DECEMBER, 2019





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.

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

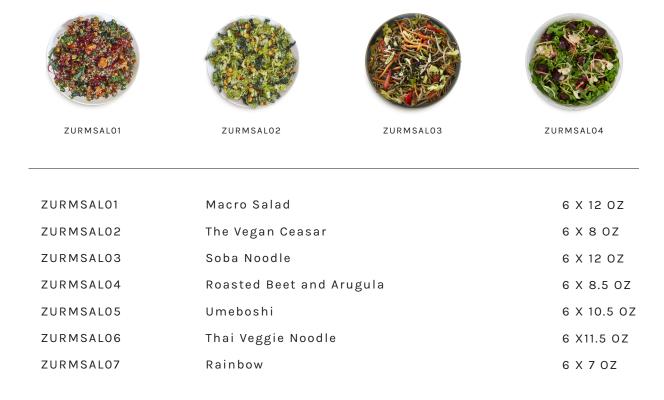
SALAD SCHEDULE DETAILS

Everything else 11pm night prior

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Salads



Beverages

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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 X4 OZ
ZURMBEV12	Happy Belly	9 X 16 OZ

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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** Visit our website for a full availability list and more information about Urban Remedy!