

NUDE BEACH

STARTERS

CAULIFLOWER FRITTAS £7.50

with a mango chilli and lime salad and curried vegan mayonnaise

GRILLED HALLOUMI SKEWERS £7.50

with peppers and pesto dipping sauce (D)

KING PRAWN SKEWERS (X2) £8.80

with a mango chilli lime salad and garlic mayonnaise (E / CR)

CHICKEN SATAY SKEWERS (X2) £7.50

with an asian slaw and peanut satay sauce (E / PN)

STICKY CHICKEN WINGS £7.50

maple infused chicken wings with a nude slaw and a cashew and ginger sauce (E / TN)

SMOKED SALMON & CUCUMBER £8.00

Smoked salmon with pickled cucumber, cured carrot, leaves, peas and lemon juice (F / SU)

LITE BITES

PRAWN LETTUCE FLAT BREAD £8.00

ice gem lettuce with atlantic prawns, marie rose sauce, pickled ginger and tomato (CR / E / SU)

FETA FLAT BREAD £9.00

feta, butternut squash, sun dried tomato, red onion, rocket and balsamic served on a grilled flat bread (D / SU / G).

ALLERGENS

In bold and underlined please see the below list

C - Celery / G - Gluten / CR - Crustaceans / E - Eggs / F - Fish / L - Lupin / D - Dairy / M - Molluscs / MU - Mustard / PN - Peanuts / S - Sesame / SY - Soy / SU - Sulphites / TN - Tree nuts

BURGERS

PLANT BURGER £9.50

beetroot and quinoa burger in a vegan bun with lettuce, tomato, sweet potato ketchup, vegan mayo and pickles and hand-cut triple cooked chips (G / SU)

HALLOUMI BURGER £10.00

grilled halloumi and a field mushroom in a brioche bun with lettuce, tomato, sweet potato ketchup, vegan mayo and pickles and hand-cut triple cooked chips (D / G / SU)

CAJUN CHICKEN BURGER £11.00

Cajun chicken breast on a brioche bun, nude slaw, lettuce, salted cucumber, chilli mayonnaise, and hand-cut triple cooked chips (G / E / SU)

BEEF BURGER £12.00

homemade beef burger in a brioche bun with lettuce, tomato, sweet potato ketchup, brown onion mayo, pickles and hand-cut triple cooked chips (G / E / SU)

BURGER ADDONS

CARAMELISED ONIONS	£0.80
<u>FRIED EGG (E)</u>	£1.00
<u>CHEDDAR CHEESE (D)</u>	£1.50
<u>HALLOUMI (D)</u>	£1.50
<u>MOZZARELLA (D)</u>	£1.50
<u>BACON</u>	£2.00

CAJUN CHICKEN FLAT BREAD £9.50

grilled free range cajun chicken, red onion, carrot and rocket with a lime and coriander yogurt, balsamic dressing on a grilled flat bread (D / SU / G).

RAINBOW FLAT BREAD £7.00

Hummus, carrot, lettuce, red onion, avocado, pepper in a flat bread wrap (G)

SIDES £3.50

TURMERIC CAULIFLOWER / GREEN VEGGIES / CHIPS / SALAD / NEW POTATOES

HOT BOWLS

WHOLESOME BOWL

quinoa, avocado, spinach, broccoli, mushrooms, cherry tomatoes, sweet potato hash, poached **eggs** or turmeric scrambled **tofu**, seeds and **balsamic** dressing (E / SY / SU)

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON (F)	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

CURRY BOWL

Thai vegetable **massaman** curry with brown rice, topped with spring onions and **crispy onions** and served with **flat breads** (SY / G)

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON (F)	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

NOODLE BOWL

Asian rice noodles and stir-fried vegetables in a **cashew**, ginger and sesame sauce topped with **cashew** nuts, spring onion, **crispy onions** and chilli (TN / S / G)

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

SATAY BOWL

Asian rice noodles and stir-fried vegetables in a peanut satay sauce topped with pineapple, peanuts, spring onion, chilli and a satay sauce (PN)

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

RICE BOWL

Brown rice stir fried vegetables and a **sweet and spicy sauce** topped with chilli flakes and spring onions (S / SU)

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

DUMPLINGS (X6) £9.00

Pick your flavour dumpling and your sauce

DUMPLINGS

Vegetable, Duck or Prawn (CR)
on a bed of vegetables

SAUCE

Gyosa (sweet soy and spring onion dipping sauce) (SY)
Cashew, chilli and ginger (dipping sauce) (TN / SY / S)
Miso Broth (dumplings served in broth) (SY)

SALAD BOWLS

ASIAN POKE BOWL

brown sushi rice, mixed salad, carrot, avocado, **pickled cucumber**, **edamame beans**, red cabbage, **pickled ginger** and wasabi (SU / SY)

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

MEXICAN BOWL

steamed quinoa, romaine lettuce, roasted butternut, guacamole, tomato jam, corn chips, koyo vegan coriander yogurt and **jalapeños**

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

SUPER SALAD

steamed quinoa, spinach, kale, purple cabbage, carrot, avocado, cucumber, squash, tomato and a lemon and garlic dressing

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

NUDE BOWL

kos lettuce, mixed green leaves, beetroot hummus, carrots, cucumber, tomato and avocado with **balsamic** dressing and seeds

VEGAN	£9.50
FETA (D)	£12.50
HALLOUMI (D)	£12.50
KING PRAWNS (CR)	£14.50
SALMON	£14.50
CAJUN CHICKEN	£13.50
STEAK STRIPS	£15.50

MAINS

CAULIFLOWER & PEA £12.50

Cauliflower frittas and turmeric cauliflower on a bed of peas, spinach and green beans with a mango and chilli salsa

SEARED SALMON £14.00

on a bed of peas, pineapple, spinach and new potatoes (F)

SEA BREAM £14.00

with sweetcorn puree, sweet corn, garden peas, green beans and new potatoes (F)

CHICKEN SATAY SKEWERS (X3) £13.50

with brown rice an asian slaw and peanut satay sauce (PN)

BRUNCH (10 - 11.30)

SMASHED AVO ON TOAST £6.00

Smashed avocado on sourdough toast with chilli and sea salt (G)

WHOLESOME BOWL £9.50

quinoa, avocado, spinach, broccoli, mushrooms, cherry tomatoes, sweet potato hash, poached eggs or turmeric scrambled tofu, seeds and balsamic dressing (E / SY / SU)

DEVILLED EGGS £8.50

fried free range eggs on sourdough with grilled halloumi, avocado and spicy siracha sauce (E / G / D)

BREAKFAST BAP £5.00 (CHOICE OF 3)

fried free range eggs / grilled halloumi / avocado / bacon / sausage on a brioche roll (E / D / SU / G)

SMOKED SALMON BRUSCHETTA £9.00

sourdough topped with smoked salmon, cream cheese, rocket, red onion and black pepper (G / F / D)

MUSHROOMS ON TOAST £8.50

Sourdough toast with creamy mushrooms and spinach, topped with a fried or poached egg. (G / D / E)

COFFES & TEAS

ESPRESSO £2.50

LONG BLACK £2.50

AMERICANO £2.50

FLAT WHITE £2.80

CAPPUCINO £2.90

LATTE £2.90

MOCHA £3.00

ICED LATTE £3.00

TEAS

BREAKFAST TEA £1.80

GREEN/MINT/LEMON & GINGER TEA £2.00

LATTES

CHAI £2.90

MATCHA £2.90

TURMERIC £2.90

HOT CHOCOLATE £2.50

ALT MYLKS £0.50

SOYA (SY) / OAT (G) / ALMOND (TN) / COCONUT 

SMOOTHIE BOWLS

ACAI BOWL £8.00

Acai especial, banana, granola, honey or maple (G)

BERRY BOWL £8.00

Strawberries, raspberries, blueberries, banana, granola, goji berries honey or maple (G)

TROPICAL BOWL £8.00

Mango, pineapple, banana, granola, coconut flakes, goji berries, honey or maple (G)

SMOOTHIES

BOOST £5.00

Strawberries, raspberries, blueberries, banana and almond mylk (TN)

TONE £5.00

Mango, pineapple, banana and coconut mylk

WORKOUT £5.00

Almond butter, banana, dates and almond mylk (TN)

GLOW £5.00

avocado, grapes, pineapple, spinach and apple

POWER £5.50

acai, banana and apple

JUICES

NUDE £4.50

Apple, orange and carrot

REPLENISH £4.50

Beetroot, carrot, apple, spinach, carrot

DETOX £4.50

Apple, pear, kale, cucumber, lime

IMMUNE BOOST £4.50

Apple, carrot, ginger, turmeric, and lemon

REVITALISE £4.50

Carrot, orange, ginger 

NUDE FOOD BEACH

DRINKS MENU

WHITE WINE

SAUVIGNON BLANC | CAN - £6.50

Nice Can 187ml / 11.5%

SAUVIGNON BLANC | BOTTLE - £26.0

Yealands Estate, New Zealand 75cl / 12.5%

PINOT GRIGIO | BOTTLE - £20.00

San Giorgio 75cl / 12%

ROSE WINE

PALE ROSE | GLASS - £6.50

Nice Can 187ml / 12%

PINOT GRIGIO | BOTTLE - £20.00

San Giorgio 75cl / 12%

SPARKLING WINE

PROSECCO | GLASS - £6.50

One4one 20cl / 11%

PROSECCO | BOTTLE - £20.00

Botter 75cl / 11%

RED WINE

MALBEC | GLASS - £6.00

Nice Can 187ml / 13.5%

MALBEC | BOTTLE - £30.00

Piedra Negra, Mendoza 75cl / 14%

MERLOT | BOTTLE - £22.00

Chameleon, Stellenbosch 75cl / 14%

SHIRAZ | BOTTLE - £25.00

Yalumba, Australia 75cl / 13.5%

SPIRITS

VODKA / GIN / RUM £4.00

BEERS | LAGER | CIDER

LAGER - £4.50

Heineken can 33cl / 5%

BEER - £5.00

Beavertown Neck Oil IPA 33cl / 4.3%

CIDER - £4.50

Hawkes Urban Apple Cider 33cl / 4.5%

CIDER - £4.50

Hawkes Dead & Berried Cider 33cl / 4%

GLUTEN FREE / VEGAN- £4.50

Two Tribes plant power can 33cl / 4.5%

ALCOHOL FREE / LOW

BEER - £4.00

Estrella Galicia Lager 33cl / 0%

SOFT DRINKS

FIZZ (NATURAL SUGARS) - £2.90

Cola / Lemonade

SPARKLING WATER - £1.90 / £3.80

Life water 33cl can

STILL WATER - £1.90 / £3.80

Life water 33cl can

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www.nudefood.je

CALL US ON 01534 480808

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