

# nest at nurture

organic cafe + bar // fall 2023

We transform local, organic, and sustainably sourced potent nutrients into everyday meals to uplift your body, mind, and spirit. At Nest, you won't find any refined oils, sugars, or flours, in order to nourish our bodies and minds from the inside out. All components of every dish are made fresh, in-house  
v: vegan vg: vegetarian df: dairy free gf: gluten free

## seasonal house bakery | v, gf

*made fresh daily // no refined sugars, oils or flours*

market muffin | 5

reishi coffee cake | 6

lemon blueberry scone | 6

raw energy bite | 3

peanut-butter-drop cookie | 4

 pumpkin cake + ginger-cream cheese frosting, slice | 6

## medicinal broth bar + soup

*our slow-simmered broth is a superfood that boosts your immune system, protects your bones, reduces inflammation, improves gut health, mood boosting + enhances quality sleep*

bone broth // df, gf | 9

*organic whole chicken, root vegetables, turmeric, ginger, garlic + fresh herbs*

umami veggie broth // v, gf | 7

*mushroom, root vegetables, turmeric, ginger, garlic, coco aminos miso + fresh herbs*

detox soup // v, gf | 8

*asparagus, leek, cabbage, kale, parsley + thyme // add mixed greens + 4*

## salads

*always fresh + made to order // primary leafy greens source:*


*Tasty Acres Organic Farm, Lakewood*

 harvest cobb // v, gf | 16

*Tasty Acres mixed greens, smokey sweet potato, soft boiled egg, coconut bacon, cherry tomato, great northern white bean + lemon tahini*

salmon ginger // df, gf | 17

*Seattle Fish Company freshly baked salmon, avocado, arugula, shredded cabbage, ginger, carrot, cilantro + sesame dressing*

 kale + shiitake mushroom // v, gf | 16

*roasted shiitake mushroom, lacinato kale, tri-color quinoa, toasted hazelnut, nutritional yeast + champagne vinaigrette*

## tartines

*served atop fresh Hearth sourdough, Denver // Havenly GF bun, Boulder + 2*

eggy mess\* FAN FAVORITE // vg, df | 15

*soft egg scramble, arugula, roasted garlic tomato aioli*

*+ micro-greens*

*add avocado + 2, add river bear uncured bacon + 5 // substitute toast for dosa + 3*

salmon lox\* | 15

*monk fruit-cured salmon, labneh, caper, red onion + micro-greens*

not another avocado toast // v | 13

*pickled red onion, microgreens + hemp seeds*

*add river bear uncured bacon + 5, add fried egg + 2*

spiced apple pecan // v | 11

*almond ricotta, toasted pecan + honey crisp apple*

## dishes

poblano-mojo dosa // gf, df | 18

*green mojo chicken, poblano, caramelized onion + arugula*

*vegan option: substitute mushroom for chicken*

pesto pasta // v, gf | 16

*sun-dried tomato, fennel, snap pea, arugula + almond-parmesan*

*// add pulled chicken + 7*

Rock River Ranch Bison Burger\* // df, gf | 20

*kohlrabi-fennel slaw, sweet chili sauce, parsley aioli, served on a Havenly GF bun*

*// add river bear uncured bacon // + 5 or fried egg + 2*

## sides

8oz grass-fed bison patty\* 9

5oz verlasso baked salmon 8

5oz pulled organic pulled chicken 8

4oz monk-fruit cured salmon\* 7

river bear uncured bacon 5

organic fried egg\* 2

avocado 2

1 slice toasted Hearth sourdough 2

1 toasted gf bun, havenly 3

side fermented fresno hot sauce, 1.5

## bar

*because life is a celebration, no matter what is in your cup // we strive to support your social experience by offering a diverse and inclusive collection of libations.*

### spirited

harvest punch | 12

*mell vodka, ginger beer, orange, cinnamon + cava topper*

pumpkin spice martini | 12

*brandy, cold brew, pumpkin puree + orange-clove agave*

zoe rosè '21 | 10/38

bico amarelo vinho verde '20 | 10

painted wolf pinotage the den '19 | 10

fallen grape | "mother" orange '21 | 14

hooch booch (hard kombucha), denver | 8

*lemon + honey, raspberry + lemon, grapefruit + sage*

### free spirited

alcohol-free libations

afternoon delight | 10

*seedlip citrus, iced middlestate coffee,*

*spiced-orange honey, coconut milk*

peppermint tea-toddy | 9

*ritual NA Gin, Teakoe peppermint tea, lemon,*

*honey + cinnamon|*

gruvi | craft-brewed + alcohol free | 7

*golden lager, ipa, dry secco, sparkling rose*

join us for happy hour // mon - fri : 3pm - 5pm

discounted smoothies, sliders, organic wine, cocktails + more!

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. \*These items may contain raw or undercooked ingredients Please notify us of any allergies, not all ingredients are listed. Due to the nature of restaurants and cross contamination, we are unable to guarantee a 100% allergy free zone.

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## coffee | middlestate + unravel

we proudly pour Origin A2 Whole Milk // regenerative organic certified

batch coffee | 3.25 - 4 | add glanz grass-fed ghee +2

espresso | 3.25

cortado | 3.75

cappuccino | 4

latte | 4.50 - 5.25

americano | 3.50

nitro cold brew | 4.75 - 5.25 | add fresh mint +1

house-made syrups | no refined sugars,

artificial ingredients or preservatives

vanilla bean / cocoa / pumpkin spice / orange-clove /

cinnamon-maple superfood + .75

mylk | no refined oils or sugars


oat / coconut / almond + .75

## specialty + seasonal coffee

we proudly partner with Glanz Ghee, Telluride | because ghee is medicine

 pumpkin spice latte | 5.25 - 6


espresso, pumpkin spiced maple + milk

 orange-clove latte | 5.25 - 6

espresso, orange-clove syrup + milk

glanz ghee keto-latte | 5.75 - 6.25

espresso, glanz grass-fed ghee + collagen

 glanz ghee hazelnut-mocha | 5.75 - 6.25

espresso, glanz hazelnut-cocoa ghee + milk

moringA-wakening latte | 5.75 - 6.25

espresso, chaga, moringa, cacao, cinnamon, vanilla + monk fruit

stress-support latte | 5.75 - 6.25

espresso, maca, ashwagandha + lions mane, cinnamon + maple

## not coffee

herbal coffee | teechino | 4

spicy chai latte | 5.25 - 5.75

ceremonial-grade matcha latte | 5.25 - 5.75

golden root turmeric latte | 5.25 - 5.75

superfood steamer | 5.75 - 6.25

collagen, blue spirulina, vanilla bean + monk fruit

teakoe whole leaf tea | rotating selection | 4 //

black, creme earl grey, peppermint, lemongrass ginger,

chamomile lavender, hibiscus currant, bergamot fennel

## smoothies //gf, df

our smoothies are designed to be balanced in healthy fats, protein, and high-fiber carbohydrates (low sugar) // these recipes are intentionally lower in sugar than conventional measures, please let us know if we can sweeten it for you, as it is our pleasure to serve you



### pumpkin pie (v) | Heart Health

pumpkin puree, banana, strawberry, spinach, pecan, coconut cream, cocoa nib + sea salt

### clean + green (v) | Detox + Repair | 11.99

kale, spinach, arugula, ginger, celery, coconut milk, monk fruit, lemon, avocado, hemp seeds + spirulina

### berry beauty (df) | Clear + Radiant | 11.99

berries, coconut cream, raw honey, camu camu, pearl powder, uva ursi, rose oil, collagen + goji berries (can be made vegan w/out collagen)

### root to rise (vg) | Immunity + Digestion | 11.99

carrots, fresh turmeric root, ginger root, raw honey, coconut cream, banana, black pepper, lemon, bee pollen + hemp seeds

### blue pearl (v) | Gut Health + Mineral Rich | 11.99

banana, jicama, celery, coconut cream, peppermint, pearl powder, shilajit, monk fruit, pistachios + blue majik

### purple crush (df/vg) | Rebuild + Recover | 11.99

berries, banana, spinach, hibiscus, camu camu, ashwagandha, chia seeds, sprouted seed protein powder, peanut butter, bee pollen + salt

add-ons \$1 | collagen, shilajit, camu camu, lion's mane, pearl powder, spirulina, rhodiola, reishi, Sprouted Seed vegan protein (chocolate or vanilla) plant-based enhancing collagen, 10mg CBD, ghee | \$2

## cacao

we proudly source from Heart Lab Cacao (100% Arriba Nacional ceremonial grade cacao), honoring the tradition and integrity of ceremonial-grade cacao, one cup at a time // served with an Intention Setting Experience

### cacao ceremony | 9

cacao, coconut oil, vanilla, chaga, monk fruit, cinnamon + dust of cayenne

## cold-pressed juice

pressed fresh daily + available in grab & go // each purchase includes a \$1 glass deposit, please return for \$1 credit

### ruby | 10.99

beet, turmeric, anjou pear, carrot, fennel + lemon

### malachite | 10.99

spinach, kale, cucumber, celery, lime + himalayan sea salt

### onyx | 10.99

activated charcoal, ginger, lemon, lavender + raw honey

### topaz | 10.99

carrot, orange, lemon, turmeric + ginger

ask about our daily juice deals + special features!

## vitality shots

### immunity support shot | 6

ginger, turmeric, apple cider vinegar, lemon + black pepper

### detox shot | 5

activated charcoal, lemon, raw honey + cayenne

## cleanse with us!

our cleanse is specifically designed to take the workload off your body and digestive system so that you can feel, think, and look your best // not only does this cleanse rebalance your systems, it gives you an opportunity to step back and be with your body // it is a chance to reflect on your habits and let go of rituals that are no longer serve you

1 Day Cleanse

69.99

3 Day Cleanse

199.99

5 Day Cleanse

299.99

7 Day Cleanse

399.99

daily cleanse includes cold press juices, a smoothie, soup + healing broth // for more information | [visitnurture.com/nest](http://visitnurture.com/nest)

a 20% Service Charge has been applied to your transaction, (for items that are made-to-order, to be enjoyed here) to support sustainable and equitable living wages for all of our hospitality team. If you are uncomfortable with this charge, please let us know so we can remove it from your bill. As always, we are grateful for your support of our small business!