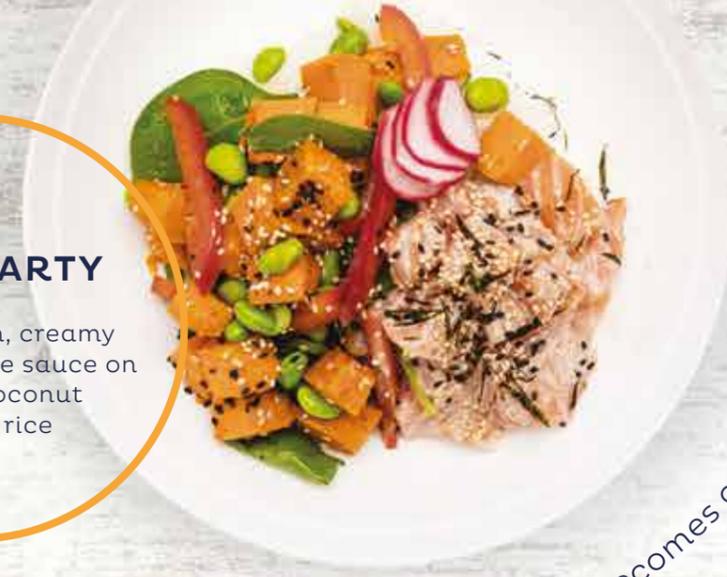


Ingredients are locally-sourced,
naturally whole, made fresh daily.

POKE PARTY

Fresh salmon, creamy roasted sesame sauce on a bed of coconut tumeric rice



Where taste becomes one with goodness.

EYE OF THE TIGER



nosh SIGNATURE BOWLS

TEMPEH TERI-SAN

Teriyaki glazed soybean cakes, lotus + tofu braised to perfection.

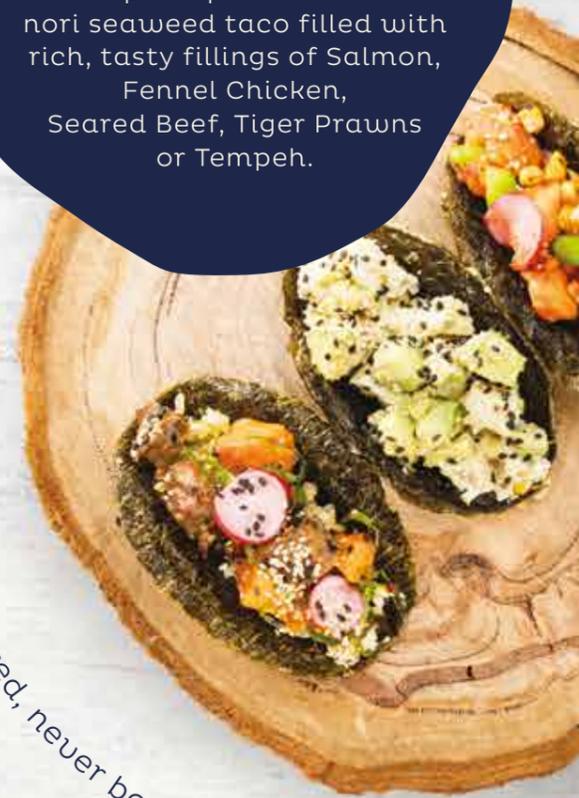


BEEF BOMB



TRY OUR DELICIOUS NORI - TACOS

Crisp tempura-bubbled nori seaweed taco filled with rich, tasty fillings of Salmon, Fennel Chicken, Seared Beef, Tiger Prawns or Tempeh.



HOT CHICK



Balanced in taste and nutrition.

Enjoy the goodness in you.

SASHIMI LOVIN



Asian-inspired, never boring.

nosh

WHERE GOODNESS BEGINS

Shop T37, 727 Collins St,
Docklands VIC 3008

03 9670 1529

WWW.NOSH.NET.AU
#NOSHAUSTRALIA

OUR PHILOSOPHY IS SIMPLE.

Eating with us should bring you joy; with a fun menu inspired by flavors of the orient that is both healthy yet incredibly tasty.

We welcome you to share our passion for good food, good vibes and good company.

NOSH *verb*
to eat enthusiastically



SIGNATURE BOWLS

All include edamame, house-pickled radish, seaweed strips, toasted sesame seed sprinkle

Poke Party

\$12.9 (S) / \$16.9 (R)

Fresh salmon sashimi cubes doused in our creamy roasted sesame sauce on a bed of coconut turmeric infused rice, with our edamame, roasted sweet potato, charred capsicum strips, spinach and toasted sesame seed



Hot Chick

\$10.9 (S) / \$14.9 (R)

Sous vide diced chicken tossed in our spicy tamarind, garlic, coriander and lime sauce laid on brown rice, with our wholesome beetroot, kale, walnut and goji berry greens (GF)

Sashimi Lovin

\$12.9 (S) / \$16.9 (R)

Fresh tuna sashimi cubes infused in our yuzu honey vinaigrette atop brown rice perfected with charred broccoli, shiitake and roasted miso pumpkin (GF)

Beef Bomb

\$11.9 (S) / \$15.9 (R)

Seared beef cubes drizzled in our spicy caramel ginger and cauliflower-corn rice, charred broccoli, shiitake and roasted miso pumpkin (GF)

Eye of the Tiger

\$12.9 (S) / \$16.9 (R)

Tiger prawns glazed in our spicy tamarind, garlic, coriander and lime sauce on fragrant jasmine rice, and finished with edamame, roasted sweet potato, charred capsicum strips, spinach and toasted sesame seed (GF)

Tempeh Teri-san

\$12.9 (S) / \$16.9 (R)

Teriyaki glazed soybean cakes, lotus and tofu braised to perfection on quinoa, with our wholesome beetroot, kale, walnut and goji berry greens (GF) (V) (VG)

CATERING

Share the love

Make your next event/meeting stand out with our customised catering options. Visit our website for more information, or drop us an email at hello@nosh.net.au.

CREATE YOUR BOWL

1. PICK ONE PROTEIN

Sashimi salmon cubes

\$12.9 (S) / \$16.9 (R)

- Sriracha mayo 

or - Creamy roasted sesame

- Silky yuzu honey vinaigrette (GF)

Sous-vide fennel chicken

\$10.9 (S) / \$14.9 (R)

- Spicy caramel ginger sauce (GF)  

or - Spicy tamarind, garlic, coriander

& lime infusion (GF) 

- Creamy roasted sesame

Seared Porterhouse beef

\$11.9 (S) / \$15.9 (R)

- Korean honey BBQ

or - Spicy caramel ginger sauce (GF)  

Sashimi tuna cubes

\$13.9 (S) / \$17.9 (R)

- Creamy roasted sesame

or - Silky yuzu honey vinaigrette (GF)

Tiger prawns

\$13.9 (S) / \$16.9 (R)

- Spicy tamarind, garlic, coriander

& lime infusion (GF) 

Tempeh, tofu & lotus root

\$11.9 (S) / \$15.9 (R)

- Teriyaki glaze (GF) (V) (VG)

or - Spicy tamarind, garlic, coriander

& lime infusion (GF) (V) (VG) 

2. PICK ONE BASE

Brown rice

Jasmine rice

Quinoa +\$2

Cauliflower-corn rice +\$2

Coconut turmeric rice +\$2

Salad only +\$2 - refer below

3. PICK ONE SALAD

Roasted beetroot, kale, goji berry, parsley & walnut (GF)

Charred broccoli, shiitake & miso roasted pumpkin (GF)

Spinach, sweet potato, capsicum, edamame & roasted sesame seeds (GF)

4. TOPPINGS (PICK 3)

Charred corn

Pickled Jalapeno

Pickled ginger

Edamame

Goji berries

Charred capsicum strips

Roasted walnuts

Seaweed sheets

Fresh red chilli

Cucumber

Roasted beetroot

Seaweed salad

Pineapple

Crispy shallots

Avocado +\$1

63° Egg +\$1

Additional toppings \$0.50 Each

EXTRAS!

Protein up!

Chicken	\$3
Tempeh, tofu & lotus root	\$3
Beef	\$3.5
Salmon	\$4
Prawn	\$5
Tuna	\$5

NORI-TACO

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



Spicy Salmon

Sriracha mayo, coconut turmeric rice & sesame seeds

Creamy Chicken

Creamy roasted sesame, coconut turmeric rice & sesame seeds

Tasty Tiger Prawns

Spicy tamarind, coconut turmeric rice & sesame seeds

Banging Beef

Korean honey BBQ, coconut turmeric rice & sesame seeds

Tamarind Tofu

Tamarind, coriander, garlic and lime sauce with tofu, tempeh, lotus root, coconut turmeric rice, sesame seeds (V) (VG)

Note:
Our meals may contain traces of nuts and gluten.
All proteins are served cold.