



## BREAKFAST

<b>CHIA SEED PUDDING</b> greek yoghurt, almond milk, vanilla, maple syrup	<b>305 CAL</b> 36g carbs 7g fat 21g protein	4.50
<b>ORGANIC PORRIDGE</b> made <i>with</i> our low fat organic milk	<b>332 CAL</b> 54g carbs 5g fat 17g protein	4.00
<b>GRANOLA POT</b> <i>with</i> natural yoghurt and mixed berries	<b>400 CAL</b> 28g carbs 16g fat 7g protein	4.50
<b>BREAKIE IN A GLASS</b> slow release energy <i>with</i> rolled oats, chia seeds, natural yoghurt, almond milk, banana, mixed berries and honey	<b>420 CAL</b> 64g carbs 13g fat 14g protein	4.50

## SALAD

<b>NUTTY QUINOA SALAD</b> broccoli, almond, quinoa, peanut, carrot, pistachio, green peas & Black eyed beans <i>with</i> a zingy Asian infused dressing of soya sauce, ginger, olive oil and honey	<b>228 CAL</b> 21g carbs 12g fat 12g protein	6.50
<b>SUPER GREEN SALAD</b> kale, celery, green pepper, courgette, cucumber, broccoli, green peas & alfalfa sprouts <i>with</i> a dressing of avocado aioli and pesto	<b>133 CAL</b> 24g carbs 2g fat 10g protein	5.95
<b>POWERHOUSE SALAD</b> Mixed salad leaves, kale, giant cous cous, buckwheat, red quinoa, pearl barley and pomegranate seeds <i>with</i> a sweet & sour dressing of: maple syrup, lemon, olive oil & black pepper	<b>149 CAL</b> 29g carbs 1g fat 6g protein	6.50
<b>SWEET POTATO SALAD</b> sweet potato, black beans, scallions, red bell pepper, sweet corn and coriander <i>with</i> a Mexican style dressing of: honey, dijon mustard, lemon juice, olive oil & cayenne pepper	<b>131 CAL</b> 2g carbs 13g fat 0g protein	
	<b>282 CALS</b> 59 g carbs 0.9g fat 13g protein	6.50
	<b>96 CALS</b> 9g carbs 7g fat 0g protein	

## PROTEIN

<b>BOILED EGGS</b>	<b>136 CAL</b> 1g carbs 9.3g fat 12g protein	2.50
<b>IRISH CHICKEN BREAST</b>	<b>116 CAL</b> 0g carbs 3.2g fat 22g protein	3.00
<b>TUNA</b>	<b>113 CAL</b> 0g carbs 0.5g fat 27g protein	2.50
<b>IRISH SMOKED SALMON</b>	<b>117 CAL</b> 0g carbs 14g fat 24g protein	3.00
<b>LEAN SIRLOIN STEAK</b>	<b>135 CAL</b> 0g carbs 2g fat 24g protein	3.50

## TREATS

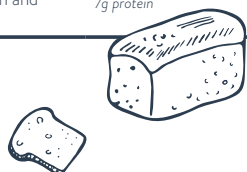
<b>GRANOLA BAR</b> <i>contains</i> organic oats, mixed seeds, chopped almonds, hazelnuts, puffed rice, honey & peanut butter	<b>214 CAL</b> 24g carbs 10g fat 7g protein	1.95 2 for 3.00
<b>SWEET POTATO CHOCOLATE BROWNIE</b> <i>with</i> crème fraiche <i>contains</i> sweet potato, coconut flour, hazelnuts & maple syrup	<b>180 CAL</b> 20g carbs 11g fat 3g protein	2.95 3 for 8.00
<b>ENERGY BITES</b> <i>contains</i> raw cacao, dates, peanut butter & cashew nuts	<b>79 CAL</b> 3g carbs 6g fat 2g protein	1.50 3 for 3.50
<b>SNICKERS PIE</b> <i>with</i> crème fraiche <i>contains</i> almonds, coconut oil, raw maca powder, raw cacao powder, cashew nuts, dates & honey	<b>246 CAL</b> 16g carbs 18g fat 7g protein	3.95
<b>SCONE</b> <small>(selection)</small> <i>with</i> our homemade sugar free jam, crème fraiche & butter <i>contains</i> wholemeal flour, butter, egg and natural yoghurt	<b>286 CAL</b> 35g carbs 13g fat 8g protein	2.95 4.00 with any tea / coffee

SELECTION  
OF  
*Loose Leaf*  
TEA  
2.80

SELECTION  
OF  
single origin : el salvador  
COFFEE  
BLACK 2.80  
WHITE 3.00

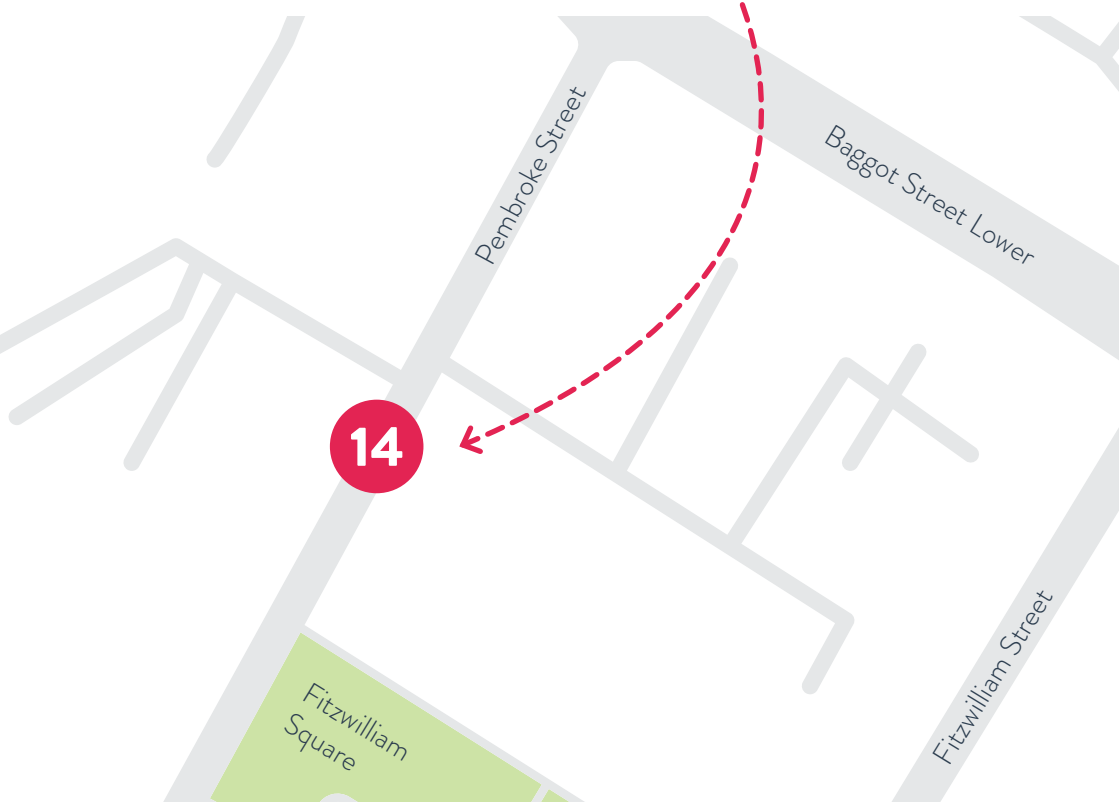
## SOUP

<b>SUPER GREEN</b> <i>with</i> a slice of our homemade brown bread <i>contains</i> asparagus, onion, garlic, celery, kale, broccoli, spinach and courgette	<b>215 CAL</b> 14g carbs 15g fat 7g protein	4.95
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≡ *is* ≡  
**HERE**



**FRESH SALADS**  
**≡ PROTEIN POTS ≡**  
**COLD PRESSED JUICES**  
**HEALTHY TREATS**  
*Coffee*



14 Pembroke Street Lower  
Mon-Fri: 7am-4pm

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