



spice everything up!

the green (mild) 
pickled jalapeno and cilantro

the red (hot) 
habanero and tomato

homemade soups

3.95 / 5.25 / 6.25
(8oz.) (12oz.) (16oz.)

moroccan lentil soup

lentil, carrot, onion,
celery, garlic

tomato soup

tomato, celery,
cucumber, onion,
basil pesto

seasonal soup

sides

4.75

hummus
hummus tahini
labneh
tzatziki
mediterranean salad
babanoosh

5.95

baked falafel
farro
quinoa
chicken
chicken shawa
mediterranean beef

desserts

rice pudding 4.25

arborio rice, milk, sugar
cardamom and roasted almond
or
cinnamon and raisins

drinks

lemonade 2.95

hibiscus berry iced tea (unsweetened) 2.95

hibiscus/lemonade mix 2.95

iced mint tea (sweetened or unsweetened) 2.95

soda can 1.95

sparkling water 1.95

spring water 1.50

catering menu available at
nanoosh.com/catering

UPPER WEST SIDE

2012 Broadway (68th & 69th)
New York, NY 10023

T 212.362.7922
F 212.362.0916

UNION SQUARE

111 University Place
(12th & 13th)
New York, NY 10003

T 212.387.0744
F 212.387.0746

MIDTOWN/ MURRAY HILL

173 Madison Ave.
(33rd & 34th)
New York, NY 10016

T 212.447.4345
F 212.447.4349

FASHION DISTRICT (MIDTOWN WEST)

469 7th Avenue
New York, NY 10018

T 212.390.0563
F 646.918.7690

30 ROCKEFELLER PLAZA (CONCOURSE)

New York, NY 10112

T 212.969.0727
F 212.969.0728

prices for dine-in table service
vary from this menu

to-go/ delivery menu

order online
nanoosh.com

nanoosh
mediterranean goodness

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nanoosh.com

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salads

8.95

greek

romaine, tomato, cucumber, kalamata olives, feta cheese, onion

baby arugula

carrots, raisin, walnuts, dried cranberries

chickpea

romaine, mixed greens, mediterranean salad, beets

9.95

avocado & lentil

mixed greens, chia seed, carrots, tomato, cucumber, onion, mint, parsley

marinated chicken

mixed greens, hot giardiniera, original tahini

quinoa nanoosh

walnut, dried cranberries, raisins, red and green pepper, onion, parsley

add 2.95

marinated chicken
chicken shawa
baked falafel*
mediterranean beef
2 boiled eggs

dressings

citrus and EVOO
greek feta
spicy citrus
tahini
balsamic vinaigrette

always organic

chickpeas, quinoa, farro, romaine,
arugula, mixed greens, lentils,
eggs, raisins, walnuts,
carrots, arborio rice

grass fed beef all natural chicken

wraps

whole wheat or gluten free

9.25

chicken or chicken shawa

hummus or tzatziki, mixed greens,
lemon/parsley tahini

hummus and veggies

mixed greens, mediterranean salad,
chickpeas (warm), original tahini

spicy egg

roasted red pepper hummus, mixed greens,
lemon/parsley tahini, mediterranean salad,
pickled jalapeno/cilantro green sauce

labneh

(tangy and creamy middle eastern cheese)

avocado, mixed greens, mediterranean salad,
zaatar, EVOO

baked falafel*

hummus, mixed greens, mediterranean salad,
pickles, lemon/parsley tahini

chicken avocado

greek yogurt/avocado spread, romaine,
tomato, cilantro

mediterranean beef (mushroom, onion)

hummus or tzatziki, mixed greens,
lemon/parsley tahini

**baked falafel contains quinoa*

powerfood plates 10.25

pick your base

hummus

original or roasted red pepper

power greens

basmati/turmeric rice

quinoa nanoosh add 1.50
walnuts, dried cranberries, raisins,
red and green pepper,
onion, parsley

farro add 1.50
sundried tomato, onion,
carrots, celery, garlic

+ protein

marinated chicken

chicken shawa

baked falafel*

tunisian boiled egg

mediterranean beef (mushroom, onion)

+ 2 toppings

hummus

babanoosh

chickpeas

mediterranean salad

lentil salad

hot giardiniera

feta cheese

mixed greens

pickles

beet salad

pick your sauce

lemon/parsley tahini shakshuka
citrus and EVOO tzatziki

hummus bowls

original or roasted red pepper

8.95

hummus or hummus tahini

masabaha

warm chickpeas, pickled jalapeno/
cilantro hot sauce, lemon/parsley tahini

mushroom

lemon/parsley tahini

9.95

chicken or chicken shawa

lemon/parsley tahini

mediterranean beef (mushroom, onion)

lemon/parsley tahini

baked falafel*

pickles, lemon/parsley tahini