



## Tasters

FINGER LICKING GOOD

### GUACABITES

BATTERED GUACAMOLE BITES  
SERVED WITH HOMEMADE  
CHILI JAM

€4.95

### CHICKEN BAO BUNS

CRISPY CHICKEN, PICKLED RED CABBAGE  
SPINACH, CARROTS  
& CHIPOTLE MAYO

€4.95

### CRISPY GREENS

TENDER STEM BROCCOLI, BEANSPROUTS  
MANGE TOUT, SPINACH, EDAMAMDE BEANS  
ONIONS & KALE TOSSED IN  
GARLIC GINGER SAUCE

€4.95

TRY ME FOR STARTERS

## Brunch

### V AVO & EGG €7.50

AVOCADO SMASH, POACHED EGG TOMATO  
CHUTNEY, SPINACH & RYE BREAD TOAST  
WITH SALMON € 10.00

### BREAKFAST ROLL €8.50

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

### V FTIRA TA GIANNI €9.50

WHOLE FTIRA FILLED WITH MUSHROOMS  
KALE, SMOKED PROVOLONE CHEESE, ONIONS  
TOPPED WITH POACHED EGG

### B.E.A.

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

### BOSS OMELETTE €9.50

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

### VG THE REFORMER €8.50

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

### MATCHA AVOCADO PANCAKES €11.50

AVOCADO & MATCHA PANCAKES, GRILLED  
HALLOUMI, MAPLE BACON, AVOCADO  
POACHED EGG & SRIRACHA MAYO

### V MASSIVE BREAKFAST €13.00

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

### VEGAN BREAKFAST TACOS €8.00

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

### + CUSTOMIZE YOUR RIDE

POACHED EGG €1.50 • TOAST €1.50 • CHIPOTLE MAYO €1.00 • BEETROOT KETCHUP €1.00  
BACON €2.50 • HOMEMADE HASH BROWN €2.50 • HALLOUMI €2.50

## Lunch

### V FALAFEL SALAD €9.40

FALAFEL, MEDITERRANEAN COUSCOUS  
GRILLED HALLOUMI, FARM GREENS  
MINI PITAS & CREAMY HUMMUS

### VG THAI GREEN CURRY €10.00 🌶️

GREEN COCONUT CURRY WITH  
BEAN SPROUTS, OYSTER MUSHROOMS  
AUBERGINE, PEPPERS, CHILI & JASMINE RICE  
• WITH CHICKEN €12.00 • WITH TOFU €11.00

### VG KAO SAN CURRY €10.00 🌶️

RICH MASSAMAN CURRY SAUCE  
BEAN SPROUTS, OYSTER MUSHROOMS  
MANGETOUT & JASMINE RICE  
• WITH CHICKEN €12.00 • WITH TOFU €11.00

### VG SUPER FOOD SALAD €9.40

CRISPY KALE, TENDERSTEM BROCCOLI, EDAMAME  
BEANS, MANGE TOUT, SWEET POTATO  
BEANS PROUTS & MISO SESAME DRESSING

### V SMOKED BEET & BLACK BEAN BURGER €8.50

TOPPED WITH MELTED BRIE, CARAMELIZED  
ONIONS & CHILI JAM

### VG SUPER FOOD SOBA BOWL €10.00

STIR FRIED KALE, BROCCOLI, EDAMAME BEANS  
MANGE TOUT, ONIONS, PEPPERS, SOBA NOODLES  
& FRAGRANT GARLIC GINGER SAUCE  
• WITH CHICKEN €12.00 • WITH TOFU €11.00

### VG CHICKEN BURNER SALAD €10.50

CHAR GRILLED CHICKEN, RAINBOW QUINOA  
FETA, BROCCOLI FLORETS  
& HONEY MUSTARD DRESSING  
• AVOCADO €2.00

### JERK CHICKEN BREAST BURGER €9.20

DRY JERK RUB, HOMEMADE SLAW  
& JALAPENO, REGGAE SAUCE

### VG TERIYAKI NOODLE BOWL €10.00

WOK FRIED BROCCOLI, MANGE TOUT  
OYSTER MUSHROOMS, PEPPERS  
SOBA NOODLES & HOUSE TERIYAKI SAUCE  
• WITH CHICKEN €12.00 • WITH TOFU €11.00

### + SIDES

SWEET POTATO FRIES €3.50 • AVOCADO €2.00 • GRILLED CHICKEN BREAST €2.50 • FALAFEL €2.50 • GLUTEN FREE BREAD €2.50 • SIDE SALAD €2.50



## SHOOTERS

GINGER SHOT

CELERY SHOT

LEMON SHOT

BEETROOT SHOT

€1.50 PER SHOT

## 100% PRESSED JUICES

100% COLD PRESSED ORANGE

100% FRESHLY PRESSED APPLE

100% FRESHLY PRESSED CARROT

REGULAR €4.50

LARGE €5.20



## LIGHT JUICES



FLU FIGHTER

CARROT, APPLE, ORANGE & GINGER



LEMON TWIST

FRESH LEMON, MELON, MINT & JUICED APPLES



STRAWBERRY ENERGY

STRAWBERRY, BANANA, PEAR, & JUICED APPLES



ALOE VERA

FRESH WHOLE ALOE VERA, MELON, PRESSED APPLES, AVOCADO, LEMON & MINT



WATERMELON COOLER (SEASONAL)

FRESHLY SQUEEZED LOCAL WATERMELON STRAWBERRIES & SORBET



REGULAR €5.20

LARGE €5.60



## GREEN VEGETABLE JUICES



KING KALE

ORGANIC WHOLE RAW KALE, APPLE PINEAPPLE, PEAR & ORANGE



FAT BURNER

CELERY, LEMON, GINGER, PINK GRAPEFRUIT & JUICED APPLES



ROOT RHYTHM

FRESHLY PRESSED BEETROOT, APPLES LEMON & GINGER



REGULAR €5.40

LARGE €5.95



## WATER INFUSION

1 LTR. CARAFE

INFUSED WATER WITH GINGER LEMON & MINT

1 LTR. CARAFE

INFUSED WATER WITH ORANGE & BASIL

1 LTR. CARAFE

INFUSED WATER WITH CUCUMBER LIME & LEMON

ALL €3.00



## COFFEE BREAK

ESPRESSO

€1.50

ESPRESSO LUNGO

€1.60

DOUBLE ESPRESSO

€2.10

FLAT WHITE

€2.60

LATTE

€2.00

AMERICANO

€1.75

CAPPUCINO

€2.00

ICE COFFEE

€2.40

MACCHIATO

€2.00

JOES ORGANIC TEAS

PEPPERMINT, ENGLISH BREAKFAST SWEET CAMOMILLE, GREEN

€2.50

CHAI LATTE

€2.30

