

ISSUE 068 25 APR 2008

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ON THE HUNT!

NYC NIGHTLIFE
BEAR ESSENTIALS

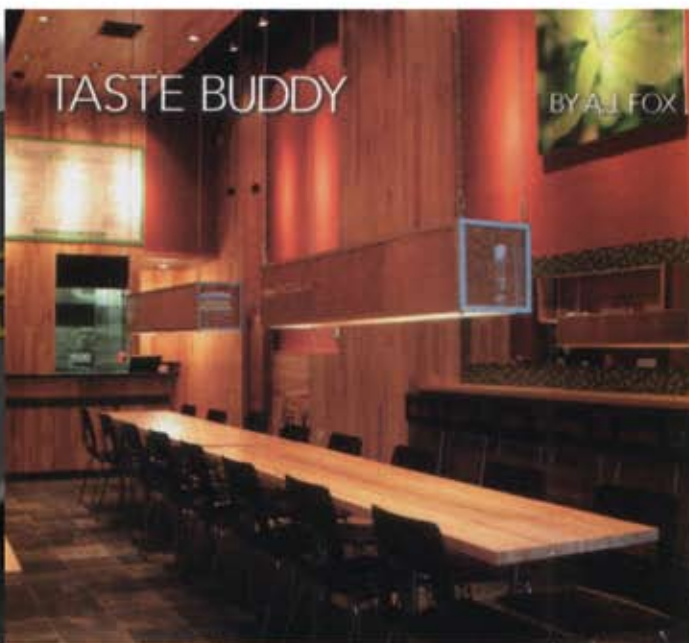


NOT

PINUPS MAGAZINE

TASTE BUDDY

BY A.J. FOX



NANOOSH

ORGANICALLY DELICIOUS

A reasonably priced, casual alternative to the dreary diners (and Ollie's) of the Upper West Side, Nanoosh is a hummus bar dedicated to organic produce. Decorated in earth tones, natural woods and dried chickpeas, even the space occupied by this Mediterranean joint feels healthy.

Healthy being the idea, you won't find any falafels or shawarma here. Salads like the Nanoosh green salad (\$7.25) and the quinoa salad (\$9.50) are light and have a nice blend of acidity, sweetness and crunch—though you may want to skip the watery, olive-heavy Greek salad (\$8.95). The café boasts nine variations on hummus, all served with incredibly fluffy pita, and even the whole wheat is airy and pillow-soft. The Nanoosh (\$12.50) is a delicious blend of ground beef, mushroom, and onions surrounded by a moat of hummus. Sides of veggies or extra pita are available for an additional charge.

While there isn't much to distinguish Nanoosh's hummus from your average grocery store brand, it provides a light, creamy tang to the tasty chicken wrap (\$8.95), which comes wrapped in a super thin lavash and served with a side salad of your choice. A chilled apple cake (\$3.95) is fine for sweet cravings—though we didn't taste much of the promised cardamom. The tangy low-fat yogurt with roasted walnuts and organic dark honey (\$3.95) is an even tastier (and guilt-free) way to satisfy your sweet tooth. They have a selection of organic beverages, including so-so organic wines (\$7.95 by the glass, bottles also available) and vibrant iced teas (\$2.75).

Here's hoping Nanoosh is a first step in bringing some much needed diversity to casual dining options in the Lincoln Center area. Seating here is communal, and sometimes cramped with locals, both young and old. Luckily, for you health-, price- and time-conscious Midtown office dwellers, they deliver. So gather your co-workers and place an order. Your wallet and your waistline will be glad you did!

Nanoosh, 2012 Bway/68th St, 212-362-7922, nanoosh.com, \$.

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