

Nourish

YOU MAKE IT A MEAL

The Nourish Market is a great place to plan your family meals. From entrees to sides, appetizers and desserts, you can discover new dishes that will satisfy you and your family.

Here is what you can expect from the Nourish Market and Staff:

- You will find a variety of entrees and sides that are available in two-serving and four-serving options for your convenience
- Chef-prepared meals that are frozen that include baking instructions and an ingredients list
- Nourish Market customer service to help you find creative meal options for you and your family
- Weekly specials available (please see below)
- Nourish Subscription customer service that can assist you with your meal subscription and delivery needs
- In the cooler, we will have fresh made sandwiches and salads available to grab and go

At the Nourish Market, you will find a great variety of meals to try. In addition to specialty items, we will have some of our Nourish favorites regularly in stock (as of Spring 2018), including the following:

Entrees

Black Bean Burgers
Chicken Pot Pie
Confetti Spaghetti
Merry's Mighty Good Meatballs
Pretzel Chicken

Sides

Broccoli and Potatoes
Butternut Squash Mac and Cheese
Cauliflower Mash
Seasonal Roasted Vegetables
Twice Baked Sweet Potatoes

Appetizers and Dips

Buffalo Chicken Dip
Honey Goat Cheese
Hummus
Spinach Artichoke Dip
Queso

Desserts

Dave's Chocolate Chip Cookie
Dough
Dave's Chocolate Chip Cookie Bars
Goopy Butter Cake

WEEKLY SPECIALS

Monday Meal Deal – Buy one four-serving entrée, one salad, and 4 cookies for \$29.95.

Try It Tuesday – Sample something yummy from our market and buy it for 20% off.

Wine Wednesday – Spend \$25 in the market and receive 50% off a bottle of wine from our selection.

Fun Friday – We'll feature a special sweet and offer 10% off a cookie platter.

Saturday Specials – You will find on social media that we occasionally host a special tasting event in the market on Saturdays. We will also occasionally have a Sell Out Saturday introducing special BOGO deals on meals. Stay tuned on Facebook and Instagram to learn more.

Every day! - Buy three 4-serving entrees and get 10% off of your complete purchase. Also - have a friend who could use some meal help? We also have Gift Package ideas for such occasions as our "Welcome Baby!" or "Hope you feel better soon" packages. Have it delivered by us with a custom note, or come by and delivery in person.

To learn more about the Market and featured items in stock, please call 314.835.9196 to speak to a staff member in the market. You can also email hello@nourishathome.com to learn more about our Market and Subscription service.