



NUTRITIONAL INFO / GRAB 'N GO

GLUTEN CONTROLLED CIABBATTAS NEW		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
NUTRITIONAL INFO								
GC CHICKEN & DILL 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
GC CHIPOTLE CHICKEN 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
GC MANGO CHICKEN 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
GC SMOKEY SRIRACHA BEEF 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
GC SWEET POTATO FALAFEL 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
GC CHICKEN CAESAR 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
GC PEANUT SATAY 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								
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 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		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
NUTRITIONAL INFO								
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
CHICKEN PARMA 3.0 NEW Chicken breast, parma ham, cashew-basil pesto, rucola, cherry tomatoes, roasted red peppers, ricotta with raspberry balsamic glaze.	/SERVING	605	25.6	7.3	43.2	10.1	48.9	2.88
	/100 G	202	8.5	2.4	14.4	3.4	16.3	0.96
TOASTIES		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
NUTRITIONAL INFO								
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 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		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
NUTRITIONAL INFO								
PROEITIN ORANGE BREAD NEW Home-made cake with orange, walnut and whey protein	/SERVING	387.8	16.14	2.91	52.7	28.81	9.6	1
	/100 G	303	12.61	2.27	41.18	22.51	6.72	0.78
CHOC-CHIP NEW Mixed berry compote, chocolate chips, greek yoghurt, whey protein & brownie cubes	/SERVING	645.5	25.6	12.7	81.7	63.3	20.7	0.51
	/100 G	253	10.04	4.98	32.04	24.82	8.12	0.2
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	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
ACAI POT Acaai, almond butter, acai	/SERVING	296.8	14.44	2.34	34.1	18.86	5.23	0.04



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

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 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	☑	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☑	☐	☐
AVO FETA OMELETTE MELT	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑
SWEET POTATO FALAFEL WRAP	☑	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
CHICKEN CAESAR WRAP	☑	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☑	☐	☐
PEANUT SATAY WRAP	☑	☑	☑	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑	☐
HOISIN DUCK WRAP	☑	☑	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☑
KLESSIK TOASTIE	☑	☐	☑	☐	☑	☐	☐	☐	☐	☐	☐	☑	☐	☑
CHICKEN & DILL SANDWICH	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐	☑
GC CHICKEN & DILL	☐	☑	☑	☑	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐
GC CHIPOTLE CHICKEN	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐	☐
GC MANGO CHICKEN	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑
GC SMOKEY SRIRACHA BEEF	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☑	☐	☐
GC SWEET POTATO FALAFEL	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐
GC CHICKEN CAESAR	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☑	☐	☐
GC PEANUT SATAY	☐	☑	☑	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑	☐
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

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



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



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



Dr.JuiceTM NATURAL GOOD FOOD

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