

 NUTRITIONAL INFO /HOT FOOD								
BREAKFAST NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
CHEEKY BREAKFAST BUN Toasted brioche bun, streaky bacon, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	493.9	29.63	9.86	31.11	3.72	24.28	2.02
	/100 G	257.4	15.45	5.14	16.23	1.94	12.66	1.05
VEGGIE BREAKFAST BUN Toasted brioche bun, grilled halloumi, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	577.4	36.46	17.59	30.59	3.88	23.41	2.21
	/100 G	243.29	15.35	7.4	12.89	1.63	9.86	0.93
CHEEKY BEEF BUN Toasted brioche bun, pulled beef, poached egg, baby spinach, caramelized onions & sriracha mayo	/SERVING	612.3	38.84	13.71	32.92	4.39	32.68	1.96
	/100 G	289.06	18.34	6.47	15.55	2.07	15.46	0.93
HOT NOURISH BOWLS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
SICILIAN CHICKEN MEATBALL Homemade Sicilian chicken meatballs, white rice, herb pesto, house tomato sauce, sun dried tomato cream, pan fried zucchini, broccoli & onions	/SERVING	705.12	38.79	10.36	43.52	4.98	43.91	2.24
	/100 G	141.2	7.38	1.85	9.42	2.18	9.86	0.41
MEDITERRANEAN CHICKEN Grilled chicken breast, pepper, mushrooms, broccoli, rice, potato roasties, sun-dried tomato cream, sesame seeds & chives	/SERVING	678.65	26.93	6.74	57.28	7.62	40.41	2.06
	/100 G	131.6	7.59	2.11	9.47	2.12	5.36	0.64
TERIYAKI BEEF BOWL Teriyaki marinated pulled beef, avocado, poached egg, pickled onions, shredded carrots, broccoli, basmati rice, edamame beans, sriracha mayo & crushed peanuts	/SERVING	817.43	34.98	10.16	63.01	6.32	52.66	2.43
	/100 G	141.3	6.32	1.79	10.52	4.21	9.84	0.83
BALANCE BOWL Grilled marinated chicken breast, basmati rice, sweet potato, broccoli, Baby spinach, carrots, pickled Cabbage, poached egg with a satay & tahini sauce	/SERVING	844.78	36.40	9.67	80.94	11.47	49.36	2.65
	/100 G	112.8	5.42	1.11	11.64	2.88	6.71	0.67
CRISPY TOFU BOWL Crispy tofu, basmati rice, sweet potato, baby spinach, wakame salad, vegan spicy mayo, cucumber zoodles, crushed peanuts, spring onions, fresh coriander, served with curry sauce & a lime	/SERVING	755.63	27.98	6.49	93.04	10.42	26.76	2.29
	/100 G	138.2	7.94	1.37	9.32	2.41	6.88	0.72
ASIAN BOWLS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
KHAO SAN CURRY Rich massaman curry sauce, onions, mushrooms, zucchini, sweet potato & basmati rice	/SERVING	694.21	24.53	12.63	97.99	11.50	10.70	2.27
	/100 G	146.5	8.18	2.89	12.37	3.57	4.21	0.76
RAINBOW TERIYAKI RICE Teriyaki chicken thighs, kimchi, pickled red cabbage, shredded carrots, cucumber, red chilli pepper, fresh coriander, salad mix, spring & red onions with rice & miso dressing	/SERVING	736.9	19.91	5.63	90.85	14.85	43.18	6.04
	/100 G	123.6	3.34	0.94	15.24	2.49	7.24	1.01
TERIYAKI NOODLES Soba noodles, wok fried broccoli, peppers, onions, edamame, mushrooms & house teriyaki sauce.	/SERVING	481.00	14.01	2.15	65.44	12.06	13.03	1.85
	/100 G	142.3	5.28	1.03	20.12	4.98	4.25	0.73
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
BAO BUNS (2 XL) NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
TERIYAKI BEEF Slow cooked pulled beef, carrots, coriander, peanuts, teriyaki sauce & sriracha mayo	/SERVING	565.00	25.14	6.58	52.64	11.38	33.29	2.10
	/100 G	211.6	8.42	2.61	23.87	6.74	9.74	0.89
CRISPY CHICKEN Crispy chicken, carrots, red cabbage, chives & chipotle mayo	/SERVING	552.69	23.22	4.99	55.03	8.66	30.79	2.10
	/100 G	218.4	9.15	2.83	22.46	4.62	10.82	0.94
CRISPY TOFU Crispy tofu, wakame salad, red cabbage, baby spinach & vegan spicy mayo	/SERVING	446.25	16.69	2.31	51.20	6.21	13.34	1.61
	/100 G	150.5	7.99	2.58	16.64	11.40	1.94	0.15
BURGERS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
DILL-ICIOUS CHICKEN Yogurt & honey marinated chicken, pickled red cabbage, tomatoes, carrots, cucumber, pickled onions & dill mayo	/SERVING	482.1	24.03	4.92	39.88	4.39	28.01	1.52
	/100 G	199.96	9.97	2.04	16.53	1.82	11.61	0.63
BEEF BRISKET Slow cooked brisket, smoked cheese, sour crème, red cabbage slaw & sriracha sauce	/SERVING	556.9	28.44	10.94	36.17	3.52	31.49	1.65
	/100 G	250.41	12.79	4.91	16.25	1.58	14.13	0.74
VEGAN TRUFFLE Beyond burger patty, caramelized onions, vegan truffle mayo, vegan cheddar, tomato, green leaves & sun dried tomatoes in a sesame bun	/SERVING	474.4	23.69	3.56	43.22	4.12	20.83	1.64
	/100 G	236.15	11.78	1.77	21.5	2.05	10.37	0.82
SHARING NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
POWER UP RICE Steamed rice, edamame beans, broccoli, egg, light soy sauce	/SERVING	355.40	13.72	2.51	36.31	5.71	20.02	1.39
	/100 G	138.6	4.43	0.78	20.84	1.94	4.92	0.62
FALAFEL BITES	/SERVING	420.80	22.40	2.33	31.42	1.60	16.29	1.51
	/100 G	263.00	14.00	1.45	19.64	1.00	10.18	0.95
TRUFFLE POTATO ROASTIES	/SERVING	371.00	22.26	2.67	38.73	0.68	4.15	0.59
	/100 G	176.2	9.87	2.11	17.42	1.24	2.83	0.78
FETA & DILL POTATO ROASTIES	/SERVING	384.50	20.66	3.39	38.93	1.34	6.06	0.65
	/100 G	183.4	10.42	2.76	16.85	1.48	3.95	0.92
PEANUT SATAY ROASTIES	/SERVING	399	21.2	2.91	39.3	7.2	9.7	0.86
	/100 G	153	8.15	1.12	15.1	2.77	3.37	0.33
SWEET POTATO FRIES	/SERVING	304.70	10.56	1.35	47.08	13.42	2.40	0.62
	/100 G	193.2	6.88	0.88	29.28	0.34	1.49	0.39
SALADS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
POWER GARDEN SALAD Buckwheat, feta cheese, kale, tomatoes, sweet potato, broccoli, cucumber, edamame beans, carrots, salad mix & roasted almonds, balsamic dressing & pomegranates.	/SERVING	428.60	28.64	6.34	26.92	12.04	14.18	1.23
	/100 G	104.9	7.5	1.45	6.43	2.87	2.78	0.28
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
SUPER BURNER SALAD Avocado, feta cheese, broccoli, cucumber, edamame beans, pickled red cabbage, quinoa, salad mix, honey mustrad dressing, roasted almonds & pomegranates.	/SERVING	552.40	33.21	6.82	45.78	15.90	18.53	1.33
	/100 G	110.5	6.63	1.36	7.92	2.75	3.17	0.26
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
ASIAN NOODLE SALAD								
Rice noodles, pak choi, peppers, edamame beans, carrots, spring onions, honey & soy, sweet chillie & peanut sauce, topped with fresh coriander, sesame seeds & lime.	/SERVING	598.30	21.24	3.26	76.15	13.12	12.09	2.32
	/100 G	128.5	4.56	0.7	16.92	2.92	3.26	0.39
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
FLAT BREAD SUPREME NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
VEGAN SUPREME Sweet potato falafel, zucchini, onions, mushrooms, pepper with yoghurt coriander dressings	/SERVING	560.5	15.16	2.24	85.04	12.12	16.16	2.7
	/100 G	193.3	5.23	0.77	29.32	4.18	5.57	0.9
POWERED CHICKEN Crispy chicken, edam, roasted peppers & onions, baby spinach, sour crème, tomato sauce, sesame seeds & chives	/SERVING	602.4	21.67	8.08	67.53	7.29	34.91	2.7
	/100 G	192.5	6.92	2.58	21.57	2.33	11.15	0.9
CHIPOTLE BEEF Pulled beef, apple wood cheese, caramelized onions, sour crème, baby spinach, spring onions, chipotle sauce, sesame seeds & chives	/SERVING	734.7	37.62	13.44	59.48	9.42	37.45	2.8
	/100 G	253.3	12.97	4.64	20.51	3.25	12.91	1
STACKED ROASTIES NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
CHIPOTLE BEEF ROASTIES Pulled beef, poached egg, peppers & onions, sesame seeds, chives & spring onions on a bead of chipotle potato roasties	/SERVING	759.75	46.15	10.24	56.92	4.54	33.89	1.07
	/100 G	183.07	11.12	2.47	13.72	1.09	8.17	0.26
VEGAN CURRY STACK Crispy tofu, pan fried mushrooms, pepper & onions on a bed of satay & tahini curry potato roasties with chives, sesame seeds & spring onions.	/SERVING	591.7	31.54	8.22	70.78	12.6	9.78	2.46
	/100 G	147.9	7.89	2.06	17.7	3.15	2.44	0.62
XL PROTEIN STACK Marinated grilled chicken, feta cheese, broccoli, cucumber, edamame beans, pickled red cabbage, dill dressing, roasted almonds & pomegranates on a bead of potato roasties	/SERVING	879.85	47.56	11.77	80.73	13.05	37.38	1.92
	/100 G	159.97	8.65	2.14	14.68	2.37	6.79	0.35
LOADED CHICKEN MEATBALLS Homemade sicilian chicken meatballs, herb pesto, house tomato sauce, sun dried tomato cream, pan fried zucchini, broccoli & onionson a bead of potato roasties	/SERVING	1058.8	65.09	20.53	73.68	12.82	57.29	2.61
	/100 G	177.95	10.94	3.45	12.83	2.15	9.64	0.44
SUPER KIDS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
KIDZ CHICKEN BAO BUNS	/SERVING	494.00	17.71	4.06	49.38	5.06	28.61	2.29
	/100 G	68.94	2.26	0.31	8.83	1.87	1.93	0.22
KIDZ NUGGETS & SWEET POTATO FRIES	/SERVING	625.50	30.00	5.13	53.10	7.69	30.49	2.83
	/100 G	211.2	10.48	2.16	20.53	5.23	8.76	0.6

BREAKFAST



CHEEKY BREAKFAST BUN
€7.95
Toasted brioche bun, streaky bacon, poached egg, baby spinach, crispy onions & sriracha mayo
KCAL: 493.9 | F: 29.63 | C: 31.11 | P: 24.28

VEGGIE BREAKFAST BUN
€8.45 (V)

Toasted brioche bun, grilled halloumi, poached egg, baby spinach, crispy onions & sriracha mayo
KCAL: 577.4 | F: 36.46 | C: 30.59 | P: 23.41



CHEEKY BEEF BUN
€8.95
Toasted brioche bun, pulled beef, poached egg, baby spinach, caramelized onions & sriracha mayo
KCAL: 612.3 | F: 38.84 | C: 32.92 | P: 32.68

BAO BUNS XL X2

TERIYAKI BEEF €9.45

Slow cooked pulled beef, carrots, coriander, peanuts, teriyaki sauce & sriracha mayo
KCAL: 565 | F: 25.14 | C: 52.64 | P: 33.29



CRISPY CHICKEN €8.95

Crispy chicken, carrots, red cabbage, chives & chipotle mayo
KCAL: 552.69 | F: 23.22 | C: 55.03 | P: 30.79

CRISPY TOFU €8.45 VG
Crispy tofu, wakame salad, red cabbage, baby spinach & vegan spicy mayo
KCAL: 446.25 | F: 16.69 | C: 51.2 | P: 13.34

SUPER KIDS

KIDZ CHICKEN BAO BUNS €7.95
KCAL: 494 | F: 17.71 | C: 49.38 | P: 26.61

KIDZ NUGGETS & SWEET POTATO FRIES €7.95
KCAL: 625.5 | F: 30 | C: 53.10 | P: 30.49

ASIAN BOWLS

RAINBOW TERIYAKI RICE
€12.95
Teriyaki chicken thighs, kimchi, pickled red cabbage, shredded carrots, cucumber, red chilli pepper, fresh coriander, salad mix, spring & red onions with rice & herb oil
KCAL: 736.9 | F: 19.91 | C: 90.85 | P: 43.18



CHOOSE PROTEIN:

BEEF 100 G €2.95
CHICKEN THIGH 120 G €1.95,
XL CHICKEN BREAST 170 G €2.95
FALAFEL BITES X3 €1.45,
CRISPY TOFU €1.95

TERIYAKI NOODLES

€11.95 V
Soba noodles, wok fried broccoli, peppers, onions, edamame, mushrooms & house teriyaki sauce
KCAL: 481 | F: 14.01 | C: 65.44 | P: 13.03

HOT NOURISH BOWLS

SICILIAN CHICKEN MEATBALL €12.95
Homemade Sicilian chicken meatballs, white rice, herb pesto, house tomato sauce, sun dried tomato cream, pan fried zucchini, broccoli & onions
KCAL: 705.12 | F: 38.79 | C: 43.52 | P: 43.91



MEDITERRANEAN CHICKEN

€12.95
Grilled chicken breast, pepper, mushrooms, broccoli, rice, potato roasties, sun-dried tomato cream, sesame seeds & chives
KCAL: 678.65 | F: 26.93 | C: 57.28 | P: 40.41

TERIYAKI BEEF BOWL €12.95
Teriyaki marinated pulled beef, avocado, poached egg, pickled onions, shredded carrots, broccoli, basmati rice, edamame beans, sriracha mayo & crushed peanuts
KCAL: 817.43 | F: 34.98 | C: 63.01 | P: 52.66

BALANCE BOWL €12.95
Grilled marinated chicken breast, basmati rice, sweet potato, broccoli, baby spinach, carrots, pickled cabbage, poached egg with a satay & tahini sauce
KCAL: 844.78 | F: 36.40 | C: 80.94 | P: 49.36

CRISPY TOFU BOWL €12.45 VG
Crispy tofu, basmati rice, sweet potato, baby spinach, wakame salad, vegan spicy mayo, cucumber zoodles, crushed peanuts, spring onions, fresh coriander, served with curry sauce & a lime
KCAL: 755.63 | F: 27.98 | C: 93.04 | P: 26.76

SHARING

POWER UP RICE
€5.95 V
Steamed rice, edamame beans, broccoli, egg, light soy sauce
KCAL: 355.4 | F: 13.72 | C: 36.31 | P: 20.02

SWEET POTATO FRIES
€4.45 VG, GC
KCAL: 304.7 | F: 10.56 | C: 47.07 | P: 2.40

FALAFEL BITES X3
€4.45 VG
KCAL 420.8 | F: 22.4 | C: 31.42 | P: 16.29

POTATO ROASTIES
■ **TRUFFLE** €4.50
KCAL: 371 | F: 22.26 | C: 38.73 | P: 4.15
■ **FETA & DILL** €4.95 V
KCAL 384.5 | F: 20.66 | C: 38.93 | P: 6.06
■ **PEANUT SATAY** €4.50 VG
KCAL 399 | F: 21.2 | C: 39.3 | P: 9.7

SALADS

CHOOSE PROTEIN: BEEF 100 G €2.95 | CHICKEN THIGH 120 G €1.95
XL CHICKEN BREAST 170 G €2.95 | FALAFEL BITES X3 €1.45 | CRISPY TOFU €1.95



POWER GARDEN €10.95
TURN ME VEGAN / REMOVE FETA

Buckwheat, feta cheese, kale, tomatoes, sweet potato, broccoli, cucumber, edamame beans, carrots, salad mix & roasted almonds, balsamic dressing & pomegranates.
KCAL: 428.60 | F: 28.64 | C: 26.92 | P: 14.18

SUPER BURNER SALAD €10.95
TURN ME VEGAN / REMOVE FETA

Avocado, feta cheese, broccoli, cucumber, edamame beans, pickled red cabbage, quinoa, salad mix, honey mustard dressing, roasted Almonds & pomegranates.
KCAL: 552.4 | F: 33.21 | C: 45.78 | P: 18.53



ASIAN NOODLE VG, GC €9.95

Rice noodles, pak choi, peppers, edamame beans, carrots, spring onions, honey & soy, sweet chillie & peanut sauce, topped with fresh coriander, sesame seeds & a lime.
KCAL: 598.3 | F: 21.24 | C: 76.15 | P: 12.09



NUTRITIONAL INFO MARKED/ SERVING
NUTRITIONAL VALUE EXPLANATION ON THE MENU
CKAL: CALORIES | F: FAT | C: CARBS | P: PROTEIN



SCAN TO SEE NUTRITIONAL & ALLERGEN INFO
OUR FOOD IS PREPARED IN AN ENVIRONMENT THAT PROCESSES WHEAT.



BREAKFAST

- CHEEKY BREAKFAST BUN
- VEGGIE BREAKFAST BUN
- CHEEKY BEEF BUN

NOURISH BOWLS

- SICILIAN CHICKEN MEATBALL
- MEDITERRANEAN CHICKEN
- TERIYAKI BEEF BOWL
- BALANCE BOWL
- CRISPY TOFU BOWL

ASIAN BOWLS

- KHAO SAN CURRY
- RAINBOW TERIYAKI RICE
- TERIYAKI NOODLES

BAO BUNS X2

- TERIYAKI BEEF
- CRISPY CHICKEN
- CRISPY TOFU

BURGERS

- DILL-ICOUS CHICKEN
- BEEF BRISKET
- VEGAN TRUFFLE

SUPER KIDZ

- KIDZ CHICKEN BAO BUNS
- KIDZ NGGETS & SWEET POTATO FRIES

SHARING

- POWER UP RICE
- FALAFEL BITES
- TRUFFLE POTATOES
- PEANUT SATAY POTATOES
- FETA & DILL POTATOES
- SWEET POTATO FRIES

SALADS

- POWER GARDEN SALAD
- SUPER BURNER SALAD
- ASIAN NOODLE SALAD

FLATBREAD SUPREME

- VEGAN SUPREME
- POWERED CHICKEN SUPREME
- CHIPOTLE BEEF SUPREME

STACKED ROASTIES

- CHIPOTLE BEEF ROASTIES
- XL PROTEIN STACK
- VEGAN CURRY STACK
- LOADED CHCIKEN MEATBALLS

	CEREALS INCLUDING GLUTEN	EGG	MILK	NUTS	SOY	SESAME	CRUSTACEANS	FISH	MOLLUSCS	LUPIN	CELERY	MUSTARD	PEANUTS	SULPHUR DIOXIDE

NATURAL GOOD FOOD