



# NÜ TRITION SCIENCE

Food is the nü medicine: Micronutrients & phytonutrients (plant chemicals) convey information to the body that can improve health, wellbeing & longevity. Nü's menu is designed to deliver optimal, balanced nutrition including vitamins, minerals, phytonutrients & fibre with every meal.

**Good nutrition starts with high-quality ingredients: we source fresh, healthful & innovative ingredients that are free from additives, colourants, hormones & GMOs where possible.**



## BREAKFASTS

<b>AVO TOAST CLASSIC</b> .....	<b>ONE SLICE</b> 36
	<b>TWO SLICES</b> 52
sliced avo, himalayan salt, black pepper, chilli flakes, lime, coriander, toast (sourdough <b>(V)</b> or rye)	
<b>ADD:</b> gluten free or seed bread	10
<b>FREE RANGE EGGS ON TOAST</b> .....	39
2 poached or scrambled eggs toast (sourdough or rye)	
<b>ADD:</b> sautéed rosa tomatoes	9
gluten free or seed bread	10
white cheddar	12
avo	18
Norwegian smoked salmon	49
<b>nü POACHED EGGS ON GREENS</b> .....	49
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing <b>(GF)</b>	
<b>ADD:</b> sourdough or rye	6
gluten free or seed bread	10
avo	18
<b>SCRAMBLED EGGS, AVO &amp; FETA ON TOAST</b> .....	49
scrambled eggs, avo, feta, rocket, honey & soy seed sprinkle (contains gluten), toast (sourdough or rye)	

<b>BANANA BREAD</b> .....	55
gluten & sugar free banana-coconut bread, served with sugar free peanut butter, banana, honey, cinnamon <b>(GF)</b>	
<b>POACHED EGGS &amp; SMASHED AVO ON TOAST</b> .....	74
smashed avo, poached eggs, sautéed rosa tomatoes, roasted peppers, pea shoots, chipotle drizzle, lime, toast (sourdough or rye)	
<b>ADD:</b> Norwegian smoked salmon	49
<b>BREAKFAST SALAD OR WRAP</b> .....	77
poached eggs, rocket, avo, white cheddar, sautéed rosa tomatoes, soy glaze (contains gluten) & olive oil	
<b>SPICY BEAN BREAKFAST WRAP</b> .....	80
scrambled eggs, spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa	

## OPEN OMELETTES

<b>SERVED WITH SOURDOUGH OR RYE TOAST SWAP FOR GLUTEN FREE OR SEED BREAD</b>	10
<b>ROCKET &amp; FETA</b> .....	70
rocket, broccoli, peas, feta, pea shoots, lemon & olive oil dressing	
<b>SPICY BEAN OMELETTE CLOSED</b> .....	80
spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa	
<b>SMOKED SALMON</b> .....	99
Norwegian smoked salmon, avo, chilli, toasted sesame seeds, pea shoots, lemon & olive oil dressing	

All omelettes are **(GF)** when bread is swapped or excluded

## BREAKFAST BOWLS

<b>CHIA-BERRY OAT CUP</b> .....	39
oats, chia seeds, raspberries, coconut milk, strawberries, whipped coconut cream, wheat-free goji muesli, honey	
<b>CINNAMON OATS BOWL</b> .....	46
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk	
<b>ADD:</b> almond macadamia butter	18
whey protein	25
<b>TIGA RAINBOW CUP</b> .....	49
coconut chia pudding, low fat plain yoghurt, strawberries, sugar free peanut butter, honey, wheat-free goji muesli, whipped coconut cream	
<b>YOGHURT FRUIT SALAD BOWL</b> .....	54
seasonal fruit, low fat plain yoghurt, honey <b>(GF)</b>	
<b>ADD:</b> wheat-free goji muesli	19
<b>THE HEALTH NUT SMOOTHIE BOWL</b> .....	76
banana, almond macadamia butter, whey protein, filtered water, honey topped with chia seeds, hemp seeds, wheat-free goji muesli	

## GLUTEN FREE FLAPJACKS & WAFFLES

<b>GLUTEN FREE WHEY FLAPJACKS</b>	
<b>nü CHAI</b> .....	72
3 stacked chai whey flapjacks served with fresh strawberries & almond macadamia butter drizzle <b>(GF)</b>	
<b>THE ORIGINAL</b> .....	68
whey blueberry flapjack, served with banana, walnuts, honey, cinnamon <b>(GF)</b>	
<b>VEGAN &amp; GLUTEN FREE WAFFLES</b>	
<b>BANANA NUT</b> .....	54
Belgian-style waffle served with banana, flaked almonds, almond macadamia butter drizzle <b>(V) (GF)</b>	
<b>STRAWBERRIES &amp; CREAM</b> .....	70
Belgian-style waffle served with your choice of: · fresh strawberries & coconut cream <b>(V) (GF)</b> · fresh strawberries & froyo <b>(GF)</b>	
<b>ADD:</b> extra toppings - ask for froyo menu toppings	

## OPEN SANDWICHES

<b>SERVED ON A SLICE OF SOURDOUGH OR RYE TOAST SWAP FOR GLUTEN FREE BREAD</b>	10
<b>IRON KICK</b> .....	45
chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt	
<b>SRIRACHA CHICKEN MAYO</b> .....	58
free range chicken, avo, sriracha mayo, smoky coconut flakes, coriander	

<b>ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH</b>	6
---	---

## WRAPS OR SALADS

<b>SERVED AS A SALAD OR IN A LOW GI MULTI-GRAIN WRAP (V)</b>	
<b>nü MACROBIOTIC</b> .....	82
avo, edamame beans, red cabbage, spiced broccoli, greens, soy seeds, miso dressing (contains gluten)	
<b>ADD:</b> pasture raised angus steak	34
free range chicken breast (plain/bbq)	26
<b>IRON KICK</b> .....	76
chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt	
<b>RAINBOW PAD THAI</b> .....	79
edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, bean sprouts, chilli peanut dressing <b>(V)</b>	
<b>IMMUNITY</b> .....	79
avo, kale, rocket, quinoa, carrot, cucumber, red pepper, smoky coconut flakes, spiced cashews, toasted sesame seeds, lime & sriracha dressing <b>(V)</b>	
<b>ALPHA</b> .....	90
feta, avo, walnuts, green beans, greens, cranberries, pea shoots, soy glaze (contains gluten) & olive oil	
<b>POWERHOUSE</b> .....	90
roasted balsamic beetroot, feta, greens, avo, bean sprouts, raw corn, celery, rosa tomatoes, toasted sesame seeds, lemon & olive oil dressing	
<b>MISO CHICKEN</b> .....	92
grilled free range chicken, roasted carrot & butternut, avo, kale, rosa tomatoes, cranberries, miso dressing (contains gluten), black sesame seeds, coriander	
<b>CHICKEN CASHEW CAESAR</b> .....	94
grilled free range chicken, avo, rosa tomatoes, kale, greens, smoky coconut flakes, parmesan shavings, creamy cashew dressing	
<b>STEAK BURRITO</b> .....	92
pasture raised angus steak, mexi beans, white cheddar, avo, lettuce, rosa tomatoes, lemon & olive oil dressing	
<b>STEAK PARMESAN</b> .....	98
pasture raised angus steak, avo, parmesan cheese, lettuce, rocket, rosa tomatoes served with your choice of: balsamic glaze with lemon & olive oil dressing or creamy cashew dressing	

All salads are **(GF)** unless stated otherwise

## ADD A PROTEIN

<b>FREE RANGE EGG</b> 1 per portion	9
<b>TUNA CHUNKS</b> served in brine	24
<b>FREE RANGE CHICKEN BREAST</b> plain / bbq	26
<b>ANGUS STEAK</b> pasture raised	34
<b>NORWEGIAN SMOKED SALMON</b>	49

## NAVIGATE OUR MENU USING

**(V) VEGAN (GF) GLUTEN FREE**  
All our smoothies & juices are gluten free.

## WRAPS

<b>SERVED IN A LOW GI MULTI-GRAIN WRAP (V)</b>	
<b>VEGGIE &amp; AVO</b> .....	68
roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa	
<b>CHICKEN &amp; ROAST VEGGIE</b> .....	79
bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing	
<b>BBQ CHICKEN</b> .....	82
bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo	
<b>MEXI CHICKEN</b> .....	85
bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing	

SUMMER NACHO BOWL



## MEALS

<b>nü MEDITERRANEAN BOWL</b> .....	69
feta, avo, baby spinach, rosa tomatoes, quinoa, greens, lemon & olive oil dressing <b>(GF)</b>	
<b>ADD:</b> pasture raised angus steak	34
free range chicken breast (plain/bbq)	26
<b>BAKED TUNA FISH CAKES</b> .....	ONE 69 TWO 104
gluten free fish cakes made with tuna, feta, lentils, raw corn, broccoli, toasted sesame seeds, soy glaze (contains gluten) & olive oil, served with a side salad	
<b>nü SUMMER NACHO BOWL</b> .....	79
avo, rocket, rosa tomatoes, raw corn, quinoa, organic corn chips, greens, lime coriander dressing <b>(V) (GF)</b>	
<b>ADD:</b> pasture raised angus steak	34
free range chicken breast (plain/bbq)	26
<b>MEXI-TACO BOWL</b> .....	82
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices, topped with avo & white cheddar, served with organic corn chips <b>(GF)</b>	
<b>PROTEIN BALANCE PLATE</b> .....	85
grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad <b>(GF)</b>	
<b>PROTEIN PLUS PLATE</b> .....	89
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa <b>(GF)</b>	

# NUTRITIONAL INGREDIENTS

Nutrition starts with high-quality ingredients. We build relationships with **small, local suppliers** to source fresh, healthful & innovative ingredients.

## WELL-BREAD

Introducing new **SCHOON** sourdough & 100% rye bread.

Each **SCHOON** loaf is hand-shaped in their Manufactory in Stellenbosch, & **long-fermented** to break down gluten & improve digestibility.

**SCHOON** bread is made using water, yeast, salt & 100% South African grains that are stone ground at low temperatures to maintain nutritional integrity.

## OAT MILK

- Made with **organic, gluten free oats**
- Silky, creamy froth** for the perfect cappuccino
- Minimal **environmental impact**



## PASTURE RAISED ANGUS STEAK

Our beautifully marbled Angus steak comes from cows that **feed on grass pasture**, & have **never been given growth promoters or added hormones**.



## SUPER BOOST FARMACY

ADD ANY OF THE FOLLOWING TO YOUR SMOOTHIE FOR AN EXTRA BOOST

### **nu** CBD OIL.....20

5mg per serve

supports **management of anxiety & stress**

supports **neurological health & reduces inflammation**

### ORGANIC CHIA SEEDS.....5

gluten free & rich in omega 3's, fibre & antioxidants

### L-GLUTAMINE.....10

5g/serving improves muscle recovery, promotes healthy digestion & balanced blood sugar levels

### ORGANIC HEMP SEEDS.....10

omega 3 & 6 ratio, contains all amino acids

### ORGANIC GREEN SUPERFOOD POWDER.....10

alkalising superfood that consists of baobab, green grasses, hemp seed protein, moringa leaf & spirulina

### ORGANIC MACA SUPERCHARGE.....10

nutrient dense & energizing superfood containing lucuma, mesquite, raw cacao, hemp seeds, maca & herbs

### MORINGA LEAF POWDER.....10

powerful blend of antioxidants, vitamins & minerals complete protein source, boosts energy

### ORGANIC HEMP SEED PROTEIN POWDER.....20

vegan, free from gluten, dairy, sugar, soy, colouring & artificial flavours complete protein source, fast absorbing & easily digestible

### COLLAGEN.....20

improves & strengthens skin, nails & hair helps with tissue repair & aids digestive health

### WHEY PROTEIN.....25

22g protein, 1.9g carbohydrates, 1.2g fat, free from sugar & artificial sweeteners

### **nu** PROBIOTIC.....10

Contains 14 strains & multiple classes of beneficial live bacteria, fermented at body temperature Helps improve digestion, immune function & nutrient absorption

## LOW FAT FROZEN YOGHURT

**LOW IN FAT & SUGAR**  
**FREE FROM ARTIFICIAL COLOURS & FLAVOURS**  
**RICH IN CALCIUM & LIVE YOGHURT CULTURES**

**FROZEN YOGHURT.....S25 | L32**  
sugar 3.8g/100g & fat 2g/100g

Ask in-store for our range of healthy & delicious toppings, like fruit salad & nuts

## ADVICE ON ALLERGENS

We've taken all the necessary precautions, but there is a possibility that our food may contain traces of nuts, tree nuts, wheat, dairy, eggs, soy, fish, shellfish or other allergens.

## HOT DRINKS

LACTOSE FREE MILK.....8  
ALMOND MILK.....10  
**nu** OAT MILK.....10

### ORGANIC COFFEE

espresso.....S19 | T23  
americano.....S23 | T27  
cappuccino.....S26 | T31  
macchiato.....S23 | T27  
flat white.....S28  
latte.....S27 | T32  
RED espresso flat white.....S29 | T34

TEA ceylon, rooibos, green tea.....19

### TURMERIC LATTE.....35

house blend of turmeric, ginger, cinnamon, honey, almond milk or oat milk

### CHAI LATTE.....35

house blend of cinnamon, ginger, cardamom, nutmeg, cloves, honey, almond milk or oat milk

### HOT LOZENGER.....35

apple juice, lemon, ginger, honey, filtered water

### CHOCOLATE LAVA.....45

vegan chocolate, almond milk or oat milk, cinnamon, dates, himalayan salt topped with whipped coconut cream (V)

### MATCHA LATTE.....40

organic ceremonial grade matcha, almond milk or oat milk (V)

### HOT CHOCOLATE (no added sugar).....40

## POWER JUICES S 350ML | L 500ML

**LEMON-C.....S40 | L50**  
apple, lemon, mint (V)

**CREATE YOUR OWN.....S44 | L54**  
orange, apple, carrot, beetroot (V)  
**ADD:** cucumber 14 ginger 10

**CARROTENE.....S44 | L54**  
carrot, orange, cucumber, ginger (V)

**SUPER 7.....S47 | L57**  
carrot, orange, pineapple, apple, lemon, beetroot, ginger (V)

****nu** FLORA RESTORER.....S48 | L58**  
apple, pineapple, carrot, turmeric, ginger, lemon, probiotic (V)

## GREEN JUICES S 350ML | L 500ML

**ALKALISE.....S40 | L50**  
spinach, apple, lemon, organic green superfood powder (V)

**D-TOX.....S48 | L58**  
spinach, celery, cucumber, apple, lemon, ginger (V)

**KALE ALE.....S48 | L58**  
cucumber, lemon, lime, celery, lettuce, kale / swiss chard (V)

**RUKOLINA.....S50 | L60**  
cucumber, lemon, ginger, pineapple, kale / swiss chard, parsley, himalayan salt (V)

## SMOOTHIES

S 350ML | L 500ML

**THE BASIC.....S39 | L51**  
banana, low fat milk, low fat frozen yoghurt  
**ADD:** honey, sugar free peanut butter 8  
sugar free hot chocolate 14  
red espresso 19

**PEANUT BUTTER BLU.....S39 | L49**  
sugar free peanut butter, blueberries, banana, dates, almond milk (V)

**NEW-ME.....S42 | L54**  
blueberries, strawberries, raspberries, low fat frozen yoghurt, filtered water

**REFRESH.....S44 | L56**  
strawberries, blueberries, apple juice, black pepper, mint (V)

**RAW CHOCOLATE.....S42 | L54**  
cacao, hemp seeds, banana, cinnamon, almond milk, dates, filtered water (V)

**THE HEALER.....S46 | L58**  
apple juice, lemon, ginger, chilli, low fat frozen yoghurt

**GREEN WARRIOR.....S48 | L60**  
orange juice, kale, apple, cucumber, celery, hemp seeds, mango, mint, filtered water (V)

**MIRACLE MILK.....S48 | L60**  
raw cashews, banana, coconut flakes, cinnamon, himalayan salt, honey, filtered water

**STRAWBERRY-B.....S50 | L62**  
strawberries, apple juice, mint, low fat frozen yoghurt

**COFFEE UNION.....S55**  
double organic espresso, honey, low fat frozen yoghurt

****nu** BLU LEMONADE.....S55 | L67**  
low fat frozen yoghurt, pineapple, lemon juice, blue spirulina

****nu** STRAWBERRY SWIRL.....S45 | L57**  
strawberry, mango, low fat frozen yoghurt, filtered water, strawberry purée



STRAWBERRY SWIRL SMOOTHIE

## FUNCTIONAL BLENDS

S 350ML | L 500ML

****nu** CBD GREENS.....S50 | L62**  
mango, kale, spinach, dates, filtered water, CBD oil (5mg) (V)

**STRAWBERRY WHIP.....S40 | L52**  
strawberries, whey protein, filtered water, dates

**LOW FAT PROTEIN SHAKE.....S46 | L56**  
natural vanilla whey protein, low fat milk

**UNICORN BY ZOSIA.....S50 | L62**  
dragon fruit, mango, banana, orange, almond macadamia butter, spirulina, hemp seeds, whipped coconut cream (V)

**BLUEBERRY REEFER.....S54 | L64**  
lactose free milk, blueberries, hemp seed protein, banana, chia seeds, honey

**O MEGA ALMOND.....S54 | L66**  
almond macadamia butter, banana, dates, lucuma, almond milk, activated chia seeds (V)  
**ADD:** collagen 20

**THE NUTTER.....S54 | L66**  
sugar free peanut butter, honey, banana, chia seeds, coconut shavings, whey protein, filtered water

**THE BOSS.....S58 | L70**  
banana, almond macadamia butter, cacao, whey protein, dates, filtered water, honey

**PROTEIN SUPERMATCHA.....S69**  
banana, organic ceremonial grade matcha, whey protein, almond milk

**IMMUNE-C.....L69**  
mango, orange, turmeric, lemon, ginger, beetroot, raspberries, apple juice (V)

## SHOTS

****nu** TURMERIC TONIC.....20**  
pineapple, carrot, turmeric, ginger, lemon (V)

**CELERY TONIC.....20**  
celery, apple, lemon, ginger, cayenne pepper (V)

**GINGER (V).....20**

**GINGER NINJA.....25**  
ginger, lemon, cayenne pepper, honey

## DROP US A BEET

Follow us for the latest updates

@nuhealthfood Nu Health Food

www.nufood.co.za



SCAN THE CODE TO LEAVE US A REVIEW