



NOSH
eclectic foodstuffs

NOSH
@ JO RAE CAFE



TRENT SEMANS CENTER for HEALTH EDUCATION
8 Searle Center Drive
DURHAM, NC 27710
ph: 919-613-1750

For catering info, specials , and more
please visit us at
www.noshfood.com



COFFEE



Rocket Fuel	2.00	2.75
(Refill 1.00)		
Iced Rocket Fuel		3.00
Café au Lait		3.25
Café Mocha		4.00

ALTERNATIVES

Hot Chocolate	3.00	3.75
Chai Latte	3.50	4.00

SMOOTHIES & SHAKES \$5

SCHOOL BUS BREAKFAST
Strawberries, Bananas, Vanilla Yogurt, Honey

PERRY WILSON
Iced Coffee, Hot Chocolate Mix,
Vanilla Ice Cream

CALIFORNIA DREAMIN'
Bananas, Orange Juice,
Vanilla Ice Cream, Honey

GREENA COLADA
Spinach, Mangos, Pineapples, Bananas,
Coconut Oil, Honey

JUICERS

\$5

ZAB's ZINGER
Apples & Lemons -
The Healthiest Lemonade in Town!

GLOW
Cantaloupe, Carrots & Apples -
Rich in Beta-Carotene!

ESPRESSO



Espresso	2.25	3.25
Red Eye		3.25
Cappucino	3.25	4.00
Latte	3.25	4.00
Mocha Latte	3.75	4.50
Add 2 Shots of Espresso		1.00
Add a Flavor Shot -or- Substitute Soy or Almond Milk		.50

BLUE DEVIL
Peanut Butter, Blueberries, Bananas, Almond
Milk, Vanilla Whey Protein

NUTTY PROFESSOR
Peanut Butter, Almonds, Almond Milk,
Chocolate Whey Protein

Add Flax Seed or Protein Powder for \$1.00

RED ROOSTER
Beets, Apples, Strawberries & Lime -
A Great Detox!

CHAI-FECTA
Apples, Pears, Lime, Ginger, Honey & Cinammon -
Just "Chai" and See for Yourself!!

SPECIALTY GRILLED SANDWICHES

HORTON'S CLUB
Roasted Rosemary Chicken, Maple Pepper Bacon, Shaved Parmesan, Tomatoes, Peppercorn

WOODSEY'S REUBEN
Corned Beef, Swiss, NOSH Slaw, Dijonnaise

THE THUNDERBOLT
Slow-Roasted Beef Brisket, Havarti , Peppers, Caramelized Onion Spread

NOSH GRILLER
Gruyere, Parmesan, Cheddar, Fresh Spinach, Tomatoes

CHARLIE'S PEANUT
Housemade Peanut Butter, Strawberry Jam, Bananas

NINA'S TURKEY
House-Roasted Turkey, Gruyere, Roasted Red Pepper Spread*

SPECIALTY WRAPS

MAGGIE'S MIX
Romaine, Snow Peas, Carrots, Spinach, Cabbage, Fresh Peppers, Honey-Ginger Dressing

KARIN'S DERBY
Grilled Chicken, Hard-Boiled Eggs, Mixed Greens, Candied Walnuts, Tomatoes, Tortilla Strips,
Chipotle Ranch

*contains walnuts

HOT BAR \$7.99/lb

SOUP \$2.50/8 oz \$4.00/16 oz

COLD BAR \$7.99/lb

BREAKFAST BAR

GRAB & GO \$5.99-\$7.99/lb

PASTRIES \$1.50-\$3.00