



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.

SCHEDULE DETAILS

FOR SALADS (below) Everything else 11pm night prior

DAY	ORDER DEADLINE	Delivery Day
Tuesday	4pm	Thursday
Thursday	4pm	Saturday
Friday	4pm	Monday
Sunday	4pm	Tuesday

Salads



ZURMSAL01



ZURMSAL02



ZURMSAL11



ZURMSAL07

ZURMSAL01	Macro Salad	6 X 12 OZ
ZURMSAL02	The Vegan Caesar	6 X 8 OZ
ZURMSAL11	Veggie Chopped	6 X 8.5 OZ
ZURMSAL07	Rainbow	6 X 8.5 OZ

Beverages



ZURMBEV01B



ZURMBEV02



ZURMBEV03B



ZURMBEV04

ZURMBEV01B	After Party Juice	12 X 12 OZ
ZURMBEV02	Blue Magic Nut Milk	9 X 16 OZ
ZURMBEV03B	Turmeric Boost Juice	12 X 12 OZ
ZURMBEV04	Booster Juice Shots	12 X 4 OZ
ZURMBEV06	Chocolate Banana Drink	9 X 16 OZ
ZURMBEV07B	Cold Crusher Juice	12 X 12 OZ
ZURMBEV08B	Deep Cleaning Juice	12 X 12 OZ
ZURMBEV09B	Digestif With Probiotics Juice	12 X 12 OZ
ZURMBEV10B	Glow Juice	12 X 12 OZ
ZURMBEV11	Green Berry Juice	12 X 12 OZ
ZURMBEV12B	Happy Belly With Probiotics Juice	12 X 12 OZ
ZURMBEV14	Java Shake Drink	9 X 16 OZ

ZURMBEV17	Mint Cacao Chip Drink	9 X 16 OZ
ZURMBEV18B	Chlorophyll Refresh Juice	12 X 12 OZ
ZURMBEV19B	Slender Greens Juice	12 X 12 OZ
ZURMBEV22	Drink Warrior	9 X 16 OZ
ZURMBEV25B	Acai Cayenne Juice	12 X 12 OZ
ZURMBEV26	Golden Turmeric Juice	9 X 15 OZ
ZURMBEV28	Mind Body Omega Drink	9 X 15 OZ
ZURMBEV29	Pomegranate Ginger Juice	12 X 12 OZ
ZURMBEV21	Turmeric Relieve Juice Shot	12 X 4 OZ

Snacks/Bars/Desserts



ZURMNOSH01



ZURMNOSH02



ZURMDESSERT01



ZURMBAR01

ZURMNOSH01	Banana Brittle	10 CT
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

WANT MORE?

For any questions, please email our Market Specialist team at marketspecialists@baldorfood.com
 Visit our website for a full availability list and more information about Urban Remedy!