

SPA MENU

Choose any two courses inclusive, or upgrade to 3 courses for an additional £10

SNACKS

Vegetable Crisps with Red Pepper Hummus 433 kcal £6
Feta, Olives & Roasted Nuts 501 kcal £10

Chai Seed & Pumpkin Bread 683 kcal £6

SMALL PLATES

CHICKEN SATAY SPRING ROLL (DF) 661 kcal
Asian Slaw & Satay Sauce

THAI KING PRAWN STEAMED DUMPLINGS (DF) 363 kcal
Ginger, Sesame & Soy Dressing

SPICED LAMB KOFTA (GF) 798 kcal
Flatbread, Tzatziki & Pickle Salad

ROASTED VINE TOMATO & GOATS CHEESE SOUP 835 kcal
Toasted Sourdough & Butter

CRISPY BANG BANG CAULIFLOWER (VE) 241 kcal
Red Onion Salad, Cucumber & Mint Dip

TUNA & WATERMELON SALAD 180 kcal
Avocado, Watermelon, Soy & Ginger Dressing

LARGE PLATES

VIETNAMESE CHICKEN SALAD 440 kcal
Roast Peanuts, Won Tons, Nam Jim Dressing

POACHED CHICKEN BUDDHA BOWL (GF) (DF) 1135 kcal
Quinoa, Roasted Onions & Squash

MARINATED TOFU BUDDHA BOWL (V) (GF) 1289 kcal
Quinoa, Beetroot, Avocado & Cashew

THAI BEEF SALAD (GF) 459 kcal
Cucumber, Peanut, Radish & Mint

KOREAN WAGYU BURGER 1180 kcal
6oz Wagyu Burger, Kimchi, Nu Sana Mayonnaise & Seasoned Fries

NU SANA FRIED CHICKEN BURGER 1038 kcal
Sriracha Mayonnaise, Asian Slaw, Pickles & Garlic Fries

CHICKEN KATSU (GF) (DF) 1032 kcal
Sticky Rice, Katsu Sauce, Pickled Carrot & Salad Leaf, Pad Thai

TERIYAKI SALMON 330 kcal
Pak Choi, Tenderstem Broccoli & New Potatoes

THAI GREEN CURRY (GF) (DF) 405 kcal
All served with Coriander & Lemon Rice, Thai Prawn Crackers
Fish 211 kcal
Chicken 284 kcal
Vegetable 185 kcal

HOISIN DUCK STIR FRY (DF) 425 kcal
Sesame, Orange, Spring Onion & Noodles

GRILLED SEA BREAM 560 kcal
Orange & Pomegranate Salad, Herbed New Potatoes

VEGETABLE PAD THAI (DF) 296 kcal
Add Chicken (£4)
Add Prawn (£5)

NU SANA FRIED RICE 352 kcal
Add Prawn (£5)

PEA & MINT RAVIOLI (V) 463 kcal
Asparagus, Broad Beans & Pea Shoots

SIDE DISHES

Truffle Parmesan Fries 441 kcal £7

Garlic & Herb Fine Beans (V) (GF) 530 kcal £6

Sweet Potato Fries (VE) 310 kcal £6

Skinny Fries (VE) 549 kcal £5

Summer Salad 180 kcal £5

Lemon & Herb Steamed Vegetables 261 kcal £6

Steamed Rice 270 kcal £5

DESSERTS

STICKY TOFFEE PUDDING 720 kcal
Vanilla Ice Cream

STRAWBERRY & LEMON POSSET 739 kcal
Shortbread Biscuit

CARAMEL TART 885 kcal
Chantilly Cream

DARK CHOCOLATE BROWNIE (VE) (GF) 723 kcal
Raspberries & Vanilla Ice Cream

WHITE CHOCOLATE & MATCHA COOKIE DOUGH 380 kcal
Coconut Ice Cream & Marinated Pineapple

APPLE & PEAR CHAI PUDDING (VE) (GF) 751 kcal
Vanilla Ice Cream

SELECTION OF ICE CREAM & SORBETS (VE) (GF)
Each Scoop of Ice Cream is 145 kcal
Each Scoop of Sorbet is 110 kcal

NU
SANA

NOURISH YOUR SOUL

Please notify your server of any food allergies, intolerances, or dietary requirements before placing your order. Many of our dishes can be adapted. Dishes marked (V) are vegetarian & (GF) are gluten free. Calories (kcal) are displayed per portion. An adult needs around 2,000 kcal a day

