

NOSH FAVOURITES (Designed by us)

Cool Chick \$10.9

Chicken in tamarind, garlic, coriander, and lime sauce on brown rice and spinach sweet potato salad **(GF)**

Chicken Teriyaki Tease \$10.9

Seared teriyaki chicken on jasmine rice with a roasted vegetable mixed leaf medley **(GF)**

Poke Party | Available seared | \$13.9

Fresh Tasmanian salmon sashimi cubes in creamy roasted sesame sauce, on coconut turmeric rice and spinach sweet potato salad

Wagyu-San \$14.9

Seared Australian 9+ wagyu beef on jasmine rice with a roasted vegetable mixed leaf medley and a 63° egg **(GF)**

Regular +\$3



All favourites bowls include edamame, pickled ginger, seaweed strips, roasted sesame seeds and crispy shallots.



Peek-ing Duck \$13.9

Spicy caramel duck with soba noodles, fresh cucumber and a roasted vegetable mixed leaf medley.

Tempeh Teri-san \$11.9

Teriyaki braised soybean cakes, lotus roots and tofu on quinoa and kale beetroot salad **(V) (VG) (GF)**

Sashimi Lovin \$13.9

Fresh tuna sashimi cubes in shoyu sauce on brown rice, pumpkin and charred broccoli salad **(GF)**

Eye of the Tiger \$13.9

Tiger prawns in tamarind, garlic, coriander and lime sauce on fragrant jasmine rice, and spinach sweet potato salad **(GF)**

CREATE YOUR OWN BOWL

Step 1: Pick one protein

- Sous-vide chicken \$10.9
- Sashimi Salmon Cubes \$13.9
- Tempeh, Tofu & Lotus root \$11.9
- Seared Duck \$13.9
- Tiger Prawns \$13.9
- Sashimi Tuna Cubes \$13.9
- Grass-fed beef \$12.9
+\$2 for Wagyu beef 9+

Step 2: Pick one base

- Brown rice
- Jasmine rice
- Turmeric coconut rice +\$2
- Cauliflower corn rice +\$2
- Quinoa +\$2
- Soba Noodles +\$2
- Salad only +\$2 (refer to step 3)

Step 3: Pick one salad

- Baby spinach, sweet potato, capsicum, edamame & sesame seed **(V) (VG) (GF)**
- Mixed baby leaves, roasted carrots, paprika potatoes, & pepita seeds **(V) (VG) (GF)**
- Super kale, roasted beetroot, goji berry & walnut **(V) (VG) (GF)**
- Charred broccoli, shiitake & miso roasted pumpkin **(V) (VG) (GF)**

Designed from the heart to leave you feeling nutritionally complete, revitalised and whole



Handcrafted creations using the finest, fresh, locally-sourced and seasonal produce that hits the spot in your soul.



Step 4: Pick one sauce

- Tamarind coriander & lime **(V) (VG) (GF)**
- Spicy caramel ginger **(GF)**
- Creamy roasted sesame
- Warm cashew satay **(V) (VG) (GF)**
- Yuzu vinaigrette **(GF)**
- Sriracha mayo
- Honey BBQ
- Teriyaki **(V) (VG) (GF)**
- Shoyu **(V) (VG) (GF)**



House-made sauces that tickle your tastebuds.

Step 5: Add three toppings

- Seaweed strips
- Charred capsicum
- Pickled ginger
- Charred corn
- Edamame
- Pineapple
- Crispy shallots
- Seaweed salad
- Roasted beetroot
- Roasted walnuts
- Fresh red chilli
- Pickled Jalapeno
- Goji Berries
- Kimchi
- Cucumber
- Avocado +\$2
- 63° egg +\$1.5

Additional toppings \$0.50 each

"Please sir, I want some more."

- Chicken \$3
- Salmon \$5
- Prawn \$5
- Tempeh, tofu & lotus root \$3
- Tuna \$5
- Duck \$5
- Beef \$4
+\$2 for Wagyu beef 9+

NORI TACO

\$\$\$ 1 for \$7.5 / 2 for \$14 / 3 for \$20



All tacos include coconut turmeric rice and sesame seeds.

- Spicy Mayo Salmon
- Creamy Sesame Chicken
- Tamarind Tiger Prawns
- Tamarind Tofu Tempeh **(V) (VG)**
- Banging Honey BBQ Beef
+\$1 for Wagyu beef 9+

Drinks

Organic kombucha \$4.8

- Cherry Plum
- Ginger and Lemon
- Apple
- Raspberry
- Lemon Lime and Mint

Cold Pressed Juice \$4.9

Sweet Cheeks (Watermelon, Apple, Cucumber, Raspberry, Lime)

Up Beet (Beetroot, Carrot, Apple, Celery, Ginger, Lemon)

Tropi Cool (Pineapple, Apple, Orange, Lemon, Mint)

The Big O (Orange)

Cloudy Apple (Apple)

Specialty sodas \$4.9

- Karma Cola
- Ginger Ale
- Lemmy Lemonade
- Summer Orangeade

Natural mineral water \$2.5

Sparkling water \$3.0

100% Coconut water \$4.2

* **(V)** Vegetarian
(VG) Vegan
(GF) Gluten-free

Warm option available
 Premium Ingredient

All bowls are served chilled unless otherwise stated.



MELBOURNE CENTRAL
GALLERIA
COLLINS SQUARE
DONCASTER WESTFIELD



@noshaustralia
www.nosh.net.au
hello@nosh.net.au



nosh
WHERE GOODNESS BEGINS