

# NOSH

BY POKÉ TWINS

*Nourishing The Community Since 2018*



# HANDROLLED BAGEL MENU

## TOASTED BAGELS

Plain	4.5
Sesame   Poppyseed	5.0
Everything   Cinnamon Sugar	5.5
1/2 Dozen Bagels	30
Full Dozen Bagels	55

*spread + RM2*

*unsalted butter | cream cheese | pandan kaya | peanut butter*

## BAGEL MEAL

*choice of bagel :*

*plain | sesame | poppyseed | everything & cinnamon sugar + 0.5*

Egg Salad	8.9
Kaya Butter & Egg	10.9
PB & Banana	10.9
Just Scrambled Egg	8.9
Nosh Breakfast	19.9

*scrambled egg, mix potatoes, cherry tomatoes, sautéed mushrooms*

Superfood	16.9
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*scrambled egg, sliced avocado, cherry tomatoes*

Breakfast Cereal	14.9
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*wholegrain cereal, sliced bananas, served with fresh milk on side*

### Add On

*scrambled egg + 5*

*poached / hard-boiled egg + 3*

*half avocados + 6*

*banana + 3*

*soy-glazed mushroom + 4*

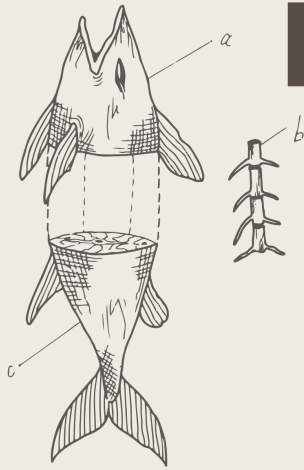
*roasted mix potatoes + 4*

*roasted cherry tomatoes + 4*

## MAKE IT A SET

Black	+ 5
White	+ 8
Fresh Milk	+ 5
Organic Hot Tea	+ 5
Cold Pressed Juice	+ 10
Vamos Kombucha	+ 10

*Iced + 1 | Almond milk + 5*



# POKÉ BOWL

*from the cold bar*

## WHAT IS POKÉ?

Poké (pronounce as poh-kay) is a Hawaiian staple dish that serve fresh raw marinated fish with cold sides & toppings on rice.

Our SALMON is imported fresh weekly to guarantee the best quality, diced into cubed shape poké & lightly marinated with our secret sauces - original shoyu and spicy aioli.

**Choose Your Base:** white / brown rice | salads only | organic quinoa + 3 | soba + 3 | wholemeal pasta +2

### **SALMON (RAW) 18.9**

cherry tomatoes, japanese cucumber,  
pineapples, almonds  
*original shoyu / spicy aioli*

### **SALMON COOKED 21.9**

rosemary salmon fillet, cherry tomatoes,  
japanese cucumber, pineapples, almonds

### **AUST. BEEF STRIPLOIN 19.9**

carrots, japanese cucumber, cherry  
tomatoes, corn

### **CAJUN PULLED CHICKEN 15.9**

carrots, seaweed salads, pineapples, raisins

### **LEMONGRASS CHICKEN 15.9**

carrots, seaweed salads, pineapples, raisins

### **SESAME TOFU 15.9**

carrots, cherry tomatoes, mangoes, edamame

### **UNAGI 29.9**

carrots, cherry tomatoes, japanese cucumber, tamago

### **MINI POKÉ 18.9**

carrots, corn, grapes, edamame  
*chicken / salmon / tofu*

### **PREMIUM ADD ONS RM 2.9**

- poached egg
- avocados
- snow crab salads
- hard-boiled egg
- nori chips

## BUILD YOUR OWN POKÉ BOWL



### **BASE** *Pick 1*

Jasmine Rice  
Brown Rice  
Wholemeal Pasta  
Organic Quinoa  
Soba  
Salads only



### **PROTEINS** *Pick 1*

Poke (Raw Salmon)  
Rosemary Salmon  
Cajun Pulled Chicken  
Lemongrass Chicken  
Sesame Tofu

Aust. Beef Striploin  
Unagi  
No Proteins  
Seasonal



### **SAUCES** *Pick 2*

Classic Ponzu  
Garlic Aioli  
Spicy Aioli  
Wasabi Aioli  
Teriyaki  
Signature Honey Lime



### **COLD SIDES** *Pick 4*

Carrots  
Cherry Tomatoes  
Japanese Cucumber  
Corn  
Edamame  
Onion  
Grapes  
Mangoes

Pineapples  
Pickled Radish  
Pickled Ginger  
Seaweed Salad  
Roasted Almonds  
Raisins  
Tamago



### **TOPPINGS** *unlimited*

Fried Shallots  
Fish Roes  
Chia Seeds  
Crushed Peanuts  
Furikake  
Coriander  
Pumpkin Seeds  
Seaweed Flakes



### **PREMIUM ADD ONS** *Optional*

poached egg   avocados   snow crab salads  
hard-boiled egg   nori chips

# GRAIN BOWL

*from the hot bar*

## NOSH'S WARM GRAIN BOWLS

feature abundance nutrient-dense grains, fresh hot veggies, lean proteins & flavourful dressings, designed to nourish & fulfill our community's taste buds.



We believe the fundamental of healthy eating shall be crave-worthy & delicious yet affordable. We source only the best ingredients, nourishing the community, without compromise.



### NOSH CHICKEN RICE 18.9

brown rice, lemongrass chicken, sweet & spicy charred corn, honey roasted carrots, stirfry mung beans, hard-boiled egg, green onion, crushed peanuts, soy chilli dressing

### SALMON WHOLEMEAL PASTA 23.9

wholemeal aglio olio pasta, rosemary grilled salmon, soy-glazed mushroom, roasted cherry tomatoes, poached egg, coriander, furikake, kaffir mint pesto

### QUINOA BEEF BOWL 23.9

organic quinoa, Australian beef striploin steak, honey glazed carrots, turmeric cauliflower, sweet & spicy charred corn, mix seeds, fried shallots, green onions, kaffir mint pesto

### SOBA TOFU BOWL (V) 18.9

cold soba noodle, edamame, soy-glazed mushrooms, basil baked pumpkins, sesame tofu, seaweed flakes, coriander, mix seeds ginger sesame dressing

### SUPERFOOD SALAD (V) 18.9

green coral, herb roasted mix potatoes, soy-glazed mushrooms, roasted cherry tomatoes, sweet & spicy charred corn, avocado, mix seeds, crushed peanuts, seaweed flakes, coconut curry dressing

## BUILD YOUR OWN #BYOB GRAIN BOWL



#### GRAIN

*Pick 1*

Jasmine Rice  
Brown Rice  
Wholegrain Pasta  
Organic Quinoa  
Soba  
Salads only



#### TOPPINGS

*Pick 3*

Fried Shallots  
Fish Roes  
Chia Seeds  
Crushed Peanuts  
Furikake  
Coriander  
Pumpkin Seeds  
Seaweed Flakes



#### PROTEINS

*Pick 1*

Rosemary Cooked Salmon  
Pulled Cajun Chicken Breast  
Lemongrass Chicken Thigh  
Sesame Tofu  
Aust. Beef Striploin Steak  
Unagi  
No Proteins  
Seasonal



#### DRESSINGS

*Pick 1*

Homemade Coconut Curry  
Kaffir Mint Pesto  
Soy Chili  
Ginger Sesame  
Signature Honey Lime  
No Dressing



#### HOT SIDES

*Pick 3*

Herb Roasted Mix Potatoes  
Basil Baked Pumpkins  
Honey Glazed Carrots  
Zesty Roasted Tomatoes

Steamed Broccoli  
Turmeric Roasted Cauliflower  
Stir Fry Mung Beans  
Sweet & Spicy Charred Corn

Soy-Glazed Mushrooms  
Poached Egg  
Hard-Boiled Egg  
Scrambled Egg

**POKÉ TACOS 8.9** / piece

Ponzu - seasoned jasmine rice , carrots, onions, snow crab salads, pineapples, spicy sriracha sauce, furikake , spring onions & fish roe



choose from:

SALMON RAW	SEARED SALMON	+RM1
TOFU & AVOCADO	BEEF STRIPLOIN	+RM2
LEMONGRASS CHICKEN	CRISPY PRAWN	+RM1
PULLED CAJUN CHICKEN	UNAGI	+RM6

**BAKED SALMON CAKES 25.9** *keto*

salmon seasoned with fresh herbs, lemon, baked to golden brown, served with wasabi aioli

**VEGETARIAN FRIED CHICKEN (V) 18.9**

cauliflower wing *vegetarian*  
choose flavour: honey garlic / buffalo flavor

**VEGGIE SHOESTRING FRIES 18.9**

Mix of potatoes, carrots, chives, served w tartar & spicy sriracha *keto*

**MINI KETO CHICKEN BURGER 18.9**

Mix of potatoes, carrots, chives, served w tartar & spicy sriracha *keto*

**CRISPY PRAWN 17.9**

with spicy sriracha for dip

**POTATO TOTS 9.9**

cube-sized golden potato bites

# DESSERTS

**HOUSE BAKES**

Classic Burnt Cheese	14
Double Chocolate Banana	12
Lemon Poppyseed Loaf	12
Jackfruit Butter Cake	14
Carrot Walnut	16
Victoria Sponge Cake	15

**CLASSIC WAFFLE 12**

add on ice cream + 6

add on bananas / mix fruits +3

## TEA TIME PROMO

3pm to 5pm (mon-fri)

**ANY TWO COFFEE / TEA  
WITH A SLICE OF CAKE / TACO**

Choose from:

- Any cakes at display
- Any tacos except unagi

**25 / SET**

# BEVERAGE



VAMOS COFFEE  
ROASTERY  
EST 2014



## COFFEE

### VAMOS BLEND

*Guatemala & Columbia*

nutty, balance body,  
floral after taste

#### BLACK

long black  
espresso

RM 9

#### WHITE

flat white  
cappuccino  
latte  
mocha  
piccolo  
gula melaka + 2  
matcha + 3

RM 11

#### OTHERS

matcha green tea  
earl grey latte

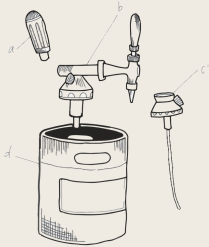
RM 12

classic chocolate  
steamer (milk only)

RM 9

### REMARKS

Ice + 1  
Takeaway + 1  
Almond Milk + 5  
Extra Shot + 2



## NITRO ON TAP

RM 12

### *Nitro Juice Series*

#### DARK NECESSITIES

cold brew Oolong Tea , fresh lychee Juice

#### FIZZY SUMMER

cold brew fresh Japanese Yuzu, fresh lime

### *Kombucha Series*

#### ORIGINAL GREEN TEA

first fermentation

#### PINEAPPLE GREEN TEA

second fermentation + RM2

#### BOTTLED KOMBUCHA

## TEA

### ORGANIC HOT TEA 8

green tea | earl grey tea

### AYATAKA GREEN TEA 5

zero calories / zero sugar

## COLD-PRESSED JUICE

### IMMUNE STAR 14

carrot, apple, orange

### G-TOX 14

celery, spinach, apple, cucumber, lemon

### CHIA FIBER 14

lemongrass, orange, apple, lemon,  
chia seed