

BREAKFAST

THE HEALTHY HANGOVER

Poached free range eggs, turkey rasher, turkey sausage, tomato, spinach & mushroom. Choose our brown bread or wholegrain black sour dough toast. **369 CAL** PROTEIN 35g FAT 19g CARBS 10g 9.95

LO-CAL BREAKFAST BAP

Turkey rasher, turkey sausage, tomato, spinach & mushroom, topped with a poached egg on a wholemeal bap. **369 CAL** PROTEIN 24g FAT 12g CARBS 31g 7.50

WHOLEMEAL BUTTERMILK PANCAKES

Made with wholemeal flour & organic porridge oats. Served with a choice of mixed berries or sliced banana with crème fraiche & 100% organic Canadian maple syrup. **341 CAL** PROTEIN 14g FAT 14g CARBS 38g 7.95
4.50 for ½

ADD TURKEY BACON 2.00

HUEVOS RANCHEROS

Black bean salsa with a hint of chili, on corn tortillas, topped with our guacamole, poached eggs & feta cheese. **376 CAL** PROTEIN 21g FAT 19g CARBS 33g 9.95

ADD TURKEY BACON 2.00

LO-CAL MUSHROOMS

Lightly scrambled eggs with mixed seasonal mushrooms & a hint of fresh tomato on a toasted slice of wholegrain black sour dough bread. **470 CAL** PROTEIN 30g FAT 25g CARBS 32g 7.50

ADD TURKEY BACON 2.00

SKINNY EGGS ROYAL

A bed of asparagus & smoked salmon on our homemade brown bread, topped with poached eggs and our skinny hollandaise sauce. **487 CAL** PROTEIN 35g FAT 25g CARBS 33g 10.95


POWER PORRIDGE

Hot bowl of organic porridge served with mixed seeds, honey & a choice of mixed berries, sliced banana. **330 CAL** PROTEIN 17g FAT 5g CARBS 54g 5.95



GOOD MORNING GRANOLA

Made with toasted almonds, walnuts & pumpkin seeds, and served with natural yoghurt, our mixed berries and honey. **432 CAL** PROTEIN 11g FAT 21g CARBS 46g 6.95

SOUPS


CUP 3.25
103 CAL


BOWL 5.50
215 CAL

SUPER GREEN  
onion, garlic, celery, kale, broccoli, spinach
and courgette.
PROTEIN 8g FAT 15g CARBS 14g


SLICE OF BROWN BREAD
161 CAL

CHECK *our* BOARD
FOR THIS WEEK'S
SOUP SPECIAL



TURKEY BURGER & PARMESAN SWEET POTATO CUBES	
Served with an Asian kale slaw, white cheddar & mixed salad leaves on a wholemeal bun, with a side of parmesan potato cubes. 456 CAL PROTEIN 40g FAT 15g CARBS 48g	12.95
CHICKEN CAESAR SALAD	
Grilled chicken breast tossed with mixed salad leaves, kale, parma ham & parmesan shavings in our Lo-cal Caesar dressing, topped with crispy roasted chickpea croutons. 296 CAL PROTEIN 29g FAT 11g CARBS 16g	11.95
BBQ BEEF BRISKET	
Low & slow, fall apart, melt in your mouth brisket with gherkin, roasted peppers and red onion on a toasted wholemeal bap, a bed of mixed salad leaves and a light BBQ sauce. 499 CAL PROTEIN 29g FAT 23g CARBS 39g	8.95
POWERHOUSE SALAD	
A succulent baked fillet of salmon on a superfood salad of giant cous cous, buckwheat, pearl barley, red quinoa, avocado, kale and pomegranate seeds. Dressed in lemon juice, olive oil, sea salt and black pepper. 492 CAL PROTEIN 38g FAT 24g CARBS 36g	12.95
CHICKEN PESTO STACK	
Grilled breast of chicken tossed in fresh pesto & rocket leaves on a slice of toasted wholegrain black sour dough bread & topped with avocado aioli & parmesan cheese. 445 CAL PROTEIN 35g FAT 20g CARBS 31g	8.95
LO-CAL FISH CAKES	
Market fresh fish, potato & mixed herbs on a bed of mixed salad leaves and topped with our refreshing tartar sauce. 264 CAL PROTEIN 16g FAT 5g CARBS 40g	8.95
BUDDHA BOWL	
Seasonal hearty salad plate served with our hummus, avocado and wholegrain black sourdough bread. <small>CALORIES CHANGE DEPENDING ON INGREDIENTS</small>	9.95



nob6 ICE CREAM SELECTION		4.95
Vanilla & Coconut Chocolate & Toasted Almond Fresh Lemon Irish Salted Caramel 180 - 200 CAL		6.95 per TUB
CHIA SEED PUDDING		4.50
strained greek yogurt, almond milk, vanilla, maple syrup 305 CAL PROTEIN 21g FAT 7g CARBS 36g		
OUR PALEO CHOCOLATE BROWNIE		2.95
Fresh baked choc brownie made using sweet potato, coconut flour, hazelnuts and maple syrup. 180 CAL PROTEIN 3g FAT 11g CARBS 20g		3 for €8
With a scoop of nob6		3.95
ENERGY BITES		1.50
A sweet bite that's packed with energy dense natural foods: raw cacao, dates, peanut butter & cashew nuts. 79 CAL PROTEIN 2g FAT 6g CARBS 3g		3 for €3.50
SELECTION OF WHOLEMEAL SCONES		
Fresh baked brown scone served with whipped and sweetened crème fraiche and our homemade raspberry jam. Our flavour selections change, <i>so just ask!</i> 286 CAL WITH 55 CALS FOR CRÈME FRAICHE AND 45 CAL FOR STRAWBERRY PRESERVE		3.95
OUR GRANOLA BAR		1.95
Contains oats, mixed seeds, chopped almonds, chopped hazelnuts, puffed rice, honey and peanut butter. 214 CAL PROTEIN 7g FAT 10g CARBS 24g		2 for €3
SNICKERS PIE		
Our famous snickers pie is filled with goodness. Made from ground almonds, coconut oil, organic raw maca powder, raw cacao powder, smooth cashew butter, date, honey and topped with toasted cashew nuts. 246 CALS PROTEIN 7g FAT 18g CARBS 16g		3.95



JUICES

3.95

SPORTS HYDRO JUICE

Water, orange, pineapple and lime
Contains vitamin B1, B6 and C, potassium, calcium, folic acid, iron, and bioflavonoids.

GREEN GINGER ZING

Apple, spinach, broccoli, cucumber, lemon and ginger **Contains** anti-oxidants, vitamin A, B, C and E, potassium, carotenes, folic acid, iron, magnesium and amino acids.

LARGE JUICES

330ml

4.40

Pineapple, orange, lemon, ginger and manuka honey
Contains vitamin B6 and C, potassium, calcium, beta-carotene, folic acid, iron, magnesium, natural sugars, and active antibacterial honey.

**Kill
THE
COLD**

Pineapple, apple, broccoli, spinach, ginger, cucumber, avocado and Chinese leaf **Contains** vitamin A, B, B2, B3, B5, B6, and C, potassium, sulphur, ellagic acid, calcium, beta-carotene, boron, chlorine, iron, magnesium, natural sugars, folic acid, natural fats, silicon, iodine, sodium, amino acids, chlorophyll, copper, phosphorus and zinc

**Ultimate
HEALTH
BOOSTER**

SHOTS

2.00

**Flu
SHOT**

The potent Liver Shot has powerful blood oxygenating and purifying properties to help flush your liver. Also a mighty source of vitamin C.

**Liver
SHOT**

The potent Flu Shot is a spicy immunity booster to use if you're feeling run down or to ease those flu symptoms.

SMOOTHIES

4.50

BREAKIE IN A GLASS!

Rollled oats, chia seeds, greek yoghurt, almond milk, banana, mixed berries and honey

Contains vitamin A, B12, B6, C, D, high in antioxidants, manganese, phosphorus and riboflavin

HANGOVER HEAVE HO!

Orange, strawberry, blackberry, blueberry, raspberry, banana and live yoghurt

Contains vitamin A, B6 and C, potassium, calcium, folic acid, iron, thiamine, magnesium, fibre, friendly bacteria, natural sugars, anti-oxidants, amino acids and beta-carotene.

SEXY STRAWBERRY

Pineapple, strawberry and organic natural yoghurt

Contains vitamin C and E, potassium, calcium, folic acid, iron, zinc, ellagic acid, pro-biotics, natural sugars, anti-oxidants, amino acids and beta-carotene.

PROTEIN POWER SMOOTHIE

Pineapple, apples, avocado, banana and natural pea protein powder

Contains essential fats, all of the essential amino acids, natural sugars, fibre, vitamins A, B, B6, C and E, riboflavin, iron, calcium, copper, phosphorus, zinc, boron, niacin, magnesium, folic acid and carotenes.

TEA

2.80

Irish Breakfast Tea

Decaf Irish Breakfast Tea

Lemon and Ginger

Rooibos

Earl Grey

Organic Japanese Sencha Green

Organic Peppermint Blend

Pu erh Fitness

Pu erh, lemongrass & mate

Green Tea Ginseng

Put the Cat Out

Organic chamomile flower with lime & lavender

Matcha Green Tea or Matcha Latte

Slimming Tea

Berry leaves, rose hip skin, strawberry leaves, nettle & oat straw

Our 12 Spice Chai Tea

COFFEE

SINGLE ORIGIN, EL SALVADOR

Black

2.80

White

3.00

Espresso

2.40

Extra Shot

.40

Babychino

1.65

Baby Hot Choc

1.65

Synerchi KOMBUCHA

2.50

Sencha Green

Raspberry & Rosehip

Oranges & Lemon

Ginger & Lemongrass

Rebel Kitchen MYLK

1.50

Chocolate

Orange Chocolate

Banana

WATER

Sparkling Pellegrino

1.95

Still Ballygowen

1.95

Coconut Water

2.50