

NU PLATES

NO SEED OILS / NO REFINED SUGARS /
NO FRYERS - MICROWAVES

nu

REAL FOOD



All our NU plates are served with fresh salad, mint, cilantro and dill. Dressed with home made orange, extra virgin olive oil and mustard vinaigrette.

1 PROTEINS

- Organic Chicken Thigh** \$18.99
Organic free-range chicken, thyme, ginger, bay leaf
- Roast Beef** \$23.99
Smoked roast beef with mojo dressing
- Fresh Roasted Salmon** \$24.99
Fresh curated salmon grilled with olive oil
- Wild Raw Tuna Tartare*** \$25.50
Marinated tuna tartare
- Wild Tuna Tataki*** \$25
Marinated tuna tataki grilled *contains sesame and soya
- Smoked Tofu** \$23
Sarmiento smoked tofu
- Organic Eggs Your Way** \$17.99
Scrambled, poached or sunny side up

2 SIDES - CHOOSE 2 VEGETABLES, GF PASTA, RICE & GRAINS

- Quinoa & Buckwheat**
Black & white quinoa, buckwheat, pomegranate, parsley, roasted pumpkin, EVOO
- Mediterranean Rice**
Round rice, wild rice, almond, caramelized onion, parsley, EVOO
- Chickpeas & Kale**
Chickpeas, kale, raisins, apple, seeds, EVOO
- Gluten Free Pasta**
GF pasta, dried tomato, capers, olives, EVOO
- Seasonal Chef's special**
*Ask our staff

ADD EXTRA SIDE FOR \$4

- Green Beans Pesto**
Steamed beans, cashew & kale pesto sauce, curry powder
- Grilled Broccoli Harissa**
Broccoli, spicy harissa (organic agave, garlic, mustard, dry herbs)
- Chargrilled Avocado**
Avocado, green mojo
- Roasted Sweet Potatoes**
Roasted sweet potatoes, herbs
- Carrots Tahini**
Small carrots, tahini, organic pomegranate, almond

3 SAUCES HOME-MADE SAUCES

- Carrot Nummus**
- Avocado Tahini**
- Herbs Yogurt**
- Beetroot ketchup**
- Truffle Stracciatella** +\$1.5
- Hazelnut Romesco**** +\$1.5

ADD EXTRA SAUCE FOR \$2

Eat Life Fully

DRINKS

- COLD PRESSED JUICES** \$9
 - Le Beet**
Apple, beet, lime
 - Le Green**
Cucumber, kale, lime, ginger, organic agave nectar
 - Le Carrot**
Orange, carrot, ginger
- FLAVORED WATERS** \$4.95
 - All refillable (contains organic agave)
 - Cucumber, Lime, Basil & Agave**
 - Ginger, Lime, Tumeric & Agave**
 - Grapefruit, Lime, Tangerine & Hibiscus**
 - Pineapple, Lime, Coconut & Agave**
- COLD PRESSED SHOTS** \$5
 - Turmeric** - Shot
 - Ginger lemon** - Shot

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS OR UNPASTEURIZED MILK MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. OUR STORE OFFERS PRODUCTS WITH ALMOND, HAZELNUT, COCONUT, SESAME SOYA, MILK, EGGS AND WHEAT. WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH ALMOND, HAZELNUT, COCONUT, SESAME, SOYA, MILK, EGGS AND WHEAT. THIS PRODUCT HAS NOT BEEN PASTEURIZED & THEREFORE MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY & PERSONS WITH WEAKENED IMMUNE SYSTEMS.

*Gluten friendly and vegan options available (cross contamination may occur).
**TREMPO - Fresh mix with zucchini, cucumber, tomato, pomegranate, EVOO.
**ROMESCO - Toasted hazelnut & almond, flora, roasted tomato, garlic, apple vinegar, EVOO.

ALL DAY BREAKFAST

 GLUTEN-FRENDLY

 VEGAN

 DAIRY-FREE

*Gluten-friendly, vegan and dairy-free options available

Organic Eggs Your Way

SCRAMBLED / POACHED / OMELETTE / SUNNY SIDE UP

\$13.50

Eggs, avocado, mix salad and trempo**
ADD SOURDOUGH BREAD / GF CARROT WAFFLE or GF BREAD + \$2.5

NU Omelette*

\$12.95

ADD SOURDOUGH TOAST or GF BREAD+ \$2.5
Open omelette, fresh cheese crumble*, romesco**, fresh leaves,
bread crouton, roasted pumpkin and trempo**

Organic Eggs Toast

SCRAMBLED OR OMELETTE

\$13.50

OR GF CARROT WAFFLE* + \$2.5
Sourdough toast, organic eggs, fresh leaves, seeds, EVOO, trempo**

Mashed Avocado Carrot Waffle

\$13.95

Mashed Avocado Toast
GF Carrot waffle or Sourdough toast, avocado, PB cheese crumble*,
dried tomato, cilantro, lemon, seeds, fresh leaves, grapes, EVOO

Nu Benedict Carrot Waffle

\$14.95

OR ON SOURDOUGH TOAST*
Organic poached egg & our vegan hollandaise sauce, black pepper,
fresh leaves

ADD ON

TWO ORGANIC EGGS **+\$4** / BACON **+\$5.5** / TOFU **+\$7** / SLICED OR
SMASHED AVOCADO **+\$3** / FETA CHEESE **+\$2** / PB FETA CHEESE **+\$2.5** /
TOMATO **+\$2**

Sweet Waffle

\$13.95

GF Carrot waffle, almond butter, strawberry, banana, blueberry,
pomegranate, shaved vegan chocolate, coconut flakes

Overnight Oats Porridge

\$11.95

Oat flakes, oat milk, strawberry, banana, blueberry, pomegranate,
chia seeds

Organic Açaí Bowl

\$15.50

Plant based milk, GF & PB granola, banana, dates, strawberry,
blueberry, coconut flakes, almond butter

XL Greek Yogurt

\$9.95

Strawberry, banana, blueberry, pomegranate, GF & PB granola,
organic agave, pumpkin seeds
• Milk Yogurt
• Coconut Yogurt +\$2

ADD YOUR TOPPING

ALMOND BUTTER **+2\$** / COCONUT FLAKES **+2\$** / GF & PB GRANOLA
+2.5\$ / STRAWBERRY **+2.5\$** / BANANA **+2\$** / BLUEBERRY **+2.5\$**

STARTERS

**TREMPO - Fresh mix with zucchini, cucumber, tomato, pomegranate, EVOO
**ROMESCO - Toasted hazelnut & almond, flora, tomato, garlic, apple vinegar
EVOO

‘Bravas’ Sweet Potatoes

\$10

Roasted sweet potatoes, vegan aioli sauce, romesco sauce**,
beetroot ketchup, fresh herbs

Carrot Nummus

\$11

Carrot hummus, albahaca oil, seeds, vegetable
crudités & our activated charcoal pita bread*

Chargrilled Avocado Green Mojo

\$11.95

Avocado, fresh feta cheese crumble*, toasted almonds, green
dressing, fresh herbs

Tuna Tartare Truffle Stracciatella

\$14.95

Raw marinated tuna, truffle stracciatella, EVOO, seeds
*contains sesame & soya

SALADS

Strawberry Caprese

\$18.95

Tomato, strawberry, blueberry, pomegranate stracciatella, basil,
almond, fresh leaves, aromatic herbs

Quinoa Carotene

\$15.95

White and black quinoa, carrot hummus, fresh leaves, fennel,
pumpkin, PB cheese crumble*, seeds, EVOO

Greeny Rice

\$16.95

Round rice, wild rice, spices, fresh leaves, chargrilled avocado,
steamed beans, hazelnut romesco**, EVOO

Chickpeas, Kale & Yogurt

\$14.95

Chickpeas, kale, raisin, fresh leaves, herbs yogurt sauce,
parmesan, radish, pumpkin seeds, EVOO

ADD ON

TWO ORGANIC EGGS **+\$4** / ORGANIC FREE-RANGE CHICKEN **+\$5** /
ROAST BEEF **+\$7** / FRESH ROASTED SALMON **+\$9** / WILD ROASTED TUNA
TATAKI* **+\$9** / WILD RAW TUNA TARTARE* **+\$9** / BACON **+\$5.5** / TOFU
+\$7 / SLICED OR SMASHED AVOCADO **+\$3**

EXTRA DRESSING FOR \$1.5

ORANGE OLIVE OIL VINAGRETTE · GREEN MOJO · NATURAL LEMON
ORGANIC AGAVE / RAW HONEY **+2**

SANDWICH

Egg & Avocado Sandwich

\$14.50

OR CARROT WAFFLE* + \$2.5

Sourdough bread, scrambled egg, mashed avocado, vegan aioli,
mix salad, EVOO

Black Bread Pita Roast Beef*

\$16.50

Activated charcoal pita bread, roast beef, hazelnut romesco**,
olives, mix salad, EVOO

Organic free-range Chicken Pita Sandwich

\$16.50

ADD PROTEIN
Activated charcoal pita bread, organic chicken, avocado, tomatoes
and our vegan pesto

Black Bread Pita Tuna Sandwich*

\$18

Activated charcoal pita bread, slow roasted wild tuna tataki, vegan
aioli, arugula, tomato, mix salad, maldon salt

LTB Sourdough Toast Sandwich*

\$15.50

Sourdough bread, lettuce, vegan aioli, tomatoes and bacon

Carrot Waffle Sandwich

\$15.50

Carrot waffle, avocado, PB cheese crumble*, dried tomato, cilantro,
lemon, seeds, EVOO and green mojo

ADD-ONS

TWO ORGANIC EGGS **+\$4** / BACON **+\$5.5** / SLICED OR SMASHED
AVOCADO **+3\$** / TOMATO **+\$2** / FETA CHEESE **+\$2** /
PB FETA CHEESE **+\$2.5**

COCAS FLATBREADS

Slow fermentation flatbread with activated charcoal
Gluten-free activated charcoal dough option available* +\$3

Tomato, Olives & Fresh PB Cheese

\$19

Tomato sauce, dried tomato, olives, PB cheese, mix salad, EVOO

Truffled Stracciatella & Roasted Pumpkin

\$21

Panna sauce, truffled stracciatella, roasted pumpkin, seeds,
oregano, EVOO

Broccolini, Roast Beef

\$23

Tomato sauce, steamed broccoli bimi, smoked Roast Beef, roasted
pumpkin, hazelnut romesco**, EVOO

Our Carbonara

\$23

Panna sauce, 65° organic egg, parmesan, caramelized onion, bacon,
black pepper, mix salad, EVOO

BAKED GOODS

Energy Balls

\$3

Matcha & PB white chocolate · Cacao · Coco & Tumeric

Donuts

\$3.5

Matcha dreamer · Churro · Chocolate

Bundt Cakes

\$5.5

Sweet potato · Pumpkin

Brownies

\$5.5

Coffee blondie · Chocolate mother beans

Cookies

\$5.5

Chocolate chips · Lemon & Pistachio · Wallnuts & raisins

COFFEE & TEA

COFFEE / DECAF

Espresso

\$3

Macchiato

\$4

Cappuccino

\$5.50 • Iced: \$6

Latte

\$5.50 • Iced: \$6

Americano

\$3.50 • Iced: \$4

ADD ON

CINNAMON / VAINILLA **+1**
CACAO **+1** / RAW HONEY **+2**
ORGANIC AGAVE **+2**

REGULAR MILK
OAT MILK

ALMOND MILK
COCONUT MILK

ORGANIC TEA

\$3.5

Early Grey Tea

Green Tea

Breakfast Tea

SIGNATURE

\$6.5

Matcha Latte

Chai Latte

Turmeric Latte

Cacao

SMOOTHIES

ADD ON
PROTEIN **\$2.5** / COLLAGEN **\$2.5** / SPIRULINA **\$2**

Blooming Berry

\$12

Organic açai, strawberry, blueberry, grape, honey*

Green Detox

\$11.95

Spinach, kale, green apple, cucumber, pineapple, ginger, lemon,
organic agave

Choco NUrishing*

\$10.99

Almond butter, almond milk, banana, chocolate, honey*

NU Smooth

\$9.90

Passion fruit, banana, mango, honey*

**Gluten frendly and vegan options available (cross contamination may occur)
***TREMPO - Fresh mix with zucchini, cucumber, tomato, pomegranate, EVOO. **ROMESCO - Toasted hazelnut & almond, flora, roasted tomato, garlic, apple vinegar, EVOO