

Breakfast Sandwiches

Served on your choice of bagel or English muffin

PortaPesto Chorizo

fresh cracked all natural eggs, chorizo, portobello mushrooms, parmesan cheese and dijon pesto on toasted ciabatta

Honey Goat Avocado VE

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

Short Rib Torta

short rib, scrambled egg, tomato, avocado, house hot, cheddar, pressed ciabatta

Fresh Cracked Egg & Cheese VE

add bacon, vegan bacon, or chorizo

Vegan JUST Egg VE

vegan egg, vegan mozzarella, caramelized onions, arugula, and chipotle mayo

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

Breakfast Burritos/Bowls

Served as a burrito or bowl

Spanish Scramble

3 fresh cracked all natural eggs, chorizo, fresh salsa, parmesan cheese, black beans, fresh cilantro, onion and sour cream

Harvest Tofu Scramble VE

sweet potatoes, caramelized onions, portobello mushrooms, kale and organic tofu, topped with basil pesto drizzle

Chorizo Brussels Scramble

Chorizo, brussel sprouts, sweet potatoes, red onion, sriracha, fried egg, micro cilantro

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

Healthy Snacks

Avocado Toast VE

toasted wheat, avocado, red pepper flakes, with a pinch of salt and pepper

Vegan Tacos VE

spicy tofu scramble, brussel sprouts, avocado, jalapeno-avocado sauce, fresh lime

Soups

Tuscan Tomato VE GF

Soup Special

NU 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.

Events

Look for our regular live music and Paint Nite events.

WORCESTER

335 Chandler Street
Worcester, MA 01602

508.926.8800

M 7am-9pm
T 7am-9pm
W 7am-9pm
T 7am-9pm
F 7am-9pm
S 8am-9pm
S 8am-8pm

SOMERVILLE

195 Washington Street
Somerville, MA 02143

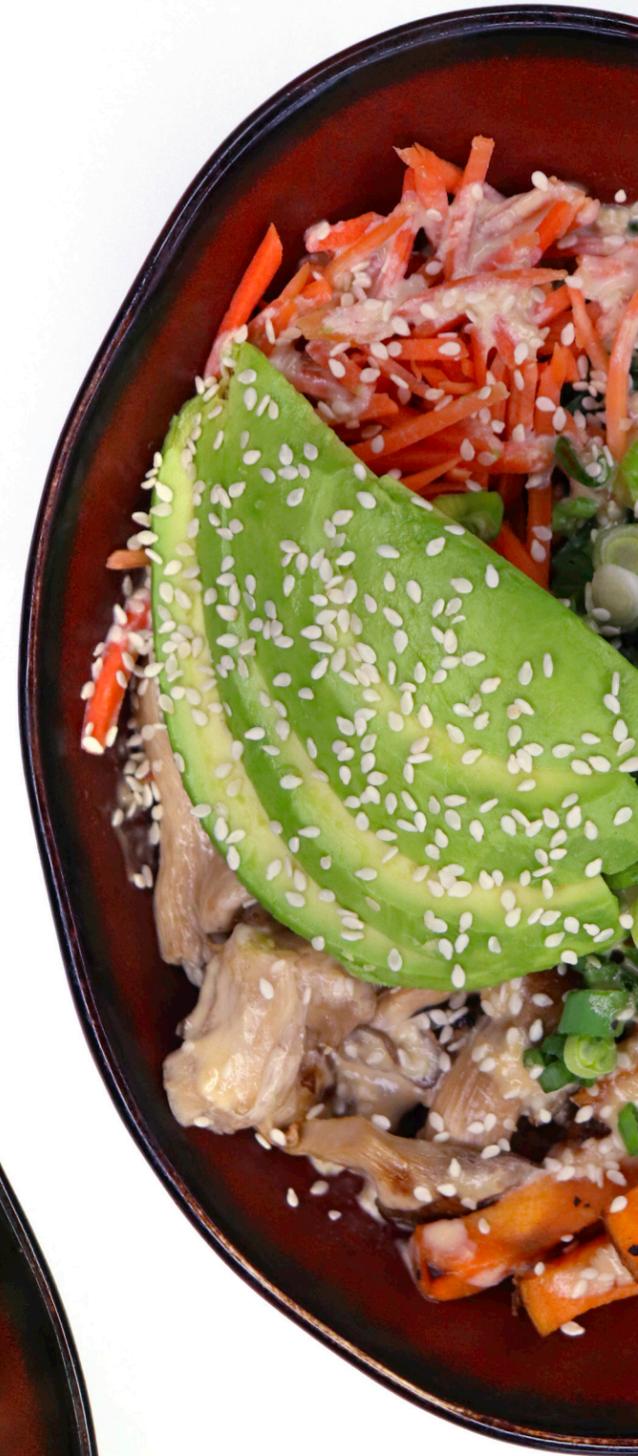
617.764.2482

M 7:30am-9pm
T 7:30am-9pm
W 7:30am-9pm
T 7:30am-9pm
F 7:30am-9pm
S 8am-9pm
S 8am-8pm

thenukitchen.com

NU
KITCHEN

menu



order online at
thenukitchen.com

Juices VG GF

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 · apple · cucumber · mint

Real Fruit Smoothies VE GF

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*

See store for rotating list

*Cocktails at Somerville location only

Please let us know if you have any food allergies before placing your order.

Supercharged Smoothies

16oz | 24oz

Kaleifornia Dreamin' VG GF

kale · spinach · chia seed · banana · fresh apple juice
oat milk

Good Morning VE

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

Cacao Cold Brew VE GF

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

Health Nut VG GF

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

Muscle Machine GF

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

SoCal Berry VG GF

organic acai · strawberry · blueberry · fresh apple juice
oat milk · agave

Hawaiian Beach Bowls VE

Oahu Acai Bowl

organic acai, bananas, fresh apple juice and oat milk topped with fresh strawberries, granola, coconut, cacao nibs, and honey drizzle

Maui Pitaya Bowl

organic pitaya/dragon fruit, mango, strawberries, and oat milk topped with granola, fresh pineapple, coconut, and honey drizzle

Molokai Pitaya Bowl

organic pitaya/dragon fruit, peanut butter, bananas, and oat milk topped with granola, cacao nibs, banana, and honey drizzle

Supplements

Whey Protein	Flax Seeds	All Natural
Chia Seeds	Cacao	Peanut Butter

Burgers

Served with kettle chips or spicy cucumber salad

Veggie Burger VG

locally made 10 Veggie Burger, caramelized onions, arugula, chipotle mayo, and fresh avocado on toasted ciabatta bread

Beyond Burger VG

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

Turkey Burger

all natural turkey burger with romaine, tomato, and red onion topped with a fried egg on toasted ciabatta with chipotle mayo

Salmon BLT

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

GF *Gluten free bread available for all burgers*

Sandwiches & Wraps

Served with kettle chips or spicy cucumber salad

Banh Mi

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

Short Rib

slow cooked short rib **or** roasted tofu, marinated portobello, tangy pickles, melted cabot cheddar, and dijon pesto pressed on ciabatta

Turkey Bacon Avocado Wrap

all natural roasted turkey, nitrate-free bacon, avocado, topped with fresh cilantro, crisp romaine, and chipotle mayo 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

all natural chicken **or** vegan chicken tossed with romaine, parmesan, and caesar dressing

GF *Gluten free bread available for all sandwiches*

Paninis

Served with kettle chips or spicy cucumber salad

Pesto Chicken Flatbread

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

Sweet Potato VE

baked sweet potato, roasted red peppers, caramelized onions, baby spinach, and honey goat cheese grilled on flatbread

Turkey Avocado

roast turkey, fresh sliced avocado, caramelized onions, melted mozzarella, baby spinach, and chipotle mayo on crisp flatbread

GF *Gluten free bread available for all paninis*

Super Grains

Chickpea and Parmesan Bowl VE GF

organic quinoa, brown rice, arugula, parmesan, fresh basil, crispy chickpeas, roasted brussel sprouts, and avocado topped with our fresh lemon vinaigrette

Chipotle Avocado and Lime Bowl VG GF

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

Sushi Bowl VE GF

organic quinoa, brown rice, sriracha red peppers, seaweed salad, pickled carrots, pickled cucumbers, edamame, avocado, cilantro, sesame seeds, and our tahini ginger sauce

Buddha Bowl VG GF

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

Salads

Southwest VG GF

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

Kickin' Kale VE GF

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

Kale Caesar VE GF

kale, cherry tomatoes, diced red onion, pickled carrots, chickpeas, parmesan and our caesar dressing

Proteins

Add to your grain bowl or salad

 Slow Cooked Salmon (\$4)

 Roasted All Natural Chicken (\$2.50)

 Slow Cooked Short Rib (\$4)

 Agave Sriracha Organic Tofu (\$2)

 Vegan Chicken (\$4)

 Roasted Wild Mushroom Mix (\$3)

VG Vegan VE Vegetarian GF Gluten Free

All sauces are 100% dairy free and gluten free.

