



NUTRITIONAL INFO / GRAB 'N GO

MELTS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
MANGO CHICKEN MELT Grilled chicken, melted edam cheese, red onions, peppers, homemade mango chutney in toasted tortilla wrap	/SERVING	558.2	23.91	9.12	41.85	11.44	41.67	2.02
	/100 G	205.7	9.52	3.22	13.43	4.48	15.19	0.75
CHIPOTLE CHICKEN MELT Grilled chicken, jalapeno peppers chipotle sauce melted edam cheese in toasted tortilla wrap	/SERVING	601.2	34.49	10.13	27.83	4.61	38.24	2.65
	/100 G	226.9	11.73	3.88	9.05	1.5	16.2	1.26
SRIRACHA BEEF MELT Pulled beef, caramelized onions edam, red peppers & smoked sriracha mayo in tortilla wrap	/SERVING	598.5	34.3	13.3	28.9	7.3	38.5	2.41
	/100 G	198.4	11.4	4.4	9.6	2.4	12.8	0.8
FETA OMELETTE MELT NEW 3-egg omelette, feta cheese, guacamole, slow cooked cherry tomatoes, pan fried red peppers, cucumbers, salad mix, fresh dill & house picante bang bang mayo in toasted tortilla wrap	/SERVING	562.35	35.6	13.75	34.66	5.43	22.29	0.92
	/100 G	200.94	12.72	4.91	12.38	1.94	7.99	0.33
WRAPS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
SWEET POTATO FALAFEL Sweet potato falafel beetroot hummus quinoa, mixed salad cucumber, tomatoes, almond flakes & creamy coriander dressing in toasted tortilla wrap	/SERVING	484.6	17.84	3.05	59.21	11.02	14.56	1.28
	/100 G	171.4	5.63	0.78	21.95	4.64	4.81	0.54
CHICKEN CAESAR Grilled chicken mixed salad parmesan shavings & homemade Caesar dressing in toasted tortilla wrap	/SERVING	523.8	29.18	7.21	24.74	3.29	36.45	2.43
	/100 G	202.8	10.63	3.27	8.67	1.9	14.2	1.17
THAI CHICKEN SATAY Roasted chicken, Asian slaw, peanut satay dressing, crushed peanut, coriander in toasted tortilla wrap	/SERVING	538.7	26.5	5.8	32.2	7.5	34.9	2.12
	/100 G	178.2	8.8	1.9	10.6	2.5	11.5	0.7
HOISIN DUCK NEW Shredded duck with hoisin mayo, mange tout, cucumber, iceberg lettuce & satueed spring onions in toasted tortilla wrap	/SERVING	605.4	42.28	9.65	33.37	5.74	19.07	0.66
	/100 G	239.15	16.7	3.81	13.18	2.27	7.52	0.26
TOASTIES NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
KLESSIK TOASTIE Edam & ham with honey mustard sauce in white bread	/SERVING	355.8	16.74	7.92	30.05	4.44	18.42	1.63
	/100 G	265.3	14.76	6.12	21.84	3.72	10.28	1.12
CHICKEN & DILL NEW Marinated chicken breast, feta cheese, cucumber, tomatoes & salad mix in toasted brown bread	/SERVING	419.8	15.04	5.46	39.92	8.46	17.45	0.47
	/100 G	200.94	12.72	4.91	12.38	1.94	7.99	0.33
SUPER FOOD SNACKS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
LEMON PROTEIN Roasted cashew nuts, almonds, desiccated coconut, lemon juice, lemon zest, whey protein, honey & vanilla	/SERVING	116.2	8.5	1.1	7.1	4	3.2	0.01
	/100 G	372.5	20.14	6.23	30.42	15.64	12.58	0.09
HAZELNUT CHOCOLATE PROTEIN White roasted hazelnut, cacao powder, vegan protein, vanilla & honey	/SERVING	114.3	11.4	1.3	5.5	3.8	4.9	0.01
	/100 G	398.7	23.16	6.88	27.92	16.34	10.73	0.11
CACAO & COCONUT ENERGY Almond, raisin cocoa powder, coconut & date	/SERVING	117.6	7.6	1.2	8.4	6.1	3	0.01
	/100 G	386.2	22.35	7.12	28.47	13.89	11.04	0.01
BANANA BREAD Banana, vanilla, walnuts, cinnamon, flour, eggs, brown sugar	/SERVING	572.3	21.99	3.22	84.18	44.48	8.74	0.54
	/100 G	298.07	11.45	1.68	43.84	23.17	4.55	0.28
BROWNIE Chocolate brownie with cocoa, walnuts, and white roasted hazelnuts	/SERVING	397.4	24.65	11.30	38.80	31.25	5.94	0.12
	/100 G	406.7	25.24	11.56	39.68	31.95	6.07	0.12
ACAI POT Banana, almond butter, acai & granola	/SERVING	296.8	14.44	2.34	34.1	18.86	5.23	0.04
	/100 G	127.8	5.84	1.06	15.42	8.13	2.74	0.06



MELTS BREADS

MANGO CHICKEN MELT

CHIPOTLE CHICKEN MELT

SRIRACHA BEEF MELT

NEW AVO FETA OMELETTE MELT

WRAPS

SWEET POTATO FALAFEL WRAP

CHICKEN CAESAR WRAP

CHICKEN PARMA WRAP

NEW HOISIN DUCK WRAP

BREADS

KLESSIK TOASTIE

PROTEIN TOASTIE

NEW CHICKEN & DILL SANDWICH

SALADS

POWER GARDEN SALAD

SUPER BURNER SALAD

ASIAN NOODLE SALAD

BALANCE BOWL

TERIYAKI BEEF BOWL

SUPERFOOD SNACKS

PISTACHIO CHIAOVERNIGHT OATS

ACAI POT

PEANUT PROTEIN BALL

LEMON PROTEIN BALL

HAZELNUT CHOCOLATE PROTEIN BALL

CACAO & COCONUT ENERGY BALL

BANANA BREAD

CHOCO HAZELNUT BREAD

BROWNIE

	CEREALS INCLUDING GLUTEN	EGG	MILK	NUTS	SOY	SESAME	CRUSTACEANS	FISH	MOLLUSCS	LUPIN	CELERY	MUSTARD	PEANUTS	SULPHUR DIOXIDE
MANGO CHICKEN MELT														
CHIPOTLE CHICKEN MELT														
SRIRACHA BEEF MELT														
NEW AVO FETA OMELETTE MELT														
SWEET POTATO FALAFEL WRAP														
CHICKEN CAESAR WRAP														
CHICKEN PARMA WRAP														
NEW HOISIN DUCK WRAP														
KLESSIK TOASTIE														
PROTEIN TOASTIE														
NEW CHICKEN & DILL SANDWICH														
POWER GARDEN SALAD														
SUPER BURNER SALAD														
ASIAN NOODLE SALAD														
BALANCE BOWL														
TERIYAKI BEEF BOWL														
PISTACHIO CHIAOVERNIGHT OATS														
ACAI POT														
PEANUT PROTEIN BALL														
LEMON PROTEIN BALL														
HAZELNUT CHOCOLATE PROTEIN BALL														
CACAO & COCONUT ENERGY BALL														
BANANA BREAD														
CHOCO HAZELNUT BREAD														
BROWNIE														

NATURAL GOOD FOOD

BAO BUNS X2

TERIYAKI BEEF €9.45

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Slow cooked pulled beef, carrots, coriander, peanuts, teriyaki sauce & sriracha mayo

ENERGY /KCAL 565 | FAT 25.14 | CARBS 52.64 | PROTEIN 33.29



CRISPY CHICKEN €8.95

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Crispy chicken, carrots, red cabbage, chives & chipotle mayo

ENERGY /KCAL 552.69 | FAT 23.22 | CARBS 55.03 | PROTEIN 30.79



HOT NOURISH BOWLS

TERIYAKI BEEF BOWL €12.95

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Teriyaki marinated pulled beef, avocado, poached egg, pickled onions, shredded carrots, broccoli, basmati rice, edamame beans, sriracha mayo & crushed peanuts

ENERGY /KCAL 817.43 | FAT 34.98
CARBS 63.01 | PROTEIN 52.66



BALANCE BOWL €12.95

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Grilled marinated chicken breast, basmati rice, sweet potato, broccoli, baby spinach, carrots, pickled cabbage, poached egg with a satay & tahini sauce

ENERGY /KCAL 844.78 | FAT 36.40
CARBS 80.94 | PROTEIN 49.36



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.

ENERGY /KCAL 428.60 | FAT 28.64 | CARBS 26.92 | PROTEIN 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.

ENERGY /KCAL 552.4 | FAT 33.21 | CARBS 45.78 | PROTEIN 18.53



ASIAN NOODLE €9.95 🍜 🥬 🥕 🥜 🍵

Rice noodles, pak choi, peppers, edamame beans, carrots, spring onions, honey & soy, sweet chillie & peanut sauce, topped with fresh coriander, sesame seeds and a lime.

ENERGY /KCAL 598.3 | FAT 21.24 | CARBS 76.15 | PROTEIN 12.09



Dr.JuiceTM
NATURAL
GOOD FOOD

FLATBREAD SUPREME

POWERED CHICKEN SUPREME €11.95 🌱 🥚 🥬 🥕 🥜 🍵

Crispy chicken, edam, roasted peppers & onions, baby spinach, sour crème, tomato sauce, sesame seeds & chives

ENERGY /KCAL 602.4

FAT 21.67

CARBS 67.53

PROTEIN 34.91



CHIPOTLE BEEF SUPREME €12.95 🌱 🥚 🥬 🥕 🥜 🍵

Pulled beef, apple wood cheese, caramelized onions, sour crème, baby spinach, spring onions, chipotle sauce, sesame seeds & chives

ENERGY /KCAL 734.7 | FAT 37.62 | CARBS 59.48 | PROTEIN 37.45



WRAP MEAL DEAL

UPGRADE YOUR WRAP WITH A SIDE OF POTATO ROASTIES STARTING FROM €10.95

Choose your side:

Truffle Potato Roasties

Feta and Dill Potato Roasties

Peanut Satay Potato Roasties



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

IF YOU HAVE A FOOD ALLERGY OR SPECIAL DIETARY REQUIREMENTS PLEASE INFORM A MEMBER OF STAFF OR ASK FOR MORE INFORMATION_____

V VEGETARIAN _____
VG VEGAN _____
GC GLUTEN CONTROLLED _____

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

SCAN TO SEE NUTRITIONAL & ALLERGEN INFO