



Nourished Food Bar Menu

<https://menulist.menu>

131 Dean A McGee Ave, Oklahoma City, OK 73102, United States
(+1)4057407299 - <https://www.nourishedfood.co/>



The restaurant from Oklahoma City offers 58 different dishes and drinks on the menu at an average \$6.2. What [Paige Koelpin](#) likes about Nourished Food Bar:

I'm a foodie and love how clean and delicious the food is at Nourished. Everything from the soups, salads, vegan sandwiches, and very tasty granolas are always fresh, clean, and satisfying. If you want a good cold chocolate shake, then give the Maca Oaxaca a try! It's a chocolate almond milk (or coconut milk) smoothie with just a dash of cayenne. Very good. The teas are strong and perfect for a cold day. Their coffee... [read more](#). The restaurant is accessible and can therefore also be used with a wheelchair or physiological disabilities. What [Maxime Rippin](#) doesn't like about Nourished Food Bar:

It's great but not memorable. The dressing for the basil tomato sandwich is creative. The hummus sandwich is bit bland, they could put things like capers to make more flavor profiles. [read more](#). If you're craving some *spicy South American cuisine*, you've come to the right place: delightful meals, cooked with fish, seafood, and meat, though **corn, beans, and potatoes** are also in the menu, and you can look forward to the scrumptious classic seafood cuisine. Furthermore, you can order fresh **grilled barbecue**. The dishes are usually prepared for you in the shortest time and fresh.

Nourished Food Bar Menu



Soups

LINSENSUPPE

Pasta

PRIMAVERA

10 most popular

SHAKE

Main courses

SIDE SALAD

Extras

SWEET POTATO

Süßes

MUFFINS

Starters & Salads

POTATOE CHIPS

Dessert

MUFFIN \$3.0

Starters

SALADE VERTE

Soups & Salads

POTATO LEEK \$6.0

Milchshakes

SMOOTHIE

Pop Tarts

BLUEBERRY

Sweets & Ice

COOKIES \$1.5

Hot drinks

TEA \$3.0

Cereals

STARTER

Popular Items

SMOOTHIES

Zuppe e Insalate

BEET SALAD \$10.0

Sweets and Treats

CHOCOLATE SHAKE

Shares & Sides

KALE CHIPS \$3.5

A Bit on the Side?

CASHEW CHEESE \$11.0

Value

BREAKFAST OATS \$6.0

Ready-To-Eat

HUMMUS CARROTS \$2.0

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Nut Milks

ALMOND MILK

Vegetable Or Hand Roll

ASPARAGUS

Baked and Packaged Foods

OAT GRANOLA \$9.0

Coffee

COFFEE

COFFEE \$3.0

Condiments and Sauces

HUMMUS

MUSHROOM \$6.0

Restaurant Category

VEGAN

VEGETARIAN

These types of dishes are being served

PANINI

SALAD

SOUP

Salads



SALAD

KALE SALAD

THE KALE SALAD \$10.0

BUTTERNUT CHICKPEA \$10.0

CABBAGE CARROT FIG \$10.0

LETTUCE

Dishes are prepared with



BEEF

APPLE

KALE

CARROTS

SWEET POTATOES

CHILI \$6.0

POTATOES

AGUACATE

POTATOES

AVOCADO

MEAT

CHEESE

COCONUT

MILK

VEGETABLES

CHOCOLATE

PESTO

TOMATE

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States

Opening Hours:
Tuesday 09:30 -15:00
Wednesday 09:30 -15:00
Thursday 09:30 -15:00
Friday 09:30 -15:00
Saturday 10:00 -14:00

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