

# BREAKFAST

## THE HEALTHY HANGOVER

Poached free range eggs, turkey rasher, turkey sausage, tomato, spinach & mushroom. Choose our brown bread or multi-seed sourdough 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 multi-seed sourdough 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 1/2**

**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**

## MUSHROOM ROSTI

A warm potato rosti topped with a fresh avocado crush and mixed seasonal mushrooms, topped with 2 poached eggs. **427 CAL** PROTEIN 20g FAT 20g CARBS 50g 7.95

**ADD TURKEY BACON 2.00**

## SUPER SALMON

Fresh Lo-cal brown bread topped with crushed avocado, smoked salmon and 2 poached eggs. **497 CAL** PROTEIN 37g FAT 25g CARBS 32g 10.95

## ORGANIC 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


## POWER PORRIDGE

With a dollop of peanut butter, bee pollen, mixed nuts & seeds and seasonal fruit. **330 CAL** PROTEIN 17g FAT 5g CARBS 54g **7.95**



## LO-CAL SEASONAL GRANOLA

Made with toasted almonds, walnuts & pumpkin seeds, and served with natural yoghurt, our mixed berry coulis and seasonal fruit. **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**  
**SUP**  
**SPECIAL**



### TURKEY BURGER & SWEET POTATO CUBES

Served with an Asian mixed cabbage slaw, mushroom duxelle & zesty garlic creme fraiche.

445 CAL PROTEIN 40g FAT 8g CARBS 69g

12.95

### ORIENTAL QUINOA CHICKEN

Oriental infused chicken fillet on a bed of nutty bean quinoa salad. 445 CAL PROTEIN 40g FAT 8g CARBS 69g

11.95

### BBQ BEEF BRISKET

Low & slow, fall apart, melt in your mouth brisket with gherkin, roasted peppers and red onion on a toasted multi-seed sourdough bap, a bed of mixed salad leaves and a light BBQ sauce. 499 CAL PROTEIN 29g FAT 23g CARBS 39g

8.95

### SALMON POWERHOUSE

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 TACOS

Corn tortillas with market fresh coley fish & spicy guacamole with red onion and tomato.

294 CALS PROTEIN 25g FAT 10g CARBS 26g

8.95

### BUDDHA BOWL

Seasonal hearty salad plate served with our hummus, avocado and wholegrain Lo-cal Brown Bread.

CALORIES CHANGE DEPENDING ON INGREDIENTS



9.95



### nobó ICE CREAM SELECTION

Vanilla & Coconut | Chocolate & Toasted Almond | Fresh Lemon | Irish Salted Caramel 180 - 200 CAL



4.95



6.95  
per TUB

### OUR PALEO CHOCOLATE BROWNIE

Fresh baked choc brownie made using sweet potato, coconut flour, hazelnuts and maple syrup.

180 CAL PROTEIN 3g FAT 11g CARBS 20g



2.95



3 for  
€8

With a scoop of nobó

3.95

### ENERGY BITES

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



1.50



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, *so just ask!* 286 CAL WITH 55 CALS FOR CRÈME FRAICHE AND 45 CAL FOR STRAWBERRY PRESERVE



3.95

### OUR GRANOLA BAR

Contains oats, mixed seeds, chopped almonds, chopped hazelnuts, puffed rice, honey and peanut butter.

214 CAL PROTEIN 7g FAT 10g CARBS 24g



1.95

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.

**Ginger  
citrus  
BLAST**

Juiced using cold pressed cucumber, apple, broccoli, spinach, chinese leaf, ginger, lime, pineapple, blended with avocado flesh & SPIRULINA **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  
GREENS**

## SHOTS

2.00

**Turmeric  
BEET  
SHOT**

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

**Ginger  
FIRE  
SHOT**

The potent Fire 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!

Rolled 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

### PROTEIN POWER SMOOTHIE

Cacao powder, almond milk, brown rice protein, banana, greek yoghurt and peanut butter

**Contains** 21g protein, low in fat, natural sugars, vitamin A, B and C. Calcium, iron, folate and potassium.

**21g  
protein**

4.95

### 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.

## 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

## Syrerchi 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 Pellegrino 1.95

Coconut Water 2.50