

Restaurant Review

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with M.J. Boyer

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May 19, 2008

New place in town could well be the description of **Nanoosh** ("mint" in Hebrew) at 2012 Broadway at 68th Street, 212 362-7922. The restaurant opened in October by hummus lovers who felt there was no spot to indulge their food preferences in New York City. The locale selected for establishing their restaurant is right near Lincoln Center. There are no white linen tablecloths but there are slate floors, maple paneling, butcher block communal tables and a few smaller tables. It seats only 36, but many arrive and are quickly served, while others take their food with them. There also is delivery service with a \$10 minimum and the catering has a minimum of six persons. The catered Nanoosh is \$12.25 per person.

Almost every dish has hummus as an ingredient along with organic natural foods. We began with a delicious Lentil Soup of organic lentils, carrots, onions, garlic and natural spices. We followed our soup with two salads: Nanoosh Green Salad of organic arugula, grated carrots, organic raisins and roasted walnuts, with a choice between oil free citrus and walnut dressing or olive oil and citrus; and Quinoa Salad, which mixes quinoa (protein grain with eight amino acids), red peppers, red onion, roasted walnuts, dried cranberries, organic raisins, parsley, cilantro with olive oil and lemon juice. Although these salads are filled with ingredients designed to make you healthy, they taste good too. Two other salads are Marinated Chicken and Green Salad.

The hummus entrees, made from organic chick peas and accompanied by two pita bread, include Plain Hummus, Hummus Tahini, Hummus with Peppers, Hummus with Chicken or Beef and Hummus with Fava Bean Stew. If none of these dishes from \$6.25 appeals to you, there are Nanoosh Wraps of Beef, Chicken or Tuna or Lebane Wrap of cream cheese made from strained yogurt. There is a Hummus and Mushroom Wrap and a Nanoosh Wrap of Ground Beef, hummus, tahini, organic onions, mushrooms and greens. These wraps start at \$6.95.

If you desire a beverage there are organic wines called True Earth or Coq Rouge red. Naked Chardonnay and Poule Branche are whites. Wines start at \$5.95 a glass. There is Organic Nut Brown Ale or Amber Ale at \$5.45. Blue moon and Corona light beers are \$4.95.

There are organic coffee and organic teas, and Simply Mint Infusion (fresh mint leaves and hot water), Organic Lemonade, Organic Mint Tea and Passion Iced Tea also are available.

The Nanoosh Apple Cake is not exciting for dessert, but Plain Low-Fat Yogurt with organic honey and roasted walnuts is popular at \$3.95. The all-natural sorbet is \$2.50 per scoop.

If you order a catered affair at \$12.25 you can have two hummus plus two wraps plus two salads and lebane served with one pita, pickles, olives and veggies. If you want chicken or beef add \$1.50 per item.

Hours: Seven days a week from 11 a.m. to 11 p.m.

Wheelchair Accessibility: Yes

Credit Cards: All major

Price: \$