



# NUTRITIONAL INFO / GRAB 'N GO

| GLUTEN CONTROLLED CIABATTAS                                                                                                                                                                                      |          | NEW | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----|---------------|---------|---------------|-----------|------------|-------------|----------|
| NUTRITIONAL INFO                                                                                                                                                                                                 |          |     |               |         |               |           |            |             |          |
| <b>GC CHICKEN &amp; DILL</b><br>Marinated chicken breast, feta cheese, tomatoes, cucumber, salad mix & home-made dill dressing in gluten free ciabatta                                                           | /SERVING |     | 658           | 29.3    | 7.8           | 69.7      | 8.9        | 26.9        | 2.8      |
|                                                                                                                                                                                                                  | /100 G   |     | 196.42        | 8.75    | 2.33          | 20.81     | 2.66       | 8.03        | 0.84     |
| <b>GC CHIPOTLE CHICKEN</b><br>Grilled chicken, jalapeno peppers, chipotle sauce melted edam cheese in gluten free ciabatta                                                                                       | /SERVING |     | 946           | 52.61   | 15.23         | 55.52     | 4.26       | 56.88       | 3.01     |
|                                                                                                                                                                                                                  | /100 G   |     | 270.29        | 15.03   | 4.35          | 15.86     | 1.22       | 16.25       | 0.86     |
| <b>GC MANGO CHICKEN</b><br>Grilled chicken, melted edam cheese, red onions, peppers, home-made mango chutney in gluten free ciabatta                                                                             | /SERVING |     | 789           | 24.78   | 12.06         | 79.46     | 24.21      | 56.76       | 3.04     |
|                                                                                                                                                                                                                  | /100 G   |     | 222.25        | 6.98    | 3.4           | 22.38     | 6.82       | 15.99       | 0.86     |
| <b>GC SMOKEY SRIRACHA BEEF</b><br>Pulled beef caramelized onions, edam cheese, red peppers & smoked sriracha mayo in gluten free ciabatta                                                                        | /SERVING |     | 844.5         | 48.62   | 16.73         | 61.12     | 7.24       | 35.67       | 2.15     |
|                                                                                                                                                                                                                  | /100 G   |     | 272.42        | 15.68   | 5.4           | 19.72     | 2.34       | 11.51       | 0.69     |
| <b>GC SWEET POTATO FALAFEL</b><br>Sweet potato falafel, beetroot hummus, quinoa, mixed salad, cucumber, tomatoes, almond flakes & creamy coriander dressing in gluten free ciabatta                              | /SERVING |     | 562.4         | 17.24   | 2.48          | 85.82     | 8.49       | 19.21       | 1.05     |
|                                                                                                                                                                                                                  | /100 G   |     | 154.08        | 4.72    | 0.68          | 23.51     | 2.33       | 5.26        | 0.29     |
| <b>GC CHICKEN CAESAR</b><br>Grilled chicken, mixed salad, parmesan shavings & homemade caesar dressing in toasted gluten free ciabatta                                                                           | /SERVING |     | 760.25        | 32.47   | 9.23          | 56.2      | 4.72       | 54.68       | 2.19     |
|                                                                                                                                                                                                                  | /100 G   |     | 237.58        | 10.15   | 2.88          | 17.56     | 1.48       | 17.09       | 0.68     |
| <b>GC PEANUT SATAY</b><br>Roasted chicken, Asian slaw, peanut satay dressing, crushed peanut, coriander in gluten free ciabatta                                                                                  | /SERVING |     | 815.66        | 35.97   | 6.63          | 68.07     | 12.07      | 47.55       | 2.26     |
|                                                                                                                                                                                                                  | /100 G   |     | 225.32        | 9.94    | 1.83          | 18.8      | 3.33       | 13.14       | 0.62     |
| MELTS                                                                                                                                                                                                            |          |     | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| NUTRITIONAL INFO                                                                                                                                                                                                 |          |     |               |         |               |           |            |             |          |
| <b>MANGO CHICKEN MELT</b><br>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     |
| <b>CHIPOTLE CHICKEN MELT</b><br>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     |
| <b>SRIRACHA BEEF MELT</b><br>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      |
| <b>FETA OMELETTE MELT</b><br>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 | NEW | 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                                                                                                                                                                                                            |          |     | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| NUTRITIONAL INFO                                                                                                                                                                                                 |          |     |               |         |               |           |            |             |          |
| <b>SWEET POTATO FALAFEL</b><br>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     |
| <b>CHICKEN CAESAR</b><br>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     |
| <b>THAI CHICKEN SATAY</b><br>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      |
| <b>HOISIN DUCK</b><br>Shredded duck with hoisin mayo, mange tout, cucumber, iceberg lettuce & satueed spring onions in toasted tortilla wrap                                                                     | /SERVING | NEW | 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                                                                                                                                                                                                         |          |     | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| NUTRITIONAL INFO                                                                                                                                                                                                 |          |     |               |         |               |           |            |             |          |
| <b>KLESSIK TOASTIE</b><br>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     |
| <b>CHICKEN &amp; DILL</b><br>Marinated chicken breast, feta cheese, cucumber, tomatoes & salad mix in toasted brown bread                                                                                        | /SERVING | NEW | 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                                                                                                                                                                                                |          |     | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| NUTRITIONAL INFO                                                                                                                                                                                                 |          |     |               |         |               |           |            |             |          |
| <b>LEMON PROTEIN</b><br>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     |
| <b>HAZELNUT CHOCOLATE PROTEIN</b><br>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     |
| <b>CACAO &amp; COCONUT ENERGY</b><br>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     |
| <b>BANANA BREAD</b><br>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     |
| <b>BROWNIE</b><br>Chocolate brownie with cocoa, walnuts, and white roasted hazelnuts                                                                                                                             | /SERVING |     | 756.91        | 40.29   | 22.59         | 92.91     | 74.66      | 8.9         | 0.13     |
|                                                                                                                                                                                                                  | /100 G   |     | 420.51        | 22.38   | 12.55         | 51.61     | 41.48      | 4.94        | 0.07     |
| <b>ACAI POT</b><br>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

PEANUT SATAY WRAP

NEW HOISIN DUCK WRAP

BREADS

KLESSIK TOASTIE

NEW CHICKEN & DILL SANDWICH

GLUTEN CONTROLLED CIABATTA

NEW GC CHICKEN & DILL

GC CHIPOTLE CHICKEN

GC MANGO CHICKEN

GC SMOKEY SRIRACHA BEEF

GC SWEET POTATO FALAFEL

GC CHICKEN CAESAR

GC PEANUT SATAY

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<br>INCLUDING<br>GLUTEN | EGG | MILK | NUTS | SOY | SESAME | CRUSTACEANS | FISH | MOLLUSCS | LUPIN | CELERY | MUSTARD | PEANUTS | SULPHUR<br>DIOXIDE |
|--------------------------------|-----|------|------|-----|--------|-------------|------|----------|-------|--------|---------|---------|--------------------|
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## 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.Juice<sup>TM</sup>  
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