

ALL DISHES WITH PITA ARE NOT GLUTEN FREE

FRESH FARE
SALADS

Add: Chicken \$7 / Salmon \$10 / Tofu \$7 / Falafel \$7
Lamb Kebab \$10 / Chicken Kebab \$8 / Griot \$8

BEET SALAD GF \$14.45

Beet, carrots, feta cheese, field greens, and lemon dressing.

CAESAR SALAD NT \$14.45

Romaine Lettuce, croutons top with parmesan cheese.

TROPICAL SALAD GF \$14.45

Crispy greens, tomatoes, cucumbers, red onions, mangoes, pineapples, and corn. Served with Lemon dressing

MEDITERRANEAN SALAD GF \$14.45

Mixed greens, cucumbers, tomatoes, olives, red onions, and feta cheese. Served with lemon dressing

AMA'S DELIGHT \$15.45

Mixed greens, hummus, plantains, pita bread, avocado, and feta cheese. Served with lemon dressing

HOUSE SALAD GF \$14.45

Mixed greens, cucumbers, tomatoes, olives, and cranberries. Served with lemon dressing

FRESH FRUIT BOWL GF \$7.00

Fruit in season

SIDE DISHES

HUMMUS WITH PITA \$7.00

Beet or Chickpea

NZUKO COLESLAW GF \$7.00

FETA CHEESE GF \$7.00

AVOCADO GF \$7.00

FRIED PLANTAINS GF \$7.00

AIR FRIED PLANTAINS GF \$7.00

SAUTÉED VEGGIES GF \$7.00

FALAFEL GF \$7.00

Spicy or regular

RICE GF \$7.00

White rice | Brown Rice & Bean | Mushroom

VEGAN LENTIL PUFFS GF \$7.00

MASHED POTATOES \$7.00

ARAPES \$7.00

KID FRIENDLY

GRILLED CHEESE SANDWICH \$8.50

GRILLED CHICKEN & TOMATO GF \$7.50

ORGANIC MAC & CHEESE \$7.00

MINI HOUSE SALAD GF \$6.50

MIXED FRUITS GF \$6.50

SMOOTHIES \$8.45

With milk choices

GREEN WORKS GF

MANGO MANGO GF

PEACH MANGO GF

PIÑA COLADA GF

COCONUT KALE GF

THE CLEANSER GF

STRAWBERRY BANANA GF

VEGAN DELIGHTS

FALAFEL POCKET NT \$14.45

Choice of regular or spicy falafel, hummus, and nzuko coleslaw (contains cashew dressing)

FALAFEL BURGER NT \$15.45

Lettuce, tomato, avocado, red onions, and house sauce, Served with sweet potato fries (cashew)

VEGAN DELIGHT PLATE \$15.45

A colorful platter of vegan coleslaw (contains cashew dressing), 3 falafel balls, pita bread, mixed greens, tomato, cucumbers, hummus, and onions. Served with lemon dressing

HUMMUS PLATTER \$17.00

Mixed greens, tomatoes, cucumbers, onions, celery, carrots, pita bread, beet hummus, and chickpea hummus. Served with a lemon dressing

NZUKO TOFU GF \$18.45

Nzuko's signature sauce dressed on tofu, Served with rice and plantains

JERK TOFU GF \$18.45

Jerk sauce dressed on tofu, Served with rice and plantains

SOUP OF THE DAY &
CORNBREAD

SOUP OF THE DAY CUP \$7.00 - BOWL \$9.00

Ask for the soup of the day
(Every soup comes with cornbread)

ONE PIECE OF CORNBREAD \$2.25

TWO PIECES OF CORNBREAD \$4.00

LOAF OF CORNBREAD \$7.00

FLAT BREAD WRAPS

Wrap options: WholeWheat orSpinach
Gluten free for an additional \$2
Rice for \$2

HUMMUS WRAP \$13.00

Hummus, mixed greens, tomato,cucumbers, onions, plantain, coleslaw and cashew peppercorn dressing

SALMON WRAP \$16.00

Salmon, mixed greens, tomato, cucumber, feta cheese, onions, and plantain. Served with lemon dressing.

FALAFEL WRAP \$13.00

Falafel, hummus, mixed greens, tomato, cucumber, onions, plantain, coleslaw, and cashew peppercorn dressing.

GRIOT SEASONED WRAP \$13.00

Baked and seasoned Pork, spiced cabbage, onions, tomato, mixed greens, and plantain.

NZUKO CHICKEN WRAP \$13.00

Nzuko chicken, mixed greens, red onion, tomato, and plantain

JERK CHICKEN WRAP \$13.00

Jerk chicken, mixed greens, red onion, tomato, and plantain.

GRILLED CHICKEN WRAP \$13.00

Grilled chicken, mixed greens, tomato, onion, cucumber, coleslaw, and plantain. Served with lemon dressing.

VEGAN WRAP \$13.00

Chickpea hummus, mixed greens, tomato cucumber, onions, plantain, sautéed veggies with olive oil and garlic, and lemon dressing.

 - SPICY
N ~ CONTAINS CASHEWS
T° TAHINI
GF° GLUTEN FREE

MAIN ENTREES

Dinner includes Rice,Two plantains,andsautéed
veggies.

NZUKO CHICKEN GF \$19.00

Chicken marinated in red wine and spices paired with crushed tomatoes. This is one of Nzuko's most popular dishes.

JERK CHICKEN GF \$19.00

Chicken marinated in a Caribbean jerk sauce.

LOLO'S FANCY SALMON GF \$24.45

Pan-seared salmon prepared with a blend of ginger and savory garlic

GRIOT SEASONED PORK GF \$20.50

Lightly fried pork paired with a tangy and spicy cabbage.

CHICKEN KEBAB PLATE \$20.45

Chicken kebab served on a bed of salad paired with beet hummus, pita and lemon dressing.

LAMB KEBAB PLATE \$24.45

Lamb kebab served on a bed of salad paired with beet hummus, pita and lemon dressing.

SHRIMP KEBAB PLATE \$18.00

Shrimp kebab served on a bed of salad paired with beet hummus, pita and lemon dressing.

WING PLATE NT \$20.00

Wings toasted to perfection paired with sweet potato fries and Nzuko coleslaw(Cashew)

BANDEJA PAISA GF \$22.00

Lightly fried pork with black beans, white rice plantains, and 2 fried eggs.

TILAPIA \$25.00

Whole fish served on a bed of salad with plantains, and arapes.

WHOLE ROTISSERIE CHICKEN \$30.00

4 sides.

HALF ROTISSERIE CHICKEN \$25.00

3 sides.

QUARTER ROTISSERIE CHICKEN \$17.00

2 sides.

SAUCES

Choose any sauce for the rotisserie chicken.

NZUKO RANCH PERÍ PERÍ

JERK

SIDES

RICE

MAC & CHEESE

CORNBREAD

MASHED POTATOE

PLANTAINS

SAUTÉED VEGGIES

DESSERTS \$6

GF options

MANGO MOUSSE

RED VELVET CAKE

CHOCOLATE CAKE

PLEASE INFORM US OF ANY FOOD ALLERGENS