

## HOT BOWLS

### WHOLESUME BOWL

quinoa, avocado,	VEGAN	£9.00
spinach, broccoli,	FETA	£12.00
mushrooms, cherry	HALLOUMI	£12.00
tomatoes, sweet potato	KING PRAWNS	£14.00
hash, poached eggs or	SALMON	£14.00
scrambled tofu, seeds	CAJUN CHICKEN	£13.00
and balsamic dressing	STEAK STRIPS	£15.00

### CURRY BOWL

Thai vegetable	VEGAN	£9.00
massaman curry with	FETA	£12.00
brown rice, topped	HALLOUMI	£12.00
with spring onions and	KING PRAWNS	£14.00
crispy onions and	SALMON	£14.00
served with flat breads	CAJUN CHICKEN	£13.00
	STEAK STRIPS	£15.00

### NOODLE BOWL

Asian rice noodles and	VEGAN	£9.00
stir-fried vegetables	FETA	£12.00
with cashew nuts,	HALLOUMI	£12.00
spring onion, crispy	KING PRAWNS	£14.00
onions and chilli	SALMON	£14.00
	CAJUN CHICKEN	£13.00
	STEAK STRIPS	£15.00

### SATAY BOWL

Asian rice noodles and	VEGAN	£9.00
stir-fried vegetables,	FETA	£12.00
pineapple, peanuts,	HALLOUMI	£12.00
spring onion, chilli and	KING PRAWNS	£14.00
a satay sauce	SALMON	£14.00
	CAJUN CHICKEN	£13.00
	STEAK STRIPS	£15.00

## MAINS

### SALMON STIRFRY £12.50

on a bed of soy and ginger stir fried vegetables and brown rice

### SWEET AND SPICY KING PRAWNS £12.50

on a bed of soy and ginger stir fried vegetables and brown rice

### CHICKEN SATAY SKEWERS (X3) £11.50

with brown rice an asian slaw and peanut satay sauce

### CHILLI BEEF STRIPS £13.50

on a bed of soy and ginger stir fried vegetables and brown rice

## SALAD BOWLS

### ASIAN POKE BOWL

brown sushi rice,	VEGAN	£9.00
mixed salad, carrot,	FETA	£12.00
avocado, pickled	HALLOUMI	£12.00
cucumber,	KING PRAWNS	£14.00
edamame beans,	SALMON	£14.00
red cabbage,	CAJUN CHICKEN	£13.00
picked ginger and	STEAK STRIPS	£15.00
wasabi		

### MEXICAN BOWL

steamed quinoa,	VEGAN	£9.00
romaine lettuce,	FETA	£12.00
roasted butternut,	HALLOUMI	£12.00
guacamole, tomato	KING PRAWNS	£14.00
jam, corn chips,	SALMON	£14.00
koyo vegan	CAJUN CHICKEN	£13.00
coriander yogurt	STEAK STRIPS	£15.00
and jalapeños		

### SUPER SALAD

steamed quinoa,	VEGAN	£9.00
spinach, kale, purple	FETA	£12.00
cabbage, carrot,	HALLOUMI	£12.00
avocado, cucumber,	KING PRAWNS	£14.00
squash, tomato and a	SALMON	£14.00
lemon and garlic	CAJUN CHICKEN	£13.00
dressing	STEAK STRIPS	£15.00

## SIDES

TURMERIC CAULIFLOWER / GREEN  
VEGGIES / CHIPS/SALAD £3.00

# NUDE BEACH

www.nudefood.je/online-store or  
CALL US ON 01534 480808