Join The Club®

*Health Bar **



[ENGLISH]

NUDES DRINKS

EXTRAS			
Vanilla Syrup	0.5	Collagen	2
Coconut Water	1.5	Lion's Mane	2

Organic Ceremonial Matcha

MATCHA



3.4
3.9
4.4

PISTACHIO MATCHA



4.9
5.4
5.9

"Not your average Matcha"
Join The Club®

ICED COCONUT WATER MATCHA



5.4
6.9

ICED PISTACHIO



5.9
7.4

ICED MATCHA



3.9
5.4

Ceremonial Matcha with Homemade Jam

100% real fruit, no added sugar, no syrups



ICED SOUR CHERRY — 4.9 / 6.4



ICED RASPBERRY



ICED STRAWBERRY



ICED MANGO



ICED PASSION FRUIT

Ceremonial Matcha – Coconut Water & Homemade Jam

NEW



ICED SOUR CHERRY — 5.9 / 7.4



ICED RASPBERRY



ICED STRAWBERRY



ICED MANGO



ICED PASSION FRUIT

NUDES HOT DRINKS

EXTRAS			
Vanilla Syrup	0.5	Collagen	2
Coconut Water	1.5	Lion's Mane	2

NUDES Speciality Coffees – 100% Arabica

ESPRESSO



1.9
2.9

CORTADO



2.4

AMERICANO



2.9
3.4
3.9

BATCH BREW



3.4
3.9
4.4

FLAT WHITE



3.4

LATTE/CAPPUCCINO



2.9
3.4
3.9

MOCHA



3.4
3.9
4.4

ORGANIC CACAO



3.4
3.9
4.4

TURMERIC/ GINGER TEA



3.4
3.9
4.4

GOLDEN MILK



3.4
3.9
4.4

CHAI



3.4
3.9
4.4

PISTACHIO LATTE



3.9
4.4
4.9

NUDES COLD DRINKS

ICED LATTE



3.4
4.4

ICED AMERICANO



3.4
4.9

ICED AMERICANO COCONUT WATER



3.9
5.4

ICED CACAO



3.4
4.9

ICED MOCHA



3.9
5.4

ICED CHAI



3.9
5.4

ICED GOLDEN MILK



3.9
5.4

ICED TURMERIC OR GINGER TEA



3.9
5.4

NUDES FROZEN YOGHURT

NEW

High Protein, High Kefir Content – rich in probiotics

Small – 17g protein · Large – 27g protein



PISTACHIO FROZEN YOGHURT 13 / 19

100% Persian Pistachio

NUDES frozen yoghurt with pure pistachio butter, our homemade jam, cacao nibs and crushed Persian pistachios.

ALLERGENS: 1,5



BLISS FROZEN YOGHURT 13 / 19

NUDES frozen yoghurt with cacao nibs, 80% dark chocolate drizzle and blueberries.

ALLERGENS: 1

NUDES AÇAÍ

No added sugar • Banana-free • Sweetened with guarana



NUDES SIGNATURE AÇAÍ (M, XL) 13 / 19

Brazilian açaí soft serve with fresh ecological fruit, homemade granola, peanut butter and chia pudding. Nutrient-dense, rich in fibre and antioxidants.

ALLERGENS: 4,5,8,11



NUDES AÇAÍ & YOGHURT (M, XL) 13 / 19

Brazilian açaí soft serve & NUDES frozen yoghurt with ecological fruit, homemade granola, peanut butter and chia pudding.
Rich in nutrients, fibre and antioxidants.

ALLERGENS: 1,4,5,8,11

FROZEN YOGHURT WITH HOMEMADE JAM

FROZEN YOGHURT WITH YOUR CHOICE OF HOMEMADE JAM.

NEW 9 / 15

ALLERGENS: 1



PASSION FRUIT **STRAWBERRY** **ICED RASPBERRY** **SOUR CHERRY** **MANGO**

NUDES AFFOGATO



YOGHURT AFFOGATO 8

NUDES frozen yoghurt with a double shot of NUDES espresso. Smooth & energising.

ALLERGENS: 1

Recommended extras

Cacao Nibs. +1.5 Dark Chocolate Drizzle +1.5
Chocolate Nibs +1.5



MATCHA YOGHURT AFFOGATO 8

NUDES frozen yoghurt with ceremonial matcha. Smooth & revitalising.

ALLERGENS: 1

Recommended extras

Pistachios +2
Pistachio Butter +2

NUDES SOFT SERVE

NUDES BRAZILIAN ACAI & NUDES FROZEN YOGHURT

CREATE YOUR OWN

TOPPING: *Minimum 3 Topping*

MEDIUM 10

LARGE 15

0.5

STRAWBERRIES
BANANA
CHIA SEEDS

1

100% ECOLOGICAL PEANUT BUTTER
HOMEMADE GRANOLA
ALMONDS
BLUEBERRIES
CHIA PUDDING

1.5

HOMEMADE GLUTEN-FREE GRANOLA
ORGANIC CACAO NIBS / DARK CHOCOLATE NIBS
DARK CHOCOLATE DRIZZLE
HOMEMADE JAM

2

ORGANIC CRUSHED PISTACHIOS 100%
PISTACHIO BUTTER



NUDES SMOOTHIES

EXTRAS

Vitamin C	1
BCAA-Spirulina-Green Superfood Blends-Creatine	1.5
Collagen-Hyaluronic Acid-Lion's Mane	2
Extra Protein	3.5



repeat LONGEVITY NAD+ NEW

Rejuvenation y Hydration — 15

Passion fruit, pineapple, sugar-free coconut milk, Sri Lankan coconut sorbet & NAD+.
Supports cellular energy, vitality and hydration.

Calories 450 **Protein(g) 6** **+ Add 25g Protein**



CHERRY SHRED NEW

Muscle recovery & Support — 12

Ecological wild cherries, fresh lemon juice, sugar-free coconut milk, banana , 100% coconut pulp & coconut yogurt drizzle.
Rich in antioxidants, vitamin C, potassium and healthy fats.

Calories 380 **Protein (g) 4** **+ Add 25g Protein**



MIDNIGHT GLOW — 12

Hydration, skin & Hair glow, vitality

Coconut sorbet, coconut water, mango, pineapple, lemon juice, blue spirulina, vitamin C, collagen & hyaluronic acid.
Promotes hydration, radiance and vitality for the skin and hair.

Calories 437.5 **Protein(g) 6** **+ Add 25g Protein**



COGNITIVE CACAO — 12

Energising & Revitalising

100% Coconut pulp, banana, 100% cacao powder, sugar-free coconut milk, cacao coconut yogurt drizzle & lion's mane.
Sustained energy and cognitive support

Calories 330 **Protein(g) 9** **+ Add 25g Protein**



MORNING GLORY — 10

Energising & Revitalising

Walnuts, dates, oats, banana, gluten-free oat milk, cinnamon, peanut butter & coconut yogurt & cacao coconut yogurt drizzle.
Rich in potassium, magnesium and fibre. Ideal to start the day.

Calories 811.9 **Protein(g) 19** **+ Add 25g Protein**

ALLERGENS:4,5,8

@EAT.NUDES

NUDES SMOOTHIES

EXTRAS

Vitamin C	1
BCAA-Spirulina-Green Superfood Blends-Creatine	1.5
Collagen-Hyaluronic Acid-Lion's Mane	2
Extra Protein	3.5



HANGOVER — 10

Anti-inflammatory & Refreshing

Banana, pineapple, 100% coconut pulp, ginger, turmeric & gluten-free oat milk with tumeric coconut yogurt drizzle.
Anti inflammatory, rich in vitamins C, A & potassium.

Calories 624 **Protein (g) 9** **+ Add 25g Protein**



BLUEMOON — 10

Mineralising & Calming

Avocado, banana, green apple, fresh lemon juice, sugar-free coconut milk & blue spirulina.
Vegan & gluten-free. High in protein & antioxidants.

Calories 455 **Protein (g) 6** **+Add 25g Protein**



PEACH BUM — 10

Rejuvenating and Toning

Coconut water, sugar-free coconut milk, yellow peach, peach puree, mango, collagen, and coconut yogurt drizzle.
Fresh, light, and vegan. Rich in vitamins A and C.

Calories 340 **Protein (g) 7** **+Add25g Protein**



GREEN DETOX — 9

Detoxifying & Cleansing

Spinach, avocado, pineapple, green superfood blends, green spirulina, gluten-free oat milk & coconut yogurt drizzle.
Vegan & gluten-free. Rich in vitamins A, C & K.

Calories 340 **Protein(g) 7** **+Add25g Protein**



SUMMER GLOW — 9

Immune boost & Revitalising

Orange, mango, gluten-free oat milk, fresh lemon juice, ginger, turmeric & vitamin C. Vegan, light & refreshing.
Rich in vitamins A & C.

Calories 483 **Protein (g) 8** **+Add25g Protein**



FEMME FATALE — 9

Energising & Vitalising

Dragon fruit, mango, ginger, wild berries, fresh lemon juice, gluten-free oat milk & coconut yogurt drizzle. Vegan, high in fibre & antioxidants. Supports immunity, digestion & skin health.

Calories 280 **Protein(g) 5** **+Add 25g Protein**

@EAT.NUDES

NUDES PROTEIN SHAKES

EXTRAS

Vitamin C	1
BCAA-Spirulina-Green Superfood Blends-Creatine	1.5
Collagen-Hyaluronic Acid-Lion's Mane	2
Extra Protein	3.5



MATCHA WELLNESS

Radiance, Gut health & Muscle recovery — **15**

Ceremonial matcha, avocado, coconut yogurt, collagen, green spirulina, vegan vanilla protein & sugar-free coconut milk.
Vegan & gluten-free.
Rich in vitamins A, C & B12 for muscle recovery & gut health.

Calories 390 Protein (g) 28 **+Add 25g Protein**



AÇAÍ PROTEIN SHAKE — 10

Antioxidant & Muscle Maintenance

Organic wild berries, 100% pure Brazilian açai, banana, ginger & chocolate protein. Vegan chocolate protein & gluten-free oat milk.
Highly nutritious, rich in protein & antioxidants.

Calories 440 Protein (g) 28 **+Add 25g Protein**



BLUE FIT PROTEIN SHAKE — 10

Inflammation control & Recovery

Ecological wild blueberries, ginger, fresh lemon juice, coconut milk & chocolate vegan protein. Fresh, light, high in protein, antioxidants & vitamin C.
Supports muscle recovery, digestion & immune health.

Calories 380 Protein (g) 28 **+Add 25g Protein**



PINK FIT PROTEIN SHAKE — 10

Skin Glow & Recovery

Ecological raspberries, fresh lemon juice, ginger, sugar-free coconut milk & vegan vanilla protein.
Low carb, fresh & light. High in protein & antioxidants.
Supports muscle growth, skin health & reduces inflammation.

Calories 365 Protein (g) 28 **+Add 25g Protein**



OG PROTEIN SHAKE — 8

Antioxidant & Muscle Recovery

Organic wild berries, banana, ginger & vegan vanilla protein.
Refreshing, high in protein & antioxidants.
Supports muscle growth, brain health & digestion.

Calories: 405 Protein (g) 27 **+Add 25g Protein**



MOCHA PROTEIN SHAKE — 8

Pre-workout energy & Muscle fuel

Peanut butter, double shot NUDES espresso, vegan chocolate protein, sugar-free coconut milk & cinnamon.
Energising & stimulating, high in protein. Ideal before or after training.

Calories 358 Protein (g) 36 **+Add 25g Protein**

ALLERGENS: 4

NUDES ROLLS

COMBOS | 3 por 14.5 | 4 por 18.5 | 5 por 22.5

Mix and match



+1.5 euro per combo

PROTEIN BEEF NEW 13

Rice paper roll filled with grass-fed hand-cut beef, Japanese-style soy-marinated boiled egg, rucula, pickled carrot, pickled cucumber, pickled jalapeño & red pepper.

Calories 480 Protein (g) 40 Recommended dip: Sweet Chili
ALLERGENS: 2,7,8,10



+1 euro per combo

AVOCADO TUNA 12

Rice paper roll filled with quinoa, rocket, line-caught tuna, celery, capers, guacamole & pickled cucumber.
Rich in omega-3, vitamins & minerals.

Calories 380 Protein (g) 22 Recommended dip: Lemon Chive
ALLERGENS: 1,3,7,9,10,11,12



BURRITO CHICKEN 10

Rice paper roll filled with basmati rice, roasted chicken, sweetcorn, baby spinach, sun-dried tomatoes & spicy yogurt sauce.

Calories 496 Protein (g) 35 Recommended dip: Spicy Yoghurt
ALLERGENS: 1,10,12



CAESAR SALAD 10

Rice paper roll filled with lettuce, roasted chicken, croutons, parmesan, mustard, sunflower seeds & capers.
Rich in protein & healthy fats.

Calories 375 Protein (g) 33 Recommended dip: Caesar Dip
ALLERGENS: 1,8,10



THAI MANGO CHICKEN ROLL 10

Rice paper roll filled with mango, spinach, guacamole, roasted chicken, pickled cucumber, peanuts, coriander & mint.
Rich in fibre & protein.

Calories 285 Protein (g) 27 Recommended dip: Peanut Dip
ALLERGENS: 4,12



TOFU RAINBOW ROLL 10

Rice paper roll filled with spinach, tofu, coriander, mint, fermented green & purple cabbage, zuchinni, pesto & sesame seeds.
Rich in probiotics, antioxidants & vegan protein.

Calories 405 Protein (g)14 Recommended dip: Sweet Chili
ALLERGENS: 1,7,11

DIPS — Lemon Chive • Caesar • Peanut • Sweet Chilli • Spicy Yogurt

NUDES SANDWICHES



NUDES CHICKEN CLUB 10

Pulled roasted chicken (125 g) with homemade Caesar sauce, air-fried Iberian ham, lettuce, sun-dried tomatoes, homemade pesto & artisanal bread.
Rich in protein & healthy fats.

Calories 555 Protein 35 g

ALLERGENS: 1,8,10,12



SPICY CHICKEN CLUB 10

Pulled roasted chicken (220 g) with sweetcorn, sun-dried tomatoes, fresh lettuce & a touch of sriracha, finished with homemade chilli yogurt sauce on artisanal bread.
High in protein, spicy & refreshing.

Calories 505 Protein(g) 43 g

ALLERGENS: 1,8,10,12



EGG SALAD CLUB 9

5 boiled eggs with spring onion, Dijon, Japanese mayonnaise & artisanal bread.
Rich in protein & healthy fats.

Calories 455 Protein(g) 30 g

ALLERGENS: 1,2,8,10

NUDES BREAKFAST POTS



KETO PROTEIN PASSION POT NEW 10

Keto-friendly protein pot made with homemade passion fruit jam, tofu base & topped with cacao nibs, homemade granola.
High in plant-based protein, naturally sweet and rich in antioxidants.
Vegan Keto and sugar-free.

Calories 350 Protein 20g

ALLERGENS: 4,5,7,8,11



PISTACHIO POT 10

Overnight oats with 100% homemade pistachio cream,
80% dark chocolate, crushed Persian pistachios and Maldon salt.
High in fibre, healthy fats and antioxidants.

Calories 687 Protein 25.8g

ALLERGENS: 1,5,8



PROTEIN CHEESECAKE 9

Cottage cheese blended with Greek yogurt and fresh lemon,
homemade raspberry jam and gluten-free granola topping.
High in protein, probiotics and antioxidants.

Calories 389 Protein 26.1g

ALLERGENS: 1,4,5,11



MATCHA COCONUT POT 9

Coconut yogurt with chia pudding and ceremonial matcha, sugar-free coconut milk, agave syrup and fresh lemon juice, topped with homemade gluten-free granola.
Rich in omega-3, fibre and vitamin C with natural digestive benefits.
Vegan Keto, gluten-free.

Calories 387 Protein 10.9g

ALLERGENS: 4,5,11



SNICKERS PROTEIN POT 9

Oat flour with organic cacao powder, vegan gluten-free protein, organic peanut butter, gluten-free oat milk, 80% dark chocolate, crushed toasted peanuts and Maldon salt.
Keto-friendly. High in protein and healthy fats.

Calories 456 Protein 24.7g

ALLERGENS: 1,4,5,8



CACAO HAZELNUT POT 9

Oat milk overnight oats with vegan protein powder, homemade hazelnut & cacao cream, banana slices and homemade granola.
Vegan Keto. Rich in protein, fibre, healthy fats and magnesium.

Calories 614 Protein 22.9g

ALLERGENS: 4,5,8,11

NUDES COLD-PRESSED



GREEN BOTOX

4.9

Made with certified organic celery, green apple, lemon & fresh ginger. This powerful detox blend supports the immune system, aids digestion, boosts energy and enhances natural skin glow.
No additives.
HPP treated for freshness.
One bottle a day for complete wellness & radiant skin.

ALLERGENS: 9



GLOW UP

4.9

Made with certified organic orange, carrot, lemon & fresh ginger.
This refreshing juice supports the immune system, reduces inflammation, aids digestion and contributes to radiant, luminous skin.
No additives.
HPP treated for freshness.
One bottle a day to feel healthy, energised & glowing.



RED CRUSH

4.9

Made with certified organic beetroot, carrot, lemon & fresh ginger.
This purifying juice is full of antioxidants & nutrients, supports the immune system, aids detoxification and promotes heart health.
No additives.
HPP treated.
One bottle a day for complete wellness & natural vitality.



CELERY SHOT

3.9

100% pure cold-pressed celery juice, packed with essential vitamins & minerals that support digestion, aid the immune system and contribute to luminous skin.No preservatives.

ALLERGENS: 9



GINGER SHOT

3.9

100% pure cold-pressed juice made with ginger, lemon & fresh pineapple. This spicy shot supports digestion, helps reduce inflammation, strengthens the immune system and contributes to overall wellness. No preservatives.



TURMERIC SHOT

3.9

100% pure cold-pressed juice made with turmeric, orange & fresh cayenne. This spicy shot provides properties that support the immune system and offer anti-inflammatory benefits. No preservatives.

NUDES COLD-PRESSED COMBO

7 COLD-PRESS SHOTS FOR A BOOST EVERY DAY OF YOUR WEEK



GINGER SHOT 21



CELERY SHOT 21

ALLERGENS: 9



TURMERIC SHOT 21



GREEN BOTOX 35

ALLERGENS: 9



GLOW UP 35



RED CRUSH 35

NUDES HEALTHY GUILT-FREE TREATS

100% Homemade

NUTRITIOUS AND COMPLETE BITES MADE WITH ORGANIC INGREDIENTS.



PISTACHIO CUP 3.9

Medjool dates, 100% Persian pistachios, dark chocolate, ceremonial matcha, cashews, coconut oil & Maldon salt.

Calories: 340 **Protein: 7g**

ALLERGENS: 1,4,5



PEANUT BUTTER CUP 3.9

Almond flour, oat flour, agave, peanut butter, dark chocolate, oat milk, coconut oil & crushed toasted peanuts with Maldon salt.

Calories 400 **Protein 14 g**

ALLERGENS: 1,4,5,8



PROTEIN COOKIE DOUGH 2.5

Almond flour, oat flour, chocolate nibs, oat milk, vegan vanilla protein & agave.

Calories 160 **Protein 8 g**

ALLERGENS: 4,5,8



CACAO PROTEIN BALL 1.9

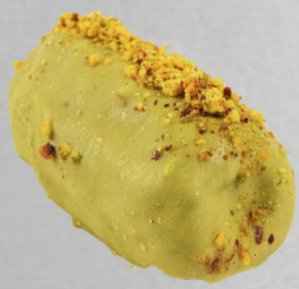
Cacao, peanut butter, Medjool dates, cashews, walnuts & vegan chocolate protein.

Calories 120 **Protein 5g**

ALLERGENS:4,5

NUDES HEALTHY GUILT-FREE TREATS NEW

NUTRITIOUS AND COMPLETE BITES MADE WITH ORGANIC INGREDIENTS.
100% HOMEMADE



PISTACHIO DATE 3.9

Medjool date filled with 100% Persian pistachio butter, coated in matcha infused white chocolate & topped with crushed pistachios.

Calories 260 **Protein: 5g**

ALLERGENS: 1,5



RASPBERRY DATE 3.9

Medjool date filled with homemade raspberry jelly, coated in dark chocolate & topped with dried raspberry.

Calories:185 **Protein:3g**

ALLERGENS: 1



PEANUT DATE 3.9

Medjool date filled with 100% peanut butter, coated in dark chocolate & topped with crushed peanuts & Maldon salt.

Calories: 158 **Protein : 8g**

ALLERGENS: 1,4,5

DESSERTS

Join The Club®

ALLERGENS
1.DAIRY 2.EGG 3.FISH 4.PEANUTS 5.NUTS 6.SHELLFISH
7.SOY 8.GLUTEN 9.CELERY 10.MUSTARD 11.SESAME
12.SULPHITES 13.MOLLUSCS 14.LUPIN