

CHOOSE CHICKEN, FALAFEL, TOFU OR PULLED PORK

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BUILD YOUR OWN

PICK PRODUCT

Burrito/Wrap €8.50
Bowl/Salad €9.50

ADD PROTEIN

Chicken, Falafel, Tofu, Pulled Pork

ADD ANY 5

- | | |
|-----------------------|---------------------|
| Apples | Edamame |
| Beansprouts | Green onions |
| Broccoli | Jalapeños |
| Cabbage | Mexican beans |
| Carrots | Mushrooms |
| Celery | Pickled ginger |
| Chickpeas | Red onion |
| Coriander | Roasted red peppers |
| Corn | Sesame seeds |
| Cous cous | Spinach |
| Crispy tortilla chips | Sugar snaps |
| Cucumber | Tomatoes |

CHOOSE 1

- | | |
|---------------|----------------------|
| Almonds | Guacamole |
| Blue cheese | Hummus |
| Boiled egg | Mango |
| Cranberries | Mature Irish cheddar |
| Crumbled feta | |

ADD DRESSING

- | | |
|---------------------------------|-----------------------------|
| Balsamic vinaigrette G/F | Sriracha sauce G/F V |
| Cool yoghurt G/F | Very Teriyaki V |
| Chili yoghurt G/F | |
| Dijon citronette G/F | |
| Lemon juice G/F V | |
| Olive oil G/F V | |
| Peanut ginger sauce V | |
| Pico de gallo G/F V | |
| Sesame dressing V | |



BOWLS & BURRITOS

THE LOCO

Brown rice, Mexican beans, pico de gallo, guacamole, corn, mature Irish cheddar, cool yoghurt.

CHA CHA SRIRACHA

Brown rice, pico de gallo, corn, Mexican beans, guacamole, roasted peppers, mature Irish cheddar, jalapenos, coriander, cool yoghurt, sriracha sauce.

MEXICALI

Brown rice, spinach, Mexican beans, corn, guacamole, peppers, jalapenos, crushed tortilla chips, pico de gallo, chili yoghurt.

VERY TERIYAKI **V**

Brown rice, broccoli, carrots, cucumber, edamame, green onion, sesame seeds, very teriyaki sauce.

NUTZILLA **V**

Brown rice, hummus, spinach, beansprouts, cabbage, peppers, almonds, red onion, pickled ginger, peanut ginger sauce.

BOWLS €9.50 / BURRITOS €8.50

SALADS & WRAPS

UPMARKET

Spinach, mixed lettuce, cous cous, apples, feta cheese, carrots, celery, cabbage, cranberries, dijon citronette.



UPSWING

Mixed lettuce, boiled egg, corn, tomatoes, blue cheese, red onions, dijon citronette.

OPEN SESAME **V**

Spinach, sugar snaps, beansprouts, chickpeas, red onions, edamame, mango, pickled ginger, roasted sesame seeds, sesame dressing.



UPROOTS

Spinach, mixed lettuce, feta cheese, edamame, beansprouts, mango, carrots, balsamic vinaigrette.



SALADS €9.50 / WRAPS €8.50

SMOOTHIES

€6.50



STRAWBERRY FIELDS

Strawberries, banana, frozen yoghurt.

GREEN MEANS GO

Avocado, spinach, banana, frozen yoghurt.



TROPICALI

Mango, pineapple, banana, turmeric, frozen yoghurt.

BREAKFAST

OVERNIGHT OATS ^v

Oats, chia seeds, oat milk, granola, forest fruit compote.

€4.95



OLA GRANOLA

Greek yoghurt, granola, honey, fresh fruit.

€4.50

PORRIDGE

Gluten free oats, milk, honey.

€4.20

CHOICE OF TOPPINGS

mango, banana, strawberries, cranberries, granola, almonds, coconut flakes, chocolate chips.

POUCHES

€4.50



EL PORCO

Scrambled egg, tomatoes, bacon, mature Irish cheddar.

LAS PINACHA

Scrambled egg, spinach, peppers, feta, mushrooms.



LA PEPPERITA ^v

Mexican beans, spinach, peppers, guacamole, sweet chili sauce.



KIDS MENU



CHEESY CHICKEN POUCH

Wholewheat wrap, chicken, mature Irish cheddar.

€4.95

CHEESY POUCH

Wholewheat wrap, tomatoes, corn, mature Irish cheddar.

€4.50

NINJA BOWL

Brown rice, edamame, corn, broccoli, carrots, cool yoghurt.

€6.00

PERFECT COMBO

ANY POUCH +
REGULAR COFFEE

€6.50



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