

## NOURISH SEQUIM IS LOCATED

on the site of the old Bell Farm, one of the earliest pioneer homesteads. John Bell, came from England working for the Hudson Bay Company farm.

As the story goes John didn't like a life of servitude, so he took a boat and rowed across the Strait to the peninsula. By 1856 he had filed for a 160-acre homestead land claim and married a Scottish gal, Sara Anne Greenlaw Vert. The Bells were known to be hospitable and the word got out, "for a real good meal, bed and hearty welcome stop at John Bell's."

We thought this a great history to build a new restaurant upon...maybe we felt some kinship with former the owner as we also hailed from the UK; although most recently from Portland OR. We purchased the old Bell farmhouse and are bringing it back to being a homestead.

In 2013 we opened Nourish Sequim as a restaurant to showcase and support the artisan products of the local farmers, ranchers, fishermen, wineries, cideries and distillers. We offer fresh, natural food in a casual and creative way; a place where anyone can come to eat regardless of their dietary needs or choices. Since a lot of people feel better without wheat products in their diet we dedicated the kitchen gluten free. We produce all our own breads and pastries.



Artisan Wines,  
Craft Beers, Ciders & Spirits  
from the  
Olympic Peninsula,  
Washington & Oregon region

### Some of our Local Beverage Sources!



Wind Rose Cellars  
Producers of premium Italian style wines grown in Washington state!



OLYMPIC CELLARS



## Spirits - mostly local

Nourish applies the same passion to the bar libations as we do to the food, prioritizing local, fresh and seasonal. The bar focuses on Northwest spirits with both modern and classic cocktails crafted for your enjoyment, featuring our house-made syrups, & cordials.

### Gin

Dry Fly - Spokane, WA	9
Big Gin— Bourbon Barreled, Seattle	12
Uncle Val's Botanical - Bend, OR	12

### Vodka

Dry Fly - Spokane, WA	9
Wishkah River Honey, Aberdeen, WA	10

### Rum

Rogue Dark - Oregon	8
Ron Abuelo blanca - Panama	7
Ron Abuelo añejo - Panama	9
Diamond Reserve Spiced Rum, Guyana	9

### American Whiskey

Wishkah River 13 Corners American malt, WA	12
Wishkah River 13 Corners aged cask malt, WA	12
Woodenville 100% Rye, Seattle WA	12
Woodenville Bourbon, Seattle WA	12

### Irish Whiskey

Tullamore Dew	12
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### Tequila

Rancho Alegre Agave Reposado	7
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### Digestif

Fernet Branca - Italy	7
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### Vermouth 3oz. Pour

BroVo Jammy - Seattle	7
BroVo Pink - Seattle	7
BroVo Witty - Seattle	7
Cocchi Americano Bianco - Italy	8

### Vermouth Flight 3 oz

*Compare modern local vermouth to traditional Italian*  
2 x broVo's- Seattle, 1 Cocchi Americano Bianco

### Vodka Liquors

Wild Roots Northwest Pear—Portland OR	10
Wild Roots Northwest Raspberry—Portland OR	10
Wild Roots Northwest Marionberry—Portland OR	10
Hardware Raspberry Bee's Knees - Hoodspport	9
Hardware Merry Cherry Bee's Knees - Hoodspport	9

## Pacific NW Dessert Wines

*A great way to finish your meal*

Finnriver dessert wines	
2 oz pour or bottle (with apple brandy)	5/17
Pear, Blueberry, Blackcurrant	
Cacao, Raspberry wine Finnriver	6/25
Finnriver Apple spirited wine	6/25
Harbinger Bliss wines in 4oz pour or bottle	7/22
Raspberry or Blackberry	

### Port Style Wines

*Excellent with our artisan cheese board to complete your meal*

Port served as a 2oz pour	
Sailing Moon red, port style Olympic Cellars	7
Whidbey Port	7
Syrah Port Pasek Cellars	7
Six Grapes Port, Portugal	

### Nourish Wine & Cider Cocktails

*Try a cocktail made with local ciders and wines, lighter on the alcohol, yet full of fun and flavor.*

#### Lavender Berry Bliss Bubbles 9

Choice of Harbinger dessert wines with house bubbles & Scrappy's Lavender bitters  
Blackberry or Raspberry Harbinger

#### Nourish Bliss Spritzers 7

Blackberry Bliss Harbinger, soda water  
Raspberry Bliss Harbinger, soda water

#### Cardamom Pear Fizz 8

Sparkling Finnriver cider, Finnriver spirited  
Pear wine and Scrappy's cardamom bitters

#### Black Royale 8

Finnriver sparkling cider & blackcurrant wine

#### Orchard Mimosa 8

Finnriver sparkling cider & orange juice

#### Royal Orchard 8

Finnriver sparkling cider with  
Harbinger raspberry wine

## Micro Brews & Ciders

### Nourish Taps

*Seasonal brews change! Ask your server what is on tap today!*

Aslan Brewing Co. Organic (Bellingham)	8 oz 6/pint	9
Port Townsend Brewing Co. (OP)	8 oz 5/pint	8
Ghostfish Gluten Free (Seattle)	8 oz 6/pint	9
Ghostfish Premium Gluten Free (Seattle)	8 oz 7/pint	10
Cider Seasonal (Finnriver, OP)	8 oz 5/pint	8

### Ciders (Chimacum, Olympic Peninsula)

Dry hopped cider 16.9 oz Finnriver	15
Oak and Apple 16.9 oz Finnriver	15
Blackcurrant 16.9 oz Finnriver	15
Seasonal 16.9 oz Finnriver	15
Cider on tap (Finnriver, OP)	8 oz 5/pint 8

### Specialty Beers from Washington

Meteor Shower Blonde Ale (12oz can) Ghostfish GF	7
Shrouded Summit White Ale (12oz can) Ghostfish GF	7
Golden Ale (22 oz) Port Townsend	13
Amber Ale (22 oz) Port Townsend	13
Scotch Ale (22 oz) Port Townsend	13

### Organic Artisan Brews

Amber ale organic Fish Tail (Olympia)	8
IPA organic Fish Tail (Olympia)	8
Salmon pale organic Fish Tail (Olympia)	8

### Artisan Brews

Dunkelweizen Levenworth (12oz) Fish Tail (Olympia)	6
Pfriem Sour IPA (16.9oz) Hoodriver OR	8
Pfriem Seasonal Ale (16.9oz) Hoodriver OR	8

### Non-alcoholic

Kaliber beer from Guinness (12oz)	4
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## Nourish Craft Cocktails

### White Chai

Wishka River Honey Vodka, cane syrup, chai tea, cream (or coconut cream) 12

### Bell Hill Dove

Rancho Alegre Agave Reposado, grapefruit juice, chili bitters, grapefruit and cinnamon syrup, seltzer 11

### Lavender Princess

Dry Fly vodka, grapefruit, Scrappy's lavender bitters, cane syrup, Raspberry Bee's Knees, bubbles 12

### Farm Margarita

Rancho Alegre Reposado, carrot juice, lime, orange liquor, cane syrup, chili salt rim 11

### Orchard Cider Margarita

Rancho Alegre Reposado, pear cider, apple syrup, lime juice 11

### The "Nour"groni

Dry Fly gin, Bruto Americano, broVo "Pink" Rose & broVo "Jammy" sweet vermouths, orange liquor 12

### Ol' Smitty

Bourbon, broVo "Jammy" vermouth, orange liquor, Angostura bitters, brandied cherry 12

### Rosemary Maple Bacon Bourbon Sour

Bourbon, organic lemon juice, maple syrup, fresh rosemary and bacon garnish 13

### Autumn Breeze

Uncle Val's Gin, rose syrup, organic lemon juice, Scrappy's cardamom bitters, Dry Vanilla Bean soda 12

### Protection Island

Gold & light rum, orange liquor, cane syrup, fresh organic lime juice, organic pomegranate juice 12

### Rosemary Grapefruit Gin Fizz

Dry Fly Gin, grapefruit, organic lime juice, rosemary syrup, Soda water 12

## The Classics

### Martini

Dry Fly Gin or Uncle Val's Gin or Dry Fly Vodka vermouth 10

### Cosmopolitan

Dry Fly Vodka, orange liquor, organic lime juice, cranberry juice 10

### Lemon Drop

Dry Fly Vodka, lemon liquor, organic lemon juice 10

### The Mule

Dry Fly Vodka or Dry Fly Gin, or Evan Williams Bourbon or Spiced Rum, organic lime juice and Fever Ginger beer 10

# Nourish Wine List

Our wine list is comprised of a selection of Oregon and Washington wineries, including some of our favorites from the Olympic Peninsula; all selected as great examples of varietals or blends from the Pacific Northwest.

## White by the Glass

	6oz	9oz	Btl
Duck Pond, Pinot Gris 2016, Willamette Valley, OR	8	12	29
Desert Wind, Chardonnay 2016, Wahluke Slope, WA	9	13	33
Nine Hats, Riesling 2016, Columbia Valley, WA	9	13	33
Harbinger Winery, La Petite Fleur, Port Angeles, WA (Chardonnay/Pinot Gris/Riesling)	9	13	33
Wind Rose Wild Coast White, WA (Sauv blanc/Chardonnay/Pinot Grigio/Semillon)	11	16	35

## Sparkling

St Michelle Domaine Brut, WA	9		33
Pacific Rim, Brut White Flowers 2014, Yakima Valley, WA			40

## Rosé

Harbinger Winery, Rhone Rosé 2017, Port Angeles, WA			28
Long Shadows, Julia's Dazzle Rosé 2017, Columbia Valley, WA			37

## White

Harbinger, Chardonnay 2016, Port Angeles, WA			36
Port Townsend Vineyard, Chardonnay 2015, PT, WA			37
Torii Mor Winery, Chardonnay 2014, Willamette Valley, OR			45
Gran Moraine, Chardonnay 2015, Yamhill/Carlton, OR			67
Mercer Family Vineyards, Sauv Blanc 2016, Horse Heaven Hills, WA			28
Wind Rose, Sauvignon Blanc 2016, Sequim, WA			28
Chateau Ste. Michelle, Chenin Blanc 2016, Yakima Valley, WA			29
Harbinger Pinot Gris 2017, Port Angeles, WA			28
Lange, Pinot Gris Reserve 2017, Willamette Valley, OR			52
Wind Rose Winery Pinot Grigio 2017, Sequim, WA			29
Harbinger, Riesling 2016, Port Angeles, WA			36
Pacific Rim, Riesling Solstice Vineyard 2015, Yakima Valley, WA			41
Harbinger, Viognier 2015, Port Angeles, WA			38
Harbinger Albariño 2017, Port Angeles, WA			36

## Red by the Glass

	6oz	9oz	Btl
Duck Pond Pinot Noir 2016, Willamette Valley, OR	9	13	33
Wind Rose Winery Dolcetto 2014, Sequim, WA,	9	13	33
Desert Wind, Merlot 2016, Wahluke Slope, WA	10	15	35
Silver Totem, Cabernet Sauvignon 2015, Horse Heaven Hills, WA	11	16	36
Harbinger, Dynamo Red, Port Angeles, WA (Syrah/Merlot/Cabernet Franc/Grenache)	9	13	33

## Reds

Northstar Winery, Merlot 2012, Walla Walla, WA			42
Spring Valley Vineyard, Merlot Mule Skinner 2014, Walla Walla, WA			66
Van Duzer Vineyards, Pinot Noir 2015, Willamette Valley, OR			49
Purple Hands, Pinot Noir Freedom Hills 2017, Willamette Valley, OR			71
Mercer Family Vineyard, Cab Sauvignon 2017, Horse Heaven Hills, WA			30
Bome of Fire, Cabernet Sauvignon 2016, Columbia Valley, WA			38
Van Duzer Vineyards, Cab. Sauvignon Sorcery 2012, Dallas, OR			44
Underground Wine Project, Cab. Sauvignon 2015, Red Mountain, WA			57
Harbinger Winery, Cabernet Franc, Port Angeles, WA			49
Browne Family Vineyards, Cabernet Franc 2015, Yakima Valley, WA			60
Spring Valley Vineyard, Cabernet Franc 2012, Walla Walla, WA			67
Mercer Family Vineyard, Edge Of Heaven 2016, (Syrah/Malbec/Merlot) Horse Heaven Hills Slope, WA			30
Harbinger El Jefe 2013, Rhone Blend, Port Angeles, WA (Syrah/Mourvedre/ Grenache)			44
Pepper Bridge Winery, Trine Blend 2014, Woodinville, WA (CabFranc/CabSauv/ Merlot/Malbec/Petit Verdot)			80
Wind Rose Winery, Barbera 2012, Sequim, WA			32
Harbinger Bolero 2010, Tempranillo/Ganache, Port Angeles, WA			44
Wind Rose Caménere 2016, Sequim, WA			44
Seven Falls Winery, Zinfandel 2013 Jones Vineyard, Wahluke Slope, WA			54
Gifford Hirlinger Winery, Malbec 2016, Walla Walla, WA			59
Penner-Ash Wine Cellars, Syrah 2014, Newberg, Oregon			67

