

NU SANA

NOURISH YOUR SOUL

ALL DAY MENU

SAVOURY BITES

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| FETA, OLIVES & ROASTED NUTS 501 kcal | £10 |
| CHAI SEED & PUMPKIN BREAD 683 kcal | £6 |
| VEGETABLE CRISPS WITH RED PEPPER HUMMUS 433 kcal | £6 |

SMALL PLATES

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| CHICKEN SATAY SPRING ROLL (DF) 661 kcal Asian Slaw & Satay Sauce | £12 |
| THAI KING PRAWN STEAMED DUMPLINGS (DF) 363 kcal Ginger, Sesame & Soy Dressing | £13 |
| SPICED LAMB KOFTA (GF) 798 kcal Flatbread, Tzatziki & Pickle Salad | £11 |
| ROASTED VINE TOMATO & GOATS CHEESE SOUP 835 kcal Toasted Sourdough & Butter | £9 |
| CRISPY BANG BANG CAULIFLOWER (VE) 241 kcal Red Onion Salad, Cucumber & Mint Dip | £9 |
| TUNA & WATERMELON SALAD 180 kcal Avocado, Watermelon, Soy & Ginger Dressing | £14 |

BUDDHA BOWLS & SALADS

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| VIETNAMESE CHICKEN SALAD 440 kcal Roast Peanuts, Won Tons, Nam Jim Dressing | £16 |
| POACHED CHICKEN BUDDHA BOWL (GF) (DF) 1135 kcal Quinoa, Roasted Onions & Squash | £15 |
| MARINATED TOFU BUDDHA BOWL (V) (GF) 1289 kcal Quinoa, Beetroot, Avocado & Cashew | £14 |
| THAI BEEF SALAD (GF) 459 kcal Cucumber, Peanut, Radish & Mint | £17 |

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



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LARGE PLATES

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| KOREAN WAGYU BURGER 1180 kcal 6oz Wagyu Burger, Kimchi, Nu Sana Mayonnaise & Seasoned Fries | £21 |
| NU SANA FRIED CHICKEN BURGER 1038 kcal Sriracha Mayonnaise, Asian Slaw, Pickles & Garlic Fries | £17 |
| CHICKEN KATSU (GF) (DF) 1032 kcal Sticky Rice, Katsu Sauce, Pickled Carrot & Salad Leaf, Pad Thai | £18 |
| THAI GREEN CURRY (GF) (DF) 405 kcal All Served with Coriander & Lemon Rice, Thai Prawn Crackers | |
| Fish 211 kcal | £17 |
| Chicken 284 kcal | £16 |
| Vegetable 185 kcal | £15 |
| TERIYAKI SALMON 330 kcal Pak Choi, Tenderstem Broccoli & New Potatoes | £20 |
| HOISIN DUCK STIR FRY (DF) 425 kcal Sesame, Orange, Spring Onion & Noodles | £18 |
| GRILLED SEA BREAM 560 kcal Orange & Pomegranate Salad, Herbed New Potatoes | £18 |
| VEGETABLE PAD THAI (DF) 296 kcal Add Chicken | £16 £4 |
| Add Prawn | £5 |
| NU SANA FRIED RICE 352 kcal Add Prawn | £15 £5 |
| PEA & MINT RAVIOLI (V) 463 kcal Asparagus, Broad Beans & Pea Shoots | £15 |

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SIDES

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| TRUFFLE PARMASAN 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 (VE) 180 kcal | £5 |
| LEMON & HERB STEAMED VEGETABLES (V) 261 kcal | £6 |
| STEAMED RICE (VE) (GF) 270 kcal | £5 |

DESSERTS

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| STICKY TOFFEE PUDDING 720 kcal Vanilla Ice Cream | £8 |
| STRAWBERRY & LEMON POSSET 739 kcal Shortbread Biscuit | £8 |
| CARAMEL TART 885 kcal Chantilly Cream | £9 |
| DARK CHOCOLATE BROWNIE (VE) (GF) 723 kcal Raspberries & Vanilla Ice Cream | £8 |
| WHITE CHOCOLATE & MATCHA COOKIE DOUGH 380 kcal Coconut Ice Cream & Marinated Pineapple | £12 |
| APPLE & PEAR CHAI PUDDING (VE) (GF) 751 kcal Vanilla Ice Cream | £9 |
| SELECTION OF ICE CREAM & SORBETS (VE) (GF) Each Scoop of Ice Cream is 145 kcal Each Scoop of Sorbet is 110 kcal | £9 |

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