

Breakfast Sandwiches

Served on your choice of bagel or English muffin

Pesto Chorizo

fresh cracked all natural egg, chorizo, pickled red onions, wild mushrooms, parmesan cheese and dijon pesto on flatbread

Honey Goat Avocado V

fresh cracked all natural eggs, fresh avocado, pickled red onions, arugula, scallions and honey goat cheese on toasted ciabatta

Short Rib Torta

short rib, scrambled egg, tomato, avocado, house hot, cheddar, pressed ciabatta

Fresh Cracked Egg & Cheese V

add bacon, vegan bacon, or chorizo

Vegan JUST Egg V+

vegan egg, vegan mozzarella, pickled red onions, arugula, and chipotle aioli

*replace eggs with JUST Egg or tofu to make vegan

Breakfast Burritos/Bowls

Served as a burrito or bowl

Spanish Scramble V+

3 cage-free eggs or vegan JUST egg, chorizo or impossible sausage, fresh salsa, melted cheddar cheese or vegan mozzarella, black beans, fresh cilantro, pickled red onion and sour cream, and avocado

Harvest Tofu Scramble V+

sweet potatoes, pickled red onions, wild mushrooms, kale and organic marinated tofu, topped with basil pesto drizzle

Chorizo Brussels Scramble

Chorizo, brussel sprouts, sweet potatoes, red onion, sriracha, fried egg, micro cilantro

Impossi-Burrito V+

impossible sausage, vegan JUST egg or fresh cracked eggs, vegan mozzarella or cheddar, scallions, sweet potato, and kale and chipotle mayo in a wheat wrap

*replace eggs with JUST Egg or tofu to make vegan

Superfood Waffles

Superfruit Waffle V

house made waffle made with quinoa, chia, and flax seeds, topped with fresh strawberry and banana, granola, maple syrup, and house made superfood fudge sauce

Healthy Snacks

Avocado Smash Toast V+

freshly smashed avocado, thinly sliced cucumber and watermelon radish, red pepper flakes, salt and pepper, topped with micro cilantro on local wheat bread

Vegan Tacos V+

spicy tofu scramble, brussel sprouts, avocado, jalapeno-avocado sauce, fresh lime

Edamame Dumplings V+

Dumplings stuffed with edamame, shiitake mushrooms, and cabbage served with house sweet and spicy sauce

NU KITCHEN

NU in french translates to naked. From our organic coffee to our all natural meats, we believe your food, drink, and lifestyle should be free from all the junk. We see the **Kitchen** as the heart of the home, it's a comfortable and welcoming gathering place that brings everyone together.

NU Kitchen pairs our passion for entertaining with our commitment to a healthy lifestyle. We combine wholesome ingredients, mindful preparation, and attentive service to create an uplifting atmosphere. We believe in making healthy food a new adventure; we seek to inspire our community one person at a time.

Eat clean, drink naked.

Ask about our catering!

Whether you're having a small get together or a huge bash, NU Kitchen can take care of your catering needs for any party or occasion.

Events

Look for our regular live music and Paint Nite events.

WORCESTER SOMERVILLE

335 Chandler Street
Worcester, MA 01602

508.926.8800

M 8am-8pm
T 8am-8pm
W 8am-8pm
T 8am-8pm
F 8am-8pm
S 8am-8pm
S 8am-8pm

195 Washington Street
Somerville, MA 02143

617.764.2482

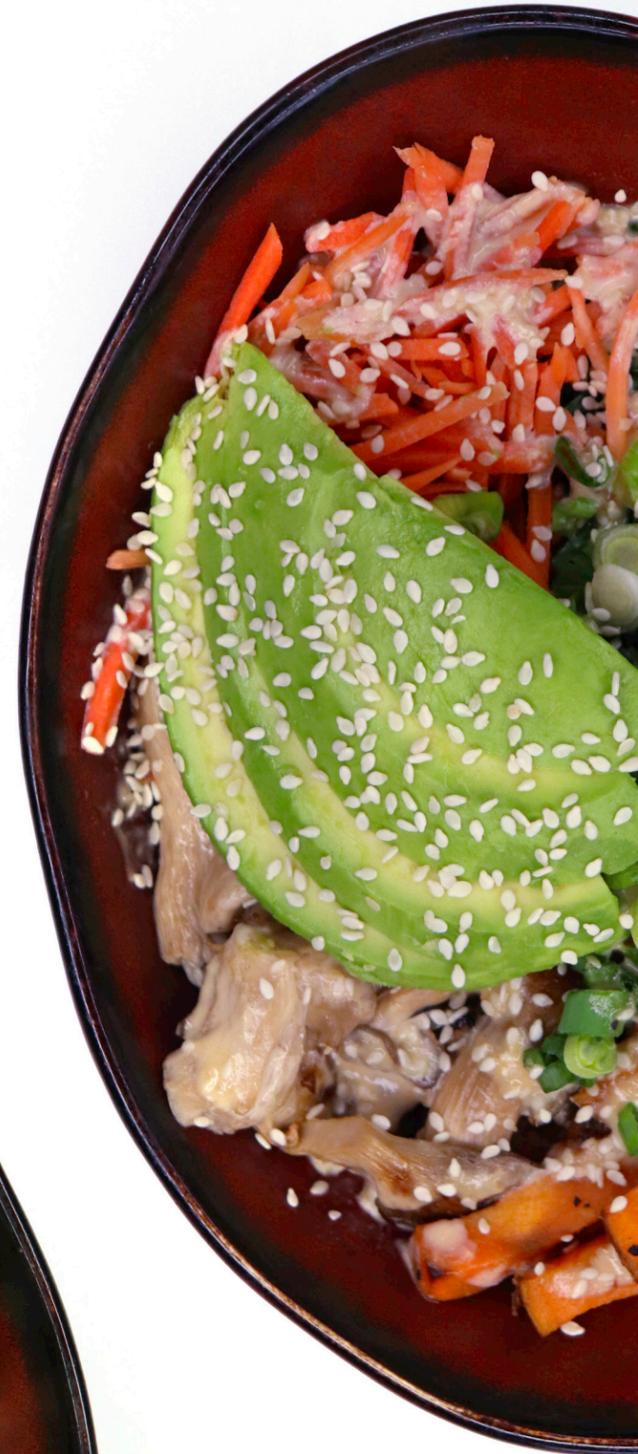
M 7:30am-9pm
T 7:30am-9pm
W 7:30am-9pm
T 7:30am-9pm
F 7:30am-9pm
S 8am-9pm
S 8am-8pm

thenukitchen.com

V+ Vegan V Vegetarian GF Gluten Free

NU KITCHEN

menu



order online at
thenukitchen.com

Juices V+ GF

16oz | 24oz

Mighty Beets

beet · lemon · ginger · carrot · cucumber

Belly Bliss

apple · carrot · ginger

Mean & Green

apple · kale · avocado · cucumber

Vita C

orange · pineapple · ginger · carrot

Sweet Beach

pineapple · apple · cucumber · mint

Real Fruit Smoothies V GF

16oz | 24oz

Strawberry Banana

strawberry · banana · froyo · fresh apple juice
oat milk · agave

Berry Fusion

strawberry · blueberry · froyo · fresh apple juice
oat milk · agave

Blue Monkey

blueberry · banana · froyo · fresh apple juice
oat milk · agave

Tropical Sunset

strawberry · mango · coconut · bananas · froyo
pineapple juice

Coffee & Tea

Iced: 16oz | 24oz Hot: 12oz | 16oz

Organic Coffee

Cold Brew

Hot & Iced Tea

Matcha

Espresso & Latte

Craft Beer, Wine & Cocktails*

See store for rotating list

*Cocktails at Somerville location only

Please let us know if you have any food allergies before placing your order.

Supercharged Smoothies

16oz | 24oz

Good Morning V

blueberry · banana · granola · peanut butter
fresh apple juice · oat milk · chia seed

Cacao Cold Brew V GF

cacao · cold brew · peanut butter · banana · froyo
dates · cinnamon

Health Nut V+ GF

banana · spinach · kale · almond · flax seed · almond milk

Muscle Machine GF

cacao · peanut butter · banana · milk · flax seed · whey protein

SoCal Berry V+ GF

organic acai · strawberry · blueberry · fresh apple juice
oat milk · agave

Hawaiian Beach Bowls V

Oahu Acai Bowl

organic acai blended with oat milk, cold pressed apple juice, bananas, topped with strawberry, banana, granola, toasted coconut, cacao nibs, and honey

Maui Acai Bowl

organic acai blended with oat milk, cold pressed apple juice, bananas, topped with pineapple, strawberry, granola, toasted coconut, local peanut butter, and house made superfood fudge sauce

Kauai Acai Bowl

organic acai blended with oat milk, cold pressed apple juice, bananas topped with dried blueberries, bananas, granola, almonds, chia seeds, and honey

Supplements

Whey Protein	Chia Seeds	Cacao
All Natural	Flax Seeds	Vegan Protein
Peanut Butter		

V+ Vegan V Vegetarian GF Gluten Free

All sauces are 100% dairy free and gluten free.

Soups

Tuscan Tomato V GF

Soup Special

Burgers

Served with kettle chips or spicy cucumber salad

Veggie Burger V+

10 Veggie Burger, pickled red onions, arugula, chipotle aioli, and fresh avocado on toasted ciabatta bread

Beyond Burger V+

Beyond Burger, fresh grilled pineapple, lettuce, pickled red onions, house special sauce on toasted ciabatta

Turkey Burger

all natural turkey burger with romaine, tomato, and pickled red onions topped with a fried egg on toasted ciabatta with chipotle aioli

Salmon BLT

tender salmon, bacon, avocado, tomato, steamed spinach, topped with our lemon vinaigrette and a dash of sriracha on ciabatta

GF Gluten free bread available for all burgers

Sandwiches & Wraps

Served with kettle chips or spicy cucumber salad

Banh Mi

slow roasted short rib **or** roasted tofu, roasted oyster mushrooms, pickled carrots and cucumbers, fresh cilantro, with chipotle aioli and a dash of sriracha on toasted ciabatta

Short Rib

slow cooked short rib **or** roasted tofu, wild mushroom mix, pickled cucumbers, melted cabot cheddar, and dijon pesto pressed on ciabatta

Southwest BLT

bacon **or** vegan bacon, lettuce, tomato, pickled red onion, avocado, chipotle mayo, sriracha, on local wheat bread

Turkey Bacon Avocado Wrap

all natural roasted turkey, nitrate-free bacon, avocado, topped with fresh cilantro, crisp romaine, and chipotle aioli on a wheat wrap

Buffalo Kale Chicken Wrap

roasted chicken **or** vegan chicken, kale and romaine lettuce, crispy chickpeas, shredded parmesan, and a drizzle of buffalo sauce tossed in our garlic ginger dressing on a wheat wrap

Chicken Caesar Wrap

romaine, chicken **or** vegan chicken, parmesan/vegan mozzarella, tomatoes, pickled carrots and onions, crunchy chickpeas, and house made caesar on a wheat wrap

GF Gluten free bread available for all sandwiches

Paninis

Served with kettle chips or spicy cucumber salad

Pesto Chicken Flatbread

all natural chicken **or** vegan chicken, pesto, sliced tomatoes, pickled red onions, spinach and melted mozzarella grilled on flatbread

Sweet Potato V

roasted sweet potato, wild mushrooms, pickled red onions, cheddar, sweet mustard, arugula, pressed on ciabatta

Turkey Avocado

roast turkey, fresh sliced avocado, pickled red onions, melted mozzarella, baby spinach, and chipotle aioli on crisp flatbread

GF Gluten free bread available for all paninis

Super Grains

Chickpea and Parmesan Bowl V GF

organic quinoa, brown rice, arugula, parmesan, fresh basil, crispy chickpeas, roasted brussel sprouts, and avocado topped with our fresh lemon vinaigrette

Chipotle Avocado and Lime Bowl V+ GF

organic quinoa, brown rice, steamed kale, corn, black beans, fresh salsa, and avocado topped with our spicy chipotle lime dressing

Banh Mi Bowl V+ GF

organic quinoa, brown rice topped with pickled carrots, cucumbers, and red onions, arugula, wild mushrooms, avocado, sesame seeds, and our chipotle soy aioli

Buddha Bowl V+ GF

organic quinoa, brown rice topped with marinated oyster mushrooms, sweet potato, steamed spinach, pickled carrots, avocado, scallions, sesame seeds, and our garlic ginger sauce

Salads

Southwest V+ GF

avocado, sweet corn, cilantro, black beans, fresh squeezed lime, tomato, and tortilla strips served over crisp romaine with a chipotle lime dressing

Kickin' Kale V GF

shredded kale, romaine, parmesan, roasted brussel sprouts, avocado, buffalo sauce drizzle, and crispy chickpeas with a side of our garlic-ginger sauce

Kale Caesar V GF

kale, romaine, cherry tomatoes, pickled red onions, pickled carrots, chickpeas, watermelon radish, parmesan and our caesar dressing

Proteins

Add to your grain bowl or salad

 Roasted All Natural Chicken (\$3)

 Agave Sriracha Organic Tofu (\$2.50)

 Roasted Wild Mushroom Mix (\$3)

 Slow Cooked Salmon (\$4.50)

 Slow Cooked Short Rib (\$5)

 Vegan Chicken (\$4)

 Beyond Burger (\$4)