



WE'RE FOR HEALTH AND WELLNESS. WE TAKE IT SERIOUSLY. VERY SERIOUSLY. WE'RE FOR WHOLESOME, NUTRITIOUS FOOD MADE FRESH - NOT FAST. WE'RE FOR SOURCING THE FRESHEST LOCAL INGREDIENTS. FREE OF ADDITIVES, COLOURANTS, HORMONES, GMO AND MSG WHERE POSSIBLE. WE'RE FOR FREE RANGE AND SUSTAINABLE FARMING PRACTICES. WE WOULDN'T HAVE IT ANY OTHER WAY. NÜ IS FOR A NEW ME. A HEALTHIER ME. A BETTER ME.

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.

BREAKFAST

FREE RANGE EGGS ON TOAST	35
2 per portion - poached or scrambled	
ADD: sautéed rosa tomatoes	9
mozzarella	12
avo	18
smoked norwegian salmon (40g 80g)	49 90
AVO TOAST CLASSIC	46
2 per portion -sliced avo, himalayan rock salt, black pepper, chilli flakes, lime, coriander, toast (wholewheat or rye)	
BANANA BREAD	49
GLUTEN & SUGAR FREE – banana-coconut bread, served with sugar free peanut butter, banana, honey, cinnamon	
POACHED EGGS & SMASHED AVO ON TOAST	66
smashed avo, eggs, roasted rosa tomatoes, roasted peppers, pea shoots, chipotle drizzle, lime, toast (wholewheat or rye)	
ADD: smoked norwegian salmon (40g 80g)	49 90
BREAKFAST SALAD OR WRAP	69
poached eggs, rocket, sliced avo, mozzarella, sauteed rosa tomatoes, soy glaze (contains gluten) & olive oil	
SPICY BEAN BREAKFAST WRAP	69
scrambled eggs, coriander, feta, spiced red kidney beans, baby spinach, avo, corn salsa	
SESAME SALMON ON RYE	96
smoked norwegian salmon (40g), sliced avo, feta, cucumber, toasted sesame seeds, pea shoots, lemon & olive oil dressing	
ADD: extra smoked norwegian salmon (40g)	49
GLUTEN FREE FLAPJACKS & WAFFLES	
GLUTEN FREE & SUGAR FREE WHEY FLAPJACKS	
THE ORIGINAL	62
whey blueberry flapjack, served with banana, walnuts, honey, cinnamon	
MATCHA	85
3 matcha whey flapjacks, served with walnuts & coconut whipped cream, banana & honey	
VEGAN & GLUTEN FREE WAFFLES	
nū BANANA NUT	49
gluten free waffle served with banana & almond butter drizzle, flaked almonds	
nū STRAWBERRIES & FROYO	59
gluten free waffle served with strawberries & low fat plain frozen yoghurt, honey	
nū STRAWBERRIES & CREAM	64
gluten free waffle served with strawberries & coconut cream	
ADD: extra toppings - see froyo menu for toppings	

BREAKFAST BOWLS

CINNAMON OATS	44
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk	
ADD: hemp seed protein	20
whey	25
almond / macadamia butter	18
nū CHOC-ALMOND OATS	64
hot rolled oats, chocolate, coconut milk, strawberries, almond butter drizzle	
CHIA-BERRY OVERNIGHT OATS	68
oats, chia seeds, raspberries, coconut milk, strawberries, blueberries, whipped coconut cream, wheat-free muesli, honey	
YOGHURT FRUIT SALAD	49
seasonal fruit, low fat plain yoghurt, honey	
ADD: wheat-free goji muesli	16
CHOC-PEANUT BUTTER SMOOTHIE BOWL	65
banana, cacao powder, sugar free peanut butter, cacao nibs, coconut, almond milk, wheat-free muesli, filtered water	
THE HEALTH NUT SMOOTHIE BOWL	72
banana, almond/macadamia butter, whey protein, chia seeds, hemp seeds, wheat free muesli, goji berries, filtered water, honey	
MATCHA SMOOTHIE BOWL	72
banana , coconut milk, matcha green tea powder, kale, blueberries, raspberries, toasted flaked almonds, hemp seeds	
TIGA BOWL	72
chia seeds, coconut milk, filtered water, berry coulis, blueberries, sugar free peanut butter, honey	
LSA BOWL	78
linseeds, sunflower seeds, almonds, chia seeds heated in coconut milk topped with goji dust, honey, banana, cinnamon	
OPEN OMELETTES	
SERVED WITH WHOLE WHEAT OR 100% RYE TOAST	
ROCKET & FETA	64
rocket, broccoli, peas, feta, pea shoots, lemon & olive oil dressing	
SPICY BEAN OMELETTE - CLOSED	69
spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa	
SMOKED SALMON	98
smoked norwegian salmon (40g), avo, chilli, toasted sesame seeds, pea shoots, lemon & olive oil dressing	
ADD: extra smoked norwegian salmon (40g)	49

SALADS OR* WRAPS

*AVAILABLE AS A SALAD OR WRAP UNLESS OTHERWISE STATED	
VEGGIE HEAVEN WRAP ONLY	60
roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa	
NÜ-RED SALAD ONLY	68
quinoa, raw beetroot, carrot, radish, pickled ginger, coriander, toasted sesame seeds, sprouts, honey-sesame dressing	
IRON KICK	69
chickpeas, lentils, curry spice, feta, avo, cucumber, celery, coriander, rosa tomatoes, low fat mint yoghurt	
HEARTI	69
greens, roasted butternut, feta, red onion relish, basil, cucumber, sprouts, toasted sesame seeds, lemon & olive oil dressing	
THE RESTORER	75
kale, edamame beans, broccoli, raw corn, avo, cabbage, bean sprouts, coriander, mint, sesame seeds, lime, honey-sesame dressing	
RAINBOW PAD THAI	76
kale, edamame beans, carrot, spring onion, red cabbage, spiced cashews, sesame seeds, hemp seeds, coriander, lime, bean sprouts, peanut dressing	
IMMUNITY	76
kale, rocket, quinoa, avo, carrot, cucumber, red pepper, toasted coconut bacon, cashews, roasted sesame seeds, lime & sriracha dressing	
ALPHA	80
greens, feta, avo, walnuts, green beans, cranberries, pea shoots, soy glaze (contains gluten) & olive oil	
PRO-B	82
rocket, roasted balsamic beetroot, avo, goats' cheese, soy roasted seed mix, radish, sprouts, honey-sesame dressing	
THE DYNAMO	82
lentils, avo, goats' cheese, cos lettuce, kale, carrot, balsamic roasted beetroot, rosa tomatoes, cucumber, coriander, sriracha dressing	
POWERHOUSE	85
greens, roasted balsamic beetroot, feta, avo, raw corn, celery, rosa tomatoes, toasted sesame seeds, sprouts, lemon & olive oil dressing	
PROTEIN WRAPS	
MEXI CHICKEN	76
bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing. (salad served with baked tortilla chips)	
nū CHICKEN & ROAST VEGGIE WRAP	74
bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing	
nū BBQ CHICKEN WRAP	74
bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo	

MEALS

nū LENTIL & BLACK BEAN BURGERS	79
lentils, black beans & egg patty on a gluten free bun with avo & corn salsa + chipotle mayo OR with red onion relish + avo & yoghurt salsa + sriracha mayo	
MEXI-TACO BOWL	76
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices. served with a crispy taco, avo & white cheddar	
BAKED TUNA FISH CAKES	ONE 65 TWO 98
GLUTEN FREE fish cake(s) made with tuna, feta, lentils, corn, broccoli, sesame seeds, soy glaze (contains gluten) & olive oil. served with a side salad	
nū LENTIL & MUSHROOM CHILI	69
lentil, mushrooms, tomato, chilli spice, avo, coconut bacon, coriander	
nū TURMERIC CHICKEN CHILI	69
free range chicken, butternut, sweet potato, carrot, turmeric, chilli spice, avo, coriander	
PROTEIN PLUS PLATE	84
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo salsa	
PROTEIN BALANCE PLATE	84
grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut. served with a side salad	
SOUPS & SANDWICHES	
SANDWICHES	
SMOKY BBQ LENTILS ON RYE	48
lentils, carrots, home-made BBQ sauce, avo & yoghurt salsa, pickled cabbage on toasted rye	
nū SRIRACHA CHICKEN MAYO	48
free range chicken, avo, sriracha mayo, coconut bacon and coriander on toasted rye	
SOUPS	
nū CHIPOTLE VEGGIE SOUP	59
home made tomato, corn & baby marrow chipotle spiced soup with coriander and lime drizzle. Served with rye bread	
nū JALAPEÑO CHICKEN SOUP	64
home made free range chicken in a coconut, canelinni bean, jalapeño and coriander soup. Served with rye bread	
nū SOUP & OPEN SANDWICH	84
Choose any soup (served as a half portion) and any open sandwich	
ADD A PROTEIN TO YOUR SALAD/WRAP/MEAL	
FREE RANGE EGG 1 per portion	8
TUNA CHUNKS served in brine	24
FREE RANGE CHICKEN BREAST oven baked	28
FREE RANGE BBQ CHICKEN BREAST oven baked	28
SMOKED NORWEGIAN SALMON 40g 80g	49 90



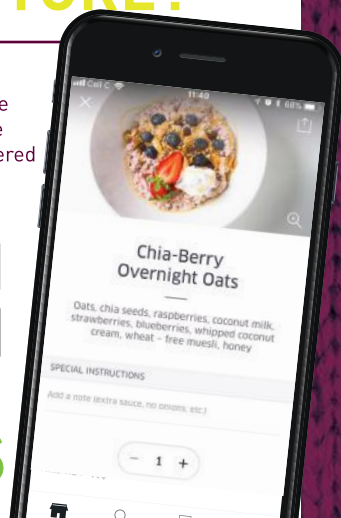
eat global. source local

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HOT DRINKS

LACTOSE FREE/SOY MILK SUBSTITUTE ADD: 8
ALMOND MILK SUBSTITUTE ADD: 10

BARISTA BREWED COFFEE

dbl espresso.....22
americano.....23
flat white.....26
latte.....28

TEA

ceylon, rooibos, green tea.....19
RED espresso flat white.....28

HOT LOZENGERS.....35
apple juice, lemon, ginger, honey, filtered water

MATCHA LATTE.....40
organic ceremonial-grade Matcha, choice
of almond or soy milk

SUGAR FREE HONEST HOT CHOCOLATE.....40

POWER JUICES S 350ML | L 500ML

CREATE YOUR OWN.....S38 | L48
orange, apple, carrot, beetroot
ADD: cucumber 10
ginger 8

LEMON-C.....S36 | L46
apple, lemon, mint

CARROTENE.....S38 | L48
carrot, orange, cucumber, ginger

THE PURIFIER.....S38 | L48
orange juice, lime, parsley

GLO.....S40 | L50
apple, pineapple, cucumber, celery, mint

ZO SHINE.....S40 | L50
carrot, orange, grapefruit, lemon,
pineapple, turmeric powder

RAINFOREST.....S44 | L54
beetroot, celery, lemon, ginger,
pineapple, coriander, kale / swiss chard

GREEN JUICES S 350ML | L 500ML

ALKALISE.....S40 | L50
spinach, apple, lemon, green superfood powder

D-TOX.....S42 | L52
spinach, celery, cucumber, apple, lemon, ginger

RUKOLINA.....S46 | L56
cucumber, lemon, ginger, pineapple,
kale / swiss chard, parsley, himalayan rock salt

KALE ALE.....S46 | L56
cucumber, lemon, lime, celery, lettuce,
kale / swiss chard

SMOOTHIES

S 350ML | L 500ML

THE BASIC.....S36 | L44
banana, low fat milk, low fat plain frozen yoghurt
ADD: honey, sugar free peanut butter 7
sugar free honest hot chocolate 12
red espresso 12

MANGO ZING.....S38 | L48
mango, kale, lime, ginger, honey, filtered water

TROPICAL SPICE.....S38 | L46
banana, pineapple, coconut, chia seeds,
ginger, mint, cinnamon, honey

NEW-ME.....S38 | L48
blueberries, strawberries, raspberries,
low fat plain frozen yoghurt, filtered water

PEANUT BUTTER BLU.....S38 | L48
sugar free peanut butter, blueberries, banana,
dates, almond milk

REFRESH.....S40 | L50
strawberries, blueberries, apple juice,
black pepper, mint

THE HEALER.....S40 | L50
apple juice, lemon, ginger, chilli, low fat
plain frozen yoghurt

RAW CHOCOLATE.....S40 | L50
cacao, hemp seeds, banana, cinnamon, almond
milk, dates, filtered water

GREEN WARRIOR.....S42 | L52
orange juice, kale, apple, cucumber, celery, hemp
seeds, mango, mint, filtered water

MIRACLE MILK.....S44 | L54
raw cashews, banana, coconut flakes, cinnamon,
himalayan rock salt, honey, filtered water

STRAWBERRY-B.....S44 | L54
strawberries, apple juice, mint,
low fat plain frozen yoghurt

COFFEE UNION.....S49
espresso, honey, low fat plain frozen yoghurt

SUPERMATCHA.....S59
banana, almond milk, dates, matcha

FUNCTIONAL BLENDS

S 350ML | L 500ML

STRAWBERRY WHIP.....S38 | L50
strawberries, whey protein, filtered water, dates

LOW FAT PROTEIN SHAKE.....S42 | L50
whey protein, low fat milk

URTH.....S42 | L50
filtered water, coconut, banana, blueberries, dates,
hemp protein powder, chia seeds, kale / swiss chard

UNICORN BY ZOSIA.....S45 | L55
dragon fruit, mango, banana, freshly squeezed
orange juice, almond / macadamia butter, spirulina,
hemp seeds, whipped coconut cream

O MEGA ME.....S50 | L60
mango, orange juice, avo, lime, honey, filtered
water, activated chia seeds

BLUEBERRY REEFER.....S50 | L58
lactose free milk, blueberries, hemp seed protein
powder, banana, chia seeds, honey

POWER SOURCE.....S50 | L58
banana, goji berries, chia seeds, whey protein,
filtered water

O O MEGA ALMOND.....S50 | L60
almond / macadamia butter, banana, dates, lacuma,
almond milk, activated chia seeds
ADD: collagen 20

THE NUTTER.....S50 | L62
sugar free peanut butter, banana, chia seeds, coconut
shavings, honey, whey protein, filtered water

THE BOSS.....S54 | L66
banana, almond / macadamia butter, cacao, whey
protein, dates, filtered water, honey

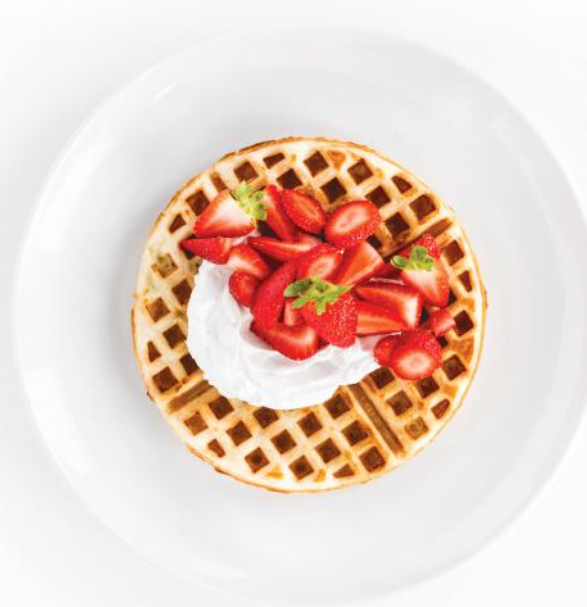
LOW FAT PLAIN FROZEN YOGHURT

OUR FROZEN YOGHURT IS LOW IN FAT & SUGAR. IT'S
FREE FROM ARTIFICIAL COLOURS & FLAVOURS. IT'S
ALSO RICH IN CALCIUM & LIVE YOGHURT CULTURES.

CHOOSE FROM A VARIETY
OF TOPPINGS BELOW:

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

chilli/mint 2
banana 4
coconut flakes 5
chia seeds 5
honey 6
sunflower seeds 8
goji berries 10
sugar free honest hot chocolate 12
pumpkin seeds 12
raw flaked almonds or cashews 12
fruit salad 16
wheat-free goji muesli 16



SUPER BOOST FARMACY

OUR SUPER BOOST FARMACY IS A NATURAL RANGE
OF BOOSTERS SELECTED SPECIFICALLY FOR
THEIR FUNCTIONAL BENEFITS, ENHANCING THE
NUTRITIONAL VALUE OF YOUR MEAL

COLLAGEN.....20
improves and strengthens skin, nails and hair.
helps with tissue repair and aids digestive health

ORGANIC CHIA SEEDS.....5
gluten free and rich in omega 3's, fibre
and antioxidants

L-GLUTAMINE.....9
5g/serving
improves muscle recovery, promotes healthy
digestion and balanced blood sugar levels

ORGANIC HEMP SEEDS.....10
omega 3 and 6 ratio, contains all amino acids
and trans fat free

ORGANIC GREEN POWDER.....11
alkalising superfood that consists of baobab,
green grasses, hemp seed protein, moringa leaf
and spirulina

ORGANIC MACA SUPERCHARGE.....11
nutrient dense and energizing superfood containing
lacuma, mesquite, raw cacao, hemp seeds, maca
and herbs

MORINGA LEAF POWDER.....11
powerful blend of antioxidants, vitamins and
minerals. complete protein source, boosts energy
and increases overall body functioning

GINGER SHOT.....21
relieves nausea, immune booster,
anti-inflammatory, decongestant

ORGANIC HEMP SEED PROTEIN POWDER.....20
vegetarian, free from gluten, dairy, sugar,
soy, colouring and artificial flavours. complete
protein source, fast absorbing and easily digestible

WHEY PROTEIN.....25
22g protein, 1.9g carbohydrates, 1.2g fat. free from
artificial sweetener and sugar

ORGANIC WHEATGRASS SHOT.....35
multitude of vitamins and minerals equivalent to
1kg of green veggies, 90 minerals, 19 amino acids,
alkalises and assists red blood cell production