



# URBAN REMEDY

RICHMOND, CA

Food is Healing

## About Urban Remedy

Urban Remedy founder, Neka Pasquale, didn't set out to create Urban Remedy—it was a natural evolution of her passion for health and healing and living a lifestyle with food is healing as her mantra. Growing up in the farm-to-table culture of Northern California, Neka was inspired by people who care about what they eat and who strive to eat for health as well as pleasure. In her private practice of over a decade, Neka combined acupuncture and Chinese medicine with cutting-edge nutrition and lifestyle modifications to heal, balance and create optimal health. Neka started leading wellness retreats with her patients and over and over again they described experiencing life-changing results after just a few days. Inspired by these transformations, Neka knew she had found her calling and in 2009, Urban Remedy was born.

## SALAD SCHEDULE DETAILS

Day	Order Deadline	Delivery Day
Monday	4pm	Wednesday
Tuesday	4pm	Thursday
Wednesday	4pm	Friday
Thursday	4pm	Saturday
Friday	4pm	Monday
Saturday	4pm	Monday
Sunday	4pm	Tuesday

Everything else 11pm night prior

## Salads



ZURMSAL01



ZURMSAL02



ZURMSAL03



ZURMSAL04

ZURMSAL01	Macro Salad	6 X 12 OZ
ZURMSAL02	The Vegan Ceasar	6 X 8 OZ
ZURMSAL03	Soba Noodle	6 X 12 OZ
ZURMSAL04	Roasted Beet and Arugula	6 X 8.5 OZ
ZURMSAL05	Umeboshi	6 X 10.5 OZ
ZURMSAL06	Thai Veggie Noodle	6 X 11.5 OZ
ZURMSAL07	Rainbow	6 X 7 OZ

## Beverages



ZURMBEV07



ZURMBEV08



ZURMBEV10



ZURMBEV02

ZURMBEV07	Cold Crusher	9 X 16 OZ
ZURMBEV08	Deep Cleaning	9 X 16 OZ
ZURMBEV21	Tumeric Relive Shot	12 X 4 OZ
ZURMBEV10	Glow	9 X 16 OZ
ZURMBEV02	Blue Magic Cashew Milk	9 X 16 OZ
ZURMBEV04	Booster Shot	12 X 4 OZ
ZURMBEV12	Happy Belly	9 X 16 OZ

## Snacks/Bars/Desserts



ZURMNOSH02



ZURMDESSERT01



ZURMBAR01



ZURMBAR02

ZURMNOSH02	Sour Cream and Chive Zucchini Chips	10 CT
ZURMDESSERT01	Sunsquares	4 X 7 CT
ZURMBAR01	Cacao Chip Protein Bar	4 X 7 CT
ZURMBAR02	Matcha Energy Bar	4 X 7 CT
ZURMBAR03	Superfood Bar	4 X 7 CT
ZURMBAR04	Almond Brownie Bar	20 CT

### WANT MORE?

For any questions, please email our Market Specialist team at [merchandising@baldorfood.com](mailto:merchandising@baldorfood.com)  
 Visit our website for a full availability list and more information about Urban Remedy!