST egg or fresh cracked eggs, vegan mozzarella or cheddar, scallions, sweet potato, and kale and chipotle mayo in a wheat wrap

\*replace eggs with JUST Egg or tofu to make vegan

# **Superfood Waffles**

#### Superfruit Waffle (v)



house made waffle made with quinoa, chia, and flax seeds, topped with fresh strawberry and banana, granola, maple syrup, and house made superfood fudge sauce

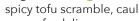
## **Healthy Snacks**

#### Smashed Avocado Toast (+)



fresh smashed avocado, cucumbers, watermelon radish, red pepper flakes, micro cilantro, tapped with salt and pepper

## Vegan Tacos (v+)



spicy tofu scramble, cauliflower, avocado, jalapeno-avocado sauce, fresh lime

#### Edamame Dumplings (v+)



Dumplings stuffed with edamame, shiitake mushrooms, and cabbage served with house sweet and spicy sauce

# N U KITCHEN

**NU** in french translates to naked. From our organic coffee to our all natural meats, we believe your food, drink, and lifestyle should be free from all the junk. We see the **Kitchen** as the heart of the home, it's a comfortable and welcoming gathering place that brings everyone together.

NU Kitchen pairs our passion for entertaining with our commitment to a healthy lifestyle. We combine wholesome ingredients, mindful preparation, and attentive service to create an uplifting atmosphere. We believe in making healthy food a new adventure; we seek to inspire our community one person at a time.

#### Eat clean, drink naked.

#### Ask about our catering!

Whether you're having a small get together or a huge bash, NU Kitchen can take care of your catering needs for any party or occasion.

Look for our regular live music and Paint Nite events.

#### **SOMERVILLE**

#### 195 Washington Street Somerville, MA 02143 617.764.2482

M-F 7:30am-9pm 8am-9pm

## 8am-8pm

335 Chandler Street Worcester, MA 01602

#### **NEWBURYPORT**

19-23 Pleasant Street Newburyport, MA 01950

M-F 7:30am-9pm 8am-9pm 8am-8pm

#### **WORCESTER**

508.926.8800

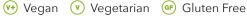
M-S 8am-8pm

#### Hours subject to change, check thenukitchen.com for most up to date hours.

#### thenukitchen.com











# KITCHEN

menu





order online at thenukitchen.com



16oz | 24oz

#### **Mighty Beets**

beet · lemon · ginger · carrot · cucumber

#### **Belly Bliss**

apple · carrot · ginger

#### Mean & Green

apple · kale · avocado · cucumber

#### Vita C

orange · pineapple · ginger · carrot

#### **Sweet Beach**

 $pineapple \cdot apple \cdot cucumber \cdot mint$ 

## Real Fruit Smoothies (v) @

16oz | 24oz

#### **Strawberry Banana**

strawberry • banana • froyo • fresh apple juice oat milk • agave

#### **Berry Fusion**

strawberry · blueberry · froyo · fresh apple juice oat milk • agave

#### **Blue Monkey**

blueberry · banana · froyo · fresh apple juice oat milk • agave

#### **Tropical Sunset**

strawberry • mango • coconut • bananas • froyo pineapple juice

## Coffee & Tea

Iced: 16oz | 24oz | Hot: 12oz | 16oz

#### **Organic Coffee**

**Cold Brew** 

**Hot & Iced Tea** 

Matcha

**Espresso & Latte** 

## **Craft Beer, Wine** & Cocktails\*

\*Cocktails at Somerville location only Please let us know if you have any food allergies before

placing your order.



## **Supercharged Smoothies**

16oz | 24oz

#### Good Morning (v)

blueberry · banana · granola · peanut butter fresh apple juice  $\cdot$  oat milk  $\cdot$  chia seed

#### Cacao Cold Brew (v) (gr)

cacao · cold brew · peanut butter · banana · froyo dates · cinnamon

## Health Nut (V+) (GF)

banana · spinach · kale · almond · flax seed · almond milk

cacao · peanut butter · banana · milk · flax seed · whey protein

## SoCal Berry (+) (GF)

oat milk · agave

organic acai · strawberry · blueberry · fresh apple juice

## Hawaiian Beach Bowls o

#### Oahu Acai Bowl

organic acai, bananas, topped with strawberry, banana, granola, toasted coconut, cacao nibs, and honey

#### Maui Acai Bowl

organic acai, bananas, topped with pineapple, strawberry, granola, toasted coconut, local peanut butter, and house made superfood fudge sauce

#### Kauai Acai Bowl

organic acai, bananas topped with dried blueberries, bananas, granola, almonds, chia seeds, and honey

# **Supplements**

Whey Protein Chia Seeds Cacao All Natural Flax Seeds Vegan Protein **Peanut Butter** 

V+ Vegan V Vegetarian GF Gluten Free All sauces are 100% dairy free and gluten free.

## Soups

Tuscan Tomato (v) (GF)

**Soup Special** 

## **Burgers**

Served with kettle chips or spicy cucumber salad

#### Veggie Burger (v+)

10 Veggie Burger, pickled red onions, arugula, chipotle aioli, and fresh avocado on toasted ciabatta bread

#### Beyond Burger (v+)

Beyond Burger, fresh grilled pineapple, lettuce, pickled red onions, house special sauce on toasted ciabatta

#### **Stuffed Turkey Burger**

all natural turkey stuffed with roasted red peppers, scallions, and goat cheese, topped with romaine, tomato, pickled red onions, and a fried egg on toasted ciabatta with chipotle aioli

tender salmon, bacon, avocado, tomato, steamed spinach, topped with a dash of sriracha on ciabatta

Gluten free bread available for all burgers

# Sandwiches & Wraps

Served with kettle chips or spicy cucumber salad

slow roasted short rib or roasted tofu, wild mushrooms, pickled carrots and cucumbers, fresh cilantro, with chipotle aioli and a dash of sriracha on toasted ciabatta

#### **Short Rib**

slow cooked short rib or roasted tofu, wild mushroom mix, pickled cucumbers, melted cabot cheddar, and dijon pesto pressed on ciabatta

#### Southwest BLT

bacon **or** vegan bacon, lettuce, tomato, pickled red onion, avocado, chipotle mayo, sriracha, on local wheat bread

#### **Turkey Bacon Avocado Wrap**

all natural roasted turkey, nitrate-free bacon, avocado, topped with fresh cilantro, crisp romaine, and chipotle aioli on a wheat wrap

#### **Buffalo Kale Chicken Wrap**

roasted chicken or vegan chicken, kale and romaine lettuce, crispy chickpeas, shredded parmesan, and a drizzle of buffalo sauce tossed in our garlic ginger dressing on a wheat wrap

#### **Chicken Caesar Wrap**

romaine, chicken or vegan chicken, parmesan/vegan mozzarella, cherry tomatoes, pickled carrots and red onions, crunchy chickpeas, and house made caesar on a wheat wrap

Gluten free bread available for all sandwiches

## **Paninis**

Served with kettle chips or spicy cucumber salad

#### **Pesto Chicken**

all natural chicken or vegan chicken, pesto, sliced tomatoes, pickled red onions, spinach and melted mozzarella or vegan mozzarella grilled on flatbread

#### Sweet Potato (v)

roasted sweet potato, wild mushrooms, pickled red onions, cheddar, sweet mustard, arugula, pressed on ciabatta

#### **Turkey Avocado**

roasted turkey, fresh sliced avocado, pickled red onions, melted mozzarella, baby spinach, and chipotle aioli on

Gluten free bread available for all paninis

## **Super Grains**

#### Curried Cauliflower Bowl (v+) (GF)



organic brown rice and quinoa, steamed kale, pickled carrots and onions topped with garlic ginger dressing, curried cauliflower, almonds, dried blueberries

#### Chipotle Avocado and Lime Bowl (V+) (GF)

organic brown rice and guinoa, steamed kale, corn, black beans, fresh salsa, and avocado topped with our spicy chipotle lime dressing

#### Banh Mi Bowl (V+) (GF)

organic brown rice and quinoa, arugula, wild mushrooms, pickled carrots, cucumbers, and onions, chipotle soy aioli, avocado, sesame seeds

## Buddha Bowl (+) GF

organic brown rice and guinoa topped with marinated oyster mushrooms, sweet potato, steamed spinach, pickled carrots, avocado, scallions, sesame seeds, and our garlic ginger sauce

## Salads

#### Southwest (V+) (GF)



avocado, fire-roasted corn, cilantro, black beans, fresh squeezed lime, tomato, and tortilla strips served over crisp romaine with a chipotle lime dressing

#### Kickin' Cauliflower (v) (GF)



shredded kale, romaine, parmesan, roasted cauliflower, avocado, buffalo sauce drizzle, and crispy chickpeas with a side of our garlic-ginger sauce

#### Kale Caesar (V) (GF)



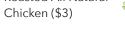
kale, romaine, cherry tomatoes, pickled red onions, pickled carrots, crunchy chickpeas, watermelon radish, parmesan and our caesar dressing

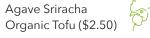
## **Proteins**

Add to your grain bowl or salad



Roasted All Natural Slow Cooked





Vegan Chicken (\$4.50)

Salmon (\$4.50)



Mushroom Mix (\$3)

