



Brunch & LUNCH

BRUNCH *Gang*



AVO & EGG

AVOCADO SMASH, POACHED EGG, SPINACH & RYE BREAD TOAST

€6.50

BREAKFAST ROLL

SUNNY UP EGG, MAPLE CURED BACON, CRISPY KALE, SAUTÉED MUSHROOMS & SMOKED PROVOLONE CHEESE IN A TOASTED MALTESE FTIRA

€7.85

B.E.A

BACON, ORGANIC EGG SCRAMBLE, GRILLED AVOCADO, TOMATO, SPINACH, BASIL & CREAMY AVOCADO DRESSING ON A TOASTED OPEN FTIRA

€7.50



CUSTOMIZE YOUR RIDE

POACHED EGG • TOAST • BOURBON CHIPOTLE KETCHUP €1.00
BACON • SALMON • HOMEMADE HASH BROWN • HALLOUMI €1.50

SALMON AVO TOAST

SMOKED SALMON, ASPARAGUS, POACHED EGG, AVOCADO & RYE BEAD TOAST

€7.50



PROTEIN WAFFLE



ALMOND MILK, COCONUT FLOUR WAFFLE TOPPED WITH PISTACHIO, BLUEBERRIES & HOMEMADE AVOCADO ICE CREAM

€7.95



VEGAN BREAKFAST TACOS

TORTILLAS, TURMERIC TOFU SCRAMBLE, SALSA, AVOCADO, PICO DE GALLO, CORIANDER & LIME WEDGES

€7.50



THE REFORMER

SOFT EGG SCRAMBLE. FETA, SPINACH, HASH BROWN & POPPED BEANS

€6.80

MASSIVE BREAKFAST

MAPLE CURED BACON, POACHED EGG, HOMEMADE HASH BROWN, AVOCADO, PORTOBELLO MUSHROOM, CHERRY TOMATOES, POPPED BEANS, RYE BREAD TOAST & HALLOUMI

€11.50

BOSS OMELETTE

GRILLED CHICKEN, AVOCADO, BACON, SPINACH, BASIL, TOMATO & CHIPOTLE MAYO

€8.50



LUNCH *O'Clock*



FALAFEL SALAD

FALAFEL, TABBOULEH, GRILLED HALLOUMI, FARM GREENS, MINI PITAS & TAHINI SAUCE

€8.60



WILD FOREST SALAD

WILD RICE, FRESH FIGS, SWEET POTATO, PECANS, SPINACH, CRANBERRIES, EDAMAME & LEMON CITRUS DRESSING

€8.60



CHICKEN BURNER SALAD

CHARGRILLED CHICKEN, RAINBOW QUINOA, BABY SPINACH, FETA, BROCCOLI FLORETS & POMEGRANATE VINAIGRETTE.

€9.95

• HALF AVOCADO €2.00



THAI GREEN CURRY



GREEN COCONUT CURRY WITH PEPPERS, BEANSPOUTS, OYSTER MUSHROOMS, AUBERGINE, ONION, CHILLI & STEAMED RICE

€9.00

- WITH CHICKEN €12.00
- WITH TOFU €11.00



SMOKED BEET & BLACK BEAN BURGER

TOPPED WITH MELTED BRIE, CARAMELIZED ONIONS & CHILI JAM

€7.60

JERK CHICKEN BREAST BURGER

DRY JERK RUB, HOMEMADE SLAW & JALAPENO REGGAE SAUCE

€8.90



KHAO SAN CURRY

RICH MASSAMAN CURRY SAUCE, SWEET POTATO, FRESH BEANSPOUTS, OYSTER MUSHROOMS, ONIONS & FRAGRANT JASMINE RICE

€9.00

- WITH CHICKEN €12.00
- WITH TOFU €10.00



SUPERFOOD SOBA BOWL

WOK FRIED KALE, BROCCOLI, EDAMAME BEANS, SPROUTS, SOBA NOODLES, WAKAME SEAWEED & FRAGRANT GARLIC GINGER SAUCE

€9.00

- WITH CHICKEN €12.00
- WITH TOFU €10.00



TERIYAKI NOODLE BOWL

WOK FRIED BROCCOLI, PEPPERS, ONIONS, MANGE TOUT, OYSTER MUSHROOMS, SOBA NOODLES & HOUSE TERIYAKI SAUCE

€9.00

- WITH CHICKEN €12.00
- WITH TOFU €10.00



SIDES

HALF AVOCADO • GRILLED CHICKEN BREAST • SWEET POTATO FRIES • FALAFEL • GLUTEN FREE BREAD • SIDE SALAD €2.50