

# NU KITCHEN

order online at  
thenukitchen.com

## WORCESTER

335 Chandler Street  
Worcester, MA 01602  
508-926-8800

M-S 8am-8pm

## NEWBURYPORT

19-23 Pleasant Street  
Newburyport, MA 01950  
978-954-3271

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

## SOMERVILLE

195 Washington Street  
Somerville, MA 02143  
617-764-2482

M-F 7:30am-3pm  
S 8am-3pm  
S 8am-3pm

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

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

All sauces are 100% dairy  
free and gluten free.

- V+ Vegan
- V Vegetarian
- GF Gluten Free

## Drinks

### Juices V+ GF

*Cold-pressed at NU Kitchen Newburyport*

**Mean & Green** - Cucumber, lemon, ginger, spinach, kale, lime, and celery

**Mighty Beets** - Beet, lemon, ginger, carrot, cucumber, and pear

**Sweet & Spicy Beach** - Pineapple, apple, cucumber, mint, and jalapeno

**Vita-C** - Carrot, ginger, orange, and pineapple

**Pink Lemonade** - Dragonfruit, lemon, and simple syrup

**Smurf Juice** - Pineapple, pear, lemon, and blue spirulina

### Coffee & Tea

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

*Locally roasted organic coffee and espresso*

Organic Coffee

Cold Brew

Hot & Iced Tea

Matcha

Espresso & Latte

### Craft Beer, Wine & Cocktails

See store for rotating list

## Smoothies & Acai Bowls

### Real Fruit Smoothies V GF

16oz | 24oz

**Strawberry Banana** - Strawberry, banana, froyo, fresh apple juice, oat milk, and agave

**Berry Fusion** - Strawberry, blueberry, froyo, fresh apple juice, oat milk, and agave

**Blue Monkey** - Blueberry, banana, froyo, fresh apple juice, oat milk, and agave

**Tropical Sunset** - Strawberry, mango, coconut, bananas, froyo, and pineapple juice

#### Supplements

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

### Supercharged Smoothies

16oz | 24oz

**Good Morning** V+ - Blueberry, banana, granola, peanut butter, fresh apple juice, oat milk, and chia seeds

**Cacao Cold Brew** V GF - Cacao, cold brew, peanut butter, banana, froyo, dates, cinnamon, and agave

**Health Nut** V+ GF - Banana, spinach, kale, almond, flax seeds, and almond milk

**Muscle Machine** V GF - Cacao, peanut butter, banana, milk, flax seeds, and whey protein

**SoCal Berry** V+ GF - Organic acai, strawberry, blueberry, fresh apple juice, oat milk, and agave

**NU BLU** V+ GF - Pineapple juice, oat milk, mango, banana, cinnamon, chia seeds, and blue spirulina



### Hawaiian Beach Bowls V

*Available vegan - omit honey*

**Oahu Acai Bowl** - Organic acai blended with banana and topped with strawberry, banana, granola, toasted coconut, cacao nibs, and honey

**Mauai Acai Bowl** - Organic acai blended with banana and topped with pineapple, strawberry, granola, toasted coconut, local peanut butter, and house made superfood fudge sauce

**Kauai Acai Bowl** - Organic acai blended with banana and topped with roasted blueberries, bananas, granola, almonds, chia seeds, and honey

## Breakfast - Served All Day

*We only serve fresh cracked free range eggs.*

### Breakfast Sandwiches

*Gluten free bread available upon request.*

**Egg and Cheese Sandwich** V - One egg with cheddar on an English muffin.

**Calabrian Egg and Cheese Sandwich** V - Two eggs with roasted tomato, pickled onion, cheddar, parm, and spicy Calabrian chili sauce on a brioche roll.

**Spinach and Feta Breakfast Sandwich** V - Two eggs with spinach, feta, scallion, cheddar, and housemade basil pesto on a brioche roll.

**Honey Goat Avo Breakfast Sandwich** V - Two eggs with honey, goat cheese, pickled onion, scallion, watercress, and avocado on a brioche roll.

**Steak and Egg Breakfast Sandwich** - Two eggs with roasted tomato, cheddar, sriracha, avocado, and shaved steak on a brioche roll.

**Breakfast Tacos (2)** V - Flour tortillas filled with scrambled eggs, roasted potatoes, corn, avocado, cheddar cheese, and tomatillo salsa.

#### Protein Add-Ons – For your Breakfast

Bacon (\$2.50)  
Housemade Tofu Bacon (\$3.00)  
Impossible Sausage (\$3.50)  
Shaved Steak (\$5.00)

### Breakfast Plates

**Cowboy Breakfast** V GF - Two sunny side eggs with black beans, sour cream, tomatillo salsa, avocado, and cheesy potato + veggie hash.

*Recommended with shaved steak +\$5. Also available as a burrito on a wheat or gluten free wrap.*

**Green Eggs Breakfast** V GF - Two sunny side eggs with roasted potatoes, mushrooms, rainbow carrots, baby watercress, grilled broccoli, and our housemade basil pesto. *Also available as a burrito on a wheat or gluten free wrap.*

**Steak and Eggs Breakfast** GF - Two sunny side eggs with shaved steak, cheesy breakfast potatoes, seared cherry tomatoes, and spicy Calabrian chili sauce. *Also available as a burrito on a wheat or gluten free wrap.*

**Benny's Breakfast Plate** V - Two sunny side eggs served open faced on a toasted english muffin with wilted spinach, onion-pepper relish, and a drizzle of piri piri pepper sauce. Comes with roasted breakfast potatoes.

### Superfood Waffles

*Housemade gluten free waffle made with almond flour, chia, and flax.*

**Strawberry Experience Waffle** V+ GF - Housemade waffle topped with fresh strawberries, toasted coconut, superfood fudge drizzle, and housemade strawberry jam. Served with local maple syrup.

**Modern Elvis Waffle** V+ GF - Housemade waffle topped with banana, superfood fudge, and almond-maple drizzle. *Add a side of maple syrup +\$3*

**Sweet Roots Waffle** V+ GF - Housemade waffle topped with our own sweet potato butter, candied walnut, and toasted coconut, with a side of local maple syrup.

**Blueberry Mountain Waffle** V+ GF - Housemade waffle topped with roasted blueberries, granola, and toasted coconut, with a side of local maple syrup.

### Toasts

*Served on our own thick cut sesame bread made with local wheat. Gluten free bread available upon request.*

**Avocado Toast** V+ - Our sesame bread with avocado, cucumber, za'atar, and a drizzle of olive oil.

**Goat Cheese Toast** V - Our sesame bread with goat cheese, roasted tomato, housemade basil pesto, and a drizzle of olive oil.

**Mushroom Toast** V+ - Our sesame bread with roasted mushrooms, ginger tahini, scallion, and sunflower seed crunch.

**Super Almond Toast** V+ - Our sesame bread with almond butter, fresh strawberries, toasted coconut, slivered almonds, and housemade strawberry jam.





Check out more delicious options on the other side →



## Grain Bowls & Salads

Your spot for whole grains, fresh greens, and vibrant veggies. Our housemade dressings are gluten and dairy free.



### Super Grain Bowls


**Chipotle Avocado & Lime Bowl**   - Brown rice and quinoa topped with black beans, corn, cherry tomato, steamed kale, avocado, and tomatillo salsa, all drizzled with our housemade chipotle lime dressing.

*Recommended with shaved steak +\$5*

**Buddha Bowl**   - Brown rice and quinoa topped with roasted mushrooms, rainbow carrots, pickled cauli, baby watercress, and avocado, all drizzled with our housemade ginger tahini dressing.

*Recommended with chili-agave glazed tofu +\$3*

**Banh Mi Bowl**   - Brown rice and quinoa topped with roasted mushrooms, shredded red cabbage, fresh cucumber, pickled carrot + daikon, and avocado, all drizzled with our housemade tamari aioli.

**Piri Piri Broccoli Bowl**  - Farro pilaf topped with grilled broccoli, braised chickpeas, cherry tomato, fresh cucumber, olives, and toasted almonds, all drizzled with our housemade piri piri pepper sauce.



*Available GF with brown rice instead of farro.*

*Recommended with seared salmon +\$6*



#### Protein Add-Ons – For your salad or bowl



Roasted Chicken (\$3.00)  
Chili-Agave Glazed Tofu (\$3.00)  
Whole Roasted Mushrooms (\$3.00)  
Seared Angus Steak (\$5.00)  
Vegan Chicken (\$4.50)  
Black Bean Veggie Burger (\$4.00)  
Seared Salmon (\$6.00)



## Salads

**Kale Caesar**   - Fresh romaine and shredded kale topped with cherry tomatoes, pickled red onion, chickpeas, pickled carrot, sesame croutons, parm, and our housemade caesar dressing.

*Available vegan - omit parm*

**Southwest Salad**   - Avocado, corn, black beans, cherry tomatoes, and crushed tortilla chips over fresh romaine and our chipotle lime dressing.

**Hot Cauli Salad**   - Fresh romaine and red cabbage with pickled cauli, avocado, chickpeas, pickled celery, and ginger tahini dressing. Finished with our sunflower seed crunch and a drizzle of sriracha.

**Pesto Greens Salad**   - Baby watercress and romaine with rainbow carrots, cherry tomatoes, chickpeas, olives, feta, fresh cucumber, pickled cauli, toasted almonds, and our lemon-pesto dressing.

*Available vegan - substitute vegan feta*

## Sandwiches, Wraps, & Burgers

*Comes with kettle chips or cucumber salad.*

### Sandwiches, Burgers, & Tacos

*Gluten free bread available upon request.*


**Chicken Banh Mi** - Roasted chicken, pickled carrot + daikon, fresh cilantro, crispy shallots, and ginger tahini sauce in a crusty baguette.

**Mega BLT** - Bacon, roasted tomato, romaine, and preserved lemon mayo in a crusty baguette.

**Salmon BLT** - Seared salmon, bacon, roasted tomato, spinach, avocado, and preserved lemon mayo in a crusty baguette.

**Steak Hoagie** - Seared steak, onion-pepper relish, spinach, avocado, za'atar, and preserved lemon mayo in a crusty baguette.

**Steak Melt** - Seared steak with grilled onion, mushrooms, melted cheddar, and housemade basil pesto in a crusty baguette.

**Big Green Earth Burger**  - Black bean veggie burger with cheddar cheese, sweet corn, romaine, avocado, and tomatillo salsa on a brioche roll.

**Chicken and Veggie Tacos** - Roasted chicken, corn, black beans, onion-pepper relish, avocado, and tomatillo salsa in wheat tortillas.

### Wraps

*Gluten free wraps available upon request.*

**Turkey Bacon Avocado Wrap** - Turkey, bacon, and avocado in a wheat wrap along with fresh romaine, onion-pepper relish, and chipotle mayo.

**Hot Chicken and Kale Wrap** - Roasted chicken, shredded kale, fresh romaine, pickled celery, crispy shallots, parm, and spicy Calabrian chili sauce in a wheat wrap.

**Chicken Caesar Wrap** - Roasted chicken, fresh romaine, chickpeas, cherry tomato, pickled onion, parm, pickled carrot, and our housemade Caesar dressing in a wheat wrap.

### Grilled Pita Sandwiches

**Pesto Chicken Grilled Pita Sandwich** - Roasted chicken, mozzarella, roasted tomato, pickled onion, baby watercress, and housemade basil pesto in a grilled pita.

**Turkey Avocado Grilled Pita Sandwich** - Turkey, avocado, spinach, mozzarella, pickled onion, and preserved lemon mayo in a grilled pita.

**Steak and Feta Grilled Pita Sandwich** - Shaved steak, feta cheese, pickled cauli, cherry tomato, preserved lemon mayo, baby watercress, and a drizzle of pomegranate molasses in a grilled pita.

## Soups

*Add housemade sesame toast for \$2.49*

**Creamy Tomato Soup**   - Classic tomato soup topped with parm.

*Available Vegan - omit parm*


**Lentil + Coconut Curry**   - Creamy coconut milk with garam masala, carrot, potato, and black lentil.

## Kid's Menu

*For guests 12 and under, please!*

**Kid's Cheese Quesadilla**  - Melted cheddar in a pressed flatbread with a side of sour cream and green salsa.



**Kid's Chicken Quesadilla** - Roasted chicken and cheddar in a pressed flatbread with a side of sour cream and green salsa.

**Kid's Black Bean and Corn Quesadilla**  - Black beans, corn, and cheddar in a pressed flatbread with a side of sour cream and green salsa.

**Kid's Turkey and Cheese Sandwich** - Sliced turkey and mozzarella in a pressed flatbread.

**Kid's Cheese Pizza**  - Flatbread pizza topped with tomato and melted mozzarella cheese.

**Kid's Vegan Cheese Pizza**  - Flatbread pizza topped with tomato and melted vegan cheese.

**Kid's Waffle**   - Half waffle with fresh strawberries, superfood fudge, and maple drizzle.


**Kid's Scrambled Eggs**   - Two eggs scrambled with cheddar cheese, served with roasted potatoes.


## Vegan Menu


*Take a look at our bowls, salads, waffles, and toasts for more vegan options!*



### Breakfast

**Vegan Scrambled Tofu Breakfast Sandwich**  - Scrambled tofu and vegan cheese on an English muffin.

**Vegan Calabrian Breakfast Sandwich**  - Scrambled tofu with roasted tomato, pickled onion, vegan cheese, and spicy Calabrian chili sauce on a brioche roll.

**Vegan Spinach and Feta Breakfast Sandwich**  - Scrambled tofu with spinach, vegan feta, scallion, vegan mozz, and housemade basil pesto on a brioche roll.

**Vegan Breakfast Tacos (2)**  - Flour tortillas filled with tofu scramble, roasted potatoes, corn, avocado, vegan mozz, and tomatillo salsa.

**Vegan Cowboy Breakfast Plate**   - Tofu scramble with black beans, tomatillo salsa, avocado, and potato + veggie hash with melty vegan cheese.

*Also available as a burrito on a wheat or gluten free wrap*

**Vegan Pesto Scramble Plate**   - Scrambled tofu with roasted potatoes, mushrooms, rainbow carrots, baby watercress, grilled broccoli, and our housemade basil pesto.

*Also available as a burrito on a wheat or gluten free wrap*

**Hot and Meatless Breakfast Plate**   - Scrambled tofu with Impossible sausage, roasted potato, seared cherry tomato, melty vegan cheese, and spicy Calabrian chili sauce.

*Also available as a burrito on a wheat or gluten free wrap*

**Vegan Benny's Breakfast Plate**  - Scrambled tofu served open faced on a toasted english muffin with wilted spinach, onion-pepper relish, and a drizzle of piri piri pepper sauce. Comes with roasted breakfast potatoes.


#### Breakfast Add-Ons


Housemade Tofu Bacon (\$3.50)


Impossible Sausage (\$3.50)


## Sandwiches, Burgers, Wraps, & Tacos


*Gluten free bread or wrap available upon request.*


**Vegan Tofu Banh Mi**  - Chili-agave glazed tofu, pickled carrot + daikon, fresh cilantro, crispy shallots, and ginger tahini sauce in a crusty baguette.

**Vegan Mega BLT**  - Housemade tofu bacon, roasted tomato, romaine, and preserved lemon mayo in a crusty baguette.


**Vegan Mushroom Melt**  - Whole roasted mushrooms with grilled onion, vegan cheese, and housemade basil pesto in a crusty baguette.

**Vegan Big Green Earth Burger**  - Black bean veggie burger with vegan cheese, sweet corn, romaine, avocado, and tomatillo salsa on a brioche roll.


**Vegan Aloha Burger**  - Black bean veggie burger with grilled pineapple, pickled onion, red cabbage, teriyaki drizzle, and tamari aioli.


**Vegan Chicken and Veggie Tacos**  - Vegan chicken, corn, black beans, onion-pepper relish, avocado, and tomatillo salsa in flour tortillas.


**Vegan Hot Chicken and Kale Wrap**  - Vegan chicken, shredded kale, fresh romaine, pickled celery, crispy shallots, and spicy Calabrian chili sauce in a wheat wrap.

**Vegan Chicken Caesar Wrap**  - Vegan chicken, fresh romaine, chickpeas, cherry tomato, pickled onion, pickled carrot, and our housemade Caesar dressing in a wheat wrap.

## Grilled Pita Sandwiches

**Vegan Pesto Chicken Pita**  - Vegan chicken, vegan cheese, roasted tomato, pickled onion, baby watercress, and housemade basil pesto in a grilled pita.

**Vegan Sausage Pita**  - Impossible sausage, avocado, onion-pepper relish, spinach, preserved lemon mayo, and za'atar in a grilled pita.

**Vegan Mushroom Pita**  - Whole roasted mushrooms, vegan feta, pickled cauli, cherry tomato, preserved lemon mayo, baby watercress, and a drizzle of pomegranate molasses in a grilled pita.

