

POWERFOOD PLATES, SALADS & WRAPS

pick your base

powerfood plates

hummus 10.45
 basmati rice (turmeric) 10.45
 1/2 rice 1/2 powergreen 10.45
 quinoa 11.95
 farro 11.95

salad bowls 10.45

power greens
 (baby kale & baby spinach)
 mixed greens
 romaine
 arugula

wraps 9.95

whole wheat or gluten free
 served with mixed greens or rice

add protein

5 spice chicken
 (breast)

chicken shawa
 (thigh)

baked falafel
 (contains quinoa)

mediterranean beef
 (contains mushrooms
 and onions)

tuna mix
 (a touch of mayo)

tunisian eggs
 (shakshuka sauce)

avocado

choose 2

spread

hummus (original, beet or roasted red pepper)

babananoosh

labneh
 (tangy and
 creamy cheese)

veggie

mediterranean
 salad

lentil salad

zesty broccoli

beet salad

feta cheese

warm chickpeas

mushrooms

hot giardiniera

mixed greens

pickles

sauce

parsley tahini

tzatziki

white
 (greek yogurt and mayo)

adjika
 (hot pepper & garlic sauce)

shakshuka

dressing

citrus & evoo

balsamic

greek feta

spicy citrus

tahini

spice everything up!

the green (mild)  the red (hot) 
 pickled jalapeno & cilantro habanero and tomato

topping 0.95

sunflower seeds zaatar chips tomato carrots
 chia seed pickled onion cucumber red onion

topping 1.50

toasted almond cranberries roasted soy bean
 walnut kalamata olives raisins

GUEST FAVORITES

salads

greek 9.65
 romaine, tomato, cucumber,
 kalamata olives, feta cheese,
 onion

avocado & lentil salad
 10.45
 mixed greens, chia seed,
 carrots, mediteranean salad

5 spice chicken salad
 10.45
 mixed greens,
 hot giardiniera,
 tahini sauce

wraps

baked falafel 9.95
 hummus, mixed greens,
 pickles, mediterranean
 salad, parsley tahini

chicken avocado 9.95
 greek yogurt & avocado
 spread, romaine,
 tomato, cilantro

chicken, chicken shawa
 or beef 9.95
 hummus or tzatziki,
 mixed greens,
 parsley tahini

powerfood

5 spice chicken
 & rice 10.45
 beet salad, mediterranean
 salad and tzatziki

1/2 powergreens
 1/2 rice 10.45
 5 spice chicken,
 original hummus,
 mediterranean salad
 and green tahini

HUMMUS BOWLS

8.95
 served with whole wheat pita
 original
 beet
 roasted red pepper
 with protein 9.95
 and parsley tahini

SOUPS

served with bread
 3.95/5.35/6.25

hearty lentil

ask for seasonal selection
 (price may vary)

nanoosh
mediterranean goodness

the
 mediterranean
 goodness
 guarantee

nanoosh.com

sides

4.75

hummus

hummus tahini

labneh

tzatziki

basmati rice (turmeric)

mediterranean salad

beet salad

babananoosh

5.95

baked falafel

farro

quinoa

chicken

chicken shawa

mediterranean beef

desserts

rice pudding 4.75

arborio rice, milk, sugar
cardamom and roasted almond

or

cinnamon and raisins

organic homemade drinks

lemonade 3.25

hibiscus berry iced tea 3.25

(unsweetened)

hibiscus/lemonade mix 3.25

iced mint tea 3.25

(sweetened or unsweetened)

soda can 2.25

sparkling water 2.25

spring water 1.95

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

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

nanoosh
mediterranean goodness

order online
nanoosh.com

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