

NU CAFÉ 47 - GLUTEN-FREE

Sushi

Avocado	\$4.99
Cucumber	\$4.99
Cucumber & Avocado	\$5.99
Vegetable	\$5.99
Alaska (salmon, avocado & cucumber)	\$6.99
Bagel (lox, cream cheese, lettuce & tomato)	\$7.99
Boston (lettuce, cucumber & spicy mayo)	\$6.99
California (mock crab, avocado & cucumber)	\$5.99
Green Dragon (California topped with avocado)	\$9.99
Kani	\$7.99
Kani & Avocado	\$8.99
Pacific (tuna, avocado & cucumber)	\$6.99
New Utrecht (salmon, cucumber & kani)	\$6.99
New York (salmon, lettuce & cream cheese)	\$7.99
Salmon	\$7.99
Spicy Salmon	\$8.99
Spicy Tuna	\$8.99
Tuna	\$8.99
Chef Abie	\$9.99
(wasabi, ginger, salmon, & cucumber, avocado, & spicy mayo)	
Citrus (orange, lemon & mango, with sweet sauce)	\$12.99
Firehouse (spicy tuna, spicy salmon & avocado)	\$12.99
Nu Café (spicy salmon, spicy tuna, kani, cucumber & avocado)	\$15.99
Suicide Roll	\$15.99
(everything very spicy, salmon, kani, avocado, cucumber, tuna, onions)	
Grilled/Cooked Fish Sushi:	add \$2.00
Kani Salad	\$8.95
Fish	
♦ <i>Baked, grilled, roasted, steamed, or pan fried.</i>	
♦ <i>Barbecue, black pepper crust, honey mustard, roasted garlic, red wine/ginger/teriyaki, or sesame crust.</i>	
♦ <i>Served with a house salad.</i>	
Tilapia or St. Peter	\$19.99
Salmon	\$19.99
Flounder (not available grilled)	\$24.99
Red Snapper	\$24.99

Brick Oven

Eggplant Parmesan	\$16.00
10" Personal Gluten-Free Pie	\$13.00
Pizza Toppings	\$2.00ea
<i>Mushrooms, extra cheese, fried onion, tomato, red onion, white onion, black olive, green olive, bell pepper, or eggplant</i>	
Extra toppings:	add \$2.00ea
Pasta (Gluten-Free)	
Sauce options: Alfredo, jalapeño, marinara, pesto, or vodka	
Fettuccine or Penne	\$20.00
Baked Ziti	\$20.00
Fettuccine or Penne with Spinach & Squash (no cheese)	\$26.00
Salmon Fettuccine or Penne	\$29.00
Salmon Fettuccine or Penne with Spinach & Squash (no cheese)	\$35.00

Soup

Gluten-Free soup du jour	\$5.50
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Sides & Entrees

French Fries	\$6.00
Cheese Fries	\$9.95
Zucchini Fritters	\$9.95
Stuffed Portabella Mushroom	\$13.00
Quinoa and Sautéed Vegetables	\$13.95

Salad

Romano: Romaine lettuce & Parmesan cheese	\$8.99
Tuna Platter	\$8.99
2 scoops of tuna, romaine lettuce, red onion, cucumber, carrot, tomato, & sour pickle	
Greek	\$9.99
Romaine lettuce, red onion, tomato, cucumber, black olive, and Feta cheese	
Salmon & Feta	\$16.99
Shredded baked salmon, romaine lettuce, tomato, cucumber, chick peas, mushroom, onion, hard boiled egg, Feta cheese, & nuts	
Grilled Salmon Romano	\$16.99
Fresh grilled salmon fillet, romaine lettuce, & Parmesan cheese	

Dressings: Balsamic vinaigrette, Caesar, sugar-free Caesar, herb vinaigrette, honey mustard, & olive oil and lemon

Prices do not include taxes.

15% gratuity added to parties of 6 or more.

Menu substitutions subject to availability and surcharge.

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Breakfast

(All served without bread)

Hungry Man

\$7.99

2 eggs - scrambled, sunny side up, over easy, or boiled home fries, house salad, and 8 oz coffee or tea

Omelets

\$7.99

2 eggs, home fries, house salad, and 8 oz coffee or tea

Regular fillings:

\$1.00ea

bell pepper, American cheese, jalapeño, mushroom, olive, onion, or tomato

Premium fillings:

\$2.00ea

avocado, Feta cheese, Parmesan cheese, mozzarella cheese, Portabella mushroom

Options: all egg whites, extra egg

\$1.00ea

Greek Omelet

\$9.99

(tomato, onion, olives, Feta cheese)

Spanish Omelet

\$9.99

(tomato, olives, peppers, onions, marinara sauce, spices)

Spinach & Garlic Omelet

\$9.99

Vegetable Omelet

\$9.99

(squash, onions & mushroom)

Dessert

Cookies - shehakol

\$3.50

Made from 100% organic quinoa flour with no dairy, soy, gluten, shortening, added sodium, or added sugar. High protein, high fiber, low carb, low calorie. We even bake in a little potassium!

Flavors: Buckwheat Chocolate Chip, Cherry Berry, Cleanser, Marble, Original Buckwheat, Original Chocolate Chip, Peanut Butter Chocolate Chip, Powerhouse, & Vanilla Bean

Muffins - shehakol

\$3.50

100% organic quinoa flour, high protein, high fiber, high antioxidant. No gluten, starch, added sugar, or added sodium.

Flavors: Apple Cinnamon, Banana, Blueberry, Espresso French Vanilla, Orange, Raw Cacao & Vanilla Bean

Diet Cheesecake - shehakol

\$5.95

Made with fresh vanilla bean and real dairy low-fat cream cheese. No added sugar or sodium. Starch free. No preservatives, artificial flavors, or food coloring.

Flavors: Apple Cinnamon, Blueberry, Chocolate Chip, Coffee, Fudge, Marble & Vanilla

Hot Drinks

	8 oz	12 oz	16 oz	20 oz
Coffee	\$1.00	\$1.50	\$2.00	\$2.50
Café Latte or Cappuccino	\$2.95	\$3.75	\$4.75	-
Herbal Tea	\$1.25	\$1.75	\$2.00	\$2.50
Hot Chocolate	\$2.00	\$2.50	\$3.00	\$3.50
Hot Mochaccino	\$3.25	\$4.00	\$5.00	-
Espresso		single \$2.00	double \$3.00	triple \$4.00

Cold Drinks

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Iced Coffee	\$3.00	\$4.00
Iced Cappuccino or Latte	\$4.50	\$5.50
Iced Mochachino	\$5.99	\$6.99
Fresh squeezed juice	\$6.50	\$7.50
Juice choices - apple, beet, carrot, celery, cucumber, garlic, orange, pineapple, or tomato		
Milkshake - vanilla, chocolate or strawberry	\$5.00	\$6.00
Smoothie	2 fruit \$6.00	3 fruit \$7.00
Choices: apple, banana, blueberry, orange, pineapple, strawberry		
Protein Shake - ask for details and prices.		

Bottled/Canned Drinks

Snapple		\$2.00
Soda	Can \$1.50	Bottle \$2.00
Spring Water	Bottle \$1.35	Sport Cap \$2.00
Bai Water		\$2.75
Apple Juice	Small \$1.75	Large \$2.25
Orange Juice	Small \$1.75	Large \$2.25

A gluten-free diet excludes foods containing gluten, a protein found in grains such as wheat, spelt, barley, rye, malt, kamut, and triticale.

Gluten is used as a food additive as a flavoring, stabilizing, or thickening agent, and is often shown as "dextrin" on ingredients lists and labels.

A gluten-free diet is the only medically accepted treatment for celiac disease, the related condition dermatitis herpetiformis, and wheat allergy.

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Information about diet, nutrition, and medical conditions mentioned here is not advice, and should not be treated as such. Accuracy and completeness of medical and nutritional information is provided "as is" without any representations, warranties, express or implied. Staff and contractors of Nu Café 47 are not medical professionals. You must not rely on information in this web site as an alternative to medical advice from your doctor or professional healthcare provider. If you think you may be suffering from, or have specific questions about any medical condition, ask your doctor or other professional healthcare provider. Do not delay seeking medical attention based on any information presented here.