

NU SANA

NOURISH YOUR SOUL

BREAKFAST & BRUNCH MENU

8am to 11.30am

BAKERY - £4 each

Assorted Danish Pastries 330 kcal

Butter Croissant with Preserves 373 kcal

FRUIT - £9 each

Nu Sana Granola & Yoghurt with Homemade Fruit Compote (GF) 616 kcal

Seasonal Fruit Salad with or without Yoghurt (GF) 165 kcal

LARGE PLATES

NU SANA STEAK & EGGS 467 kcal - £13
Sirloin Steak, Potato Hash & Paprika Eggs

SUPERFOOD PORRIDGE 398 kcal - £10
(V, GF, DF upon request)
Chai, Flax Seeds, Blueberry & Raspberry

CAPRESE BRUSCHETTA (V) 401 kcal - £11
Nu Sana Tomatoes, Poached Eggs & Nut
Free Pesto on Brown Toast

SMOKED SALMON (GF) 494 kcal - £11
Scrambled Egg on Brown Toast

SMASHED AVOCADO (DF) 316 kcal - £11
Marinated Tomatoes & Poached Eggs on
Sourdough Bread

PANCAKES (VE) (GF) 567 kcal - £10
Coconut & Banana Pancakes

SMOOTHIES & JUICES - £6 each

VITAL DEFENCE JUICE 106 kcal
Beetroot, Carrot, Orange, Ginger & Mint

LONGEVITY JUICE
Kale, Apple, Fennel, Lemon & Turmeric

NO MORE STRESS 100 kcal
Green Cabbage, Celery, Apple
Ginger & Spirulina

DETOX FIBRE JUICE 103 kcal
Apple, Cucumber, Avocado & Cabbage

SKIN REJUVENATING JUICE 59 kcal
Apple, Chard, Celery, Lettuce & Cabbage

GREEN POWER DETOX JUICE 164 kcal
Coconut, Cucumber, Apple
Chard & Lemon

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