


LIGHT BITES

SOUP Soup of the day.	£2.95
EDAMAME BEANS Japanese soya bean pods steamed & served with rock salt & chilli seasoning.	£2.95
HUMMUS A traditional hummus with veg sticks & pitta.	£3.50
GRILLED HALLOUMI Greek halloumi cheese, drizzled with honey & fresh chilli.	£3.50
HOT WINGS Chicken wings with buffalo hot sauce.	£5.50
VEGAN HOT WINGS Crispy cauliflower bites tossed in our spicy blend of peri-peri and smoked paprika seasoning.	£4.95
PRAWN TACOS 3x soft shell tacos, grilled prawns, quinoa, tomato salsa and avocado ranch dressing. Drop your tacos for cos lettuce.	£8.95

BURGERS, WRAPS AND PITTAS

CHICKEN BURGER Grilled chicken, Thai green curry mayo, coriander and fresh red chilli. Double Chicken +£3.50	£7.95
BEEF BURGER Grass fed Irish beef burger with cos lettuce, beef tomato and organic ketchup. Double BURGER +£3.50	£7.95
TURKEY BURGER Ground turkey breast seasoned with herbs and served with sliced avocado, red onion and chilli mayo. Double turkey +£3.50	£8.95
THE B12 BURGER The iconic 'bleeding' 100% vegan burger made with mushroom, beetroot, and plant-based protein, and packed with nutrients. Topped with hummus, beetroot slaw and rocket. Kind of a big deal.	£8.95
STEAK WRAP 7oz (190g) grass fed Irish beef, grilled halloumi, fresh rocket, sliced red onion and chilli mayo on a choice of white or wholemeal wrap.	£10.95
HALLOUMI & MUSHROOM WRAP Grilled halloumi, portobello mushroom, tomato chilli jam & crisp lettuce on a choice of white or wholemeal wrap.	£7.95
JERK CHICKEN PITTA Chargrilled chicken thighs, marinated overnight in our own jerk seasoning, stuffed with mixed peppers & red onion, mango, pineapple and garlic mayo. Double Chicken +£3.50	£8.95
FALAFEL PITTA Falafel, garlic & herb yoghurt, mozzarella, cucumber and crunchy baby gem.	£7.95
ADD A SIDE FOR £2. CHOOSE FROM: Rice, Mediterranean veg, skinny fries, sweet potato fries, courgette spaghetti with avocado dressing or broccoli in chilli butter.	

PLATTERS			
	SAMPLE PLATE	£16.95	
	7oz (190g) rump steak, butterflied chicken, hot wings, sweet potato fries & a choice of sauce.		
	CHICKEN & CORN		£19.95
	2 x butterflied chicken breasts, sweet potato wedges, 2 x corn, quinoa & a choice of 2 sauces.		

GRILL

ALL GRILL ITEMS COMES WITH A CHOICE OF SIDE AND SAUCE INCLUDED

BUTTERFLIED CHICKEN	£9.95
Marinated overnight in herbs (200-220 grams).	
RUMP STEAK	£12.95
7oz (190g) GRASS FED IRISH BEEF.	
SALMON	£12.95
Omega-3 packed skin-on Irish salmon fillet (180-200 GRAMS).	
SEABASS	£12.95
Responsibly sourced skin-on Irish seabass (180 GRAMS).	
SIDE INCLUDED. CHOOSE FROM:	
Rice, Mediterranean veg, skinny fries, sweet potato fries, courgette spaghetti with avocado dressing or broccoli in chilli butter.	

PIZZA AND PASTA

TURKEY MEATBALLS	£9.95
Turkey meatballs and tomato sauce, garnished with grated parmesan. Comes served with courgette spaghetti.	
CARBONARA	£10.95
Our spin on a classic carbonara made with turkey bacon, peas, almonds, fresh basil & a parmesan and yoghurt sauce. Comes served with courgette spaghetti.	
PIRI PIRI CHICKEN PIZZA	£8.95
Torn piri piri chicken, green peppers, red onion and mozzarella cheese on our own tomato sauce base.	
TURKEY BACON & MUSHROOM PIZZA	£8.95
Grilled turkey bacon, portobello mushroom, red onion and mozzarella cheese on our own tomato sauce base.	
Veggie Pizza	£8.95
Buffalo mozzarella, roast red peppers, basil pesto and fresh basil on our tomato sauce base.	

BOWLS & SALADS

PRAWN QUINOA BOWL	£10.95
Wok-fried king prawns with quinoa, avocado ranch dressing, mixed peppers, spring onions & fresh lime.	
SPICY TOFU QUINOA BOWL	£12.95
Marinated tofu with quinoa, leafy greens, roasted chickpeas, avocado, cherry tomatoes, red onion & artichoke hearts.	
SESAME & GINGER SALMON BOWL	£12.95
Marinated salmon fillet and basmati rice with spring onion, pickled carrot & ginger.	
CHICKEN NOODLE BOWL	£10.95
Wok-fried egg noodles and seasonal green vegetables, topped with grilled sesame & ginger marinated chicken.	
CHICKEN SATAY SIZZLER	£12.95
Chargrilled chicken served on a sizzling skillet, with crunchy peppers, onions, crushed peanuts and our own homemade satay, served with basmati rice.	
THAI RED CURRY BOWL	VEGETABLE £9.95
Wok-fried seasonal vegetables, served with basmati rice.	
	CHICKEN £10.95
CHICKEN & TURKEY BACON CAESAR	£8.95
Grilled chicken, turkey bacon, cos lettuce, sourdough croutons and caesar dressing.	
TURKEY BACON & AVOCADO	£8.45
Avocado, turkey bacon, spinach, red onion, rocket, pesto and toasted pine nuts. ADD Chicken +£3.50	
AVOCADO, SMOKED SALMON & FREE RANGE EGG	£9.95
Irish smoked salmon, avocado, free range egg, spinach, cherry tomato and Dijon dressing.	
SUPERFOOD SALAD	£8.95
Spinach, broccoli, peas, cucumber, avocado, quinoa, feta cheese, toasted seeds and mint dressing. ADD Chicken +£3.50	
GOAT'S CHEESE & BEETROOT	£8.95
with agave roasted walnuts, spinach & basil pesto.	
BABY SALADS	£4.00
CHICKEN & TURKEY BACON CAESAR , SUPERFOOD OR TURKEY BACON & AVOCADO	

EXTRAS

SIDES	£3.00	SAUCES	£1.00
GRILLED CORN		CHILLI MAYO	
ASPARAGUS AND PARMA HAM		SRIRACHA	
TENDERSTEM BROCCOLI		GARLIC & HERB	
WITH CHILLI BUTTER		GARLIC AIOLI	
COURGETTE SPAGHETTI WITH		HOT SAUCE	
AVOCADO DRESSING		CHIMICHURRI	
RED CABBAGE, BEETROOT & APPLE SLAW		PIRI PIRI	
ROAST MEDITERRANEAN VEG		SESAME & GINGER	
SWEET POTATO FRIES		CHILLI BUTTER	
SWEET POTATO WEDGES		THAI GREEN CURRY MAYO	
SKINNY FRIES		ORGANIC KETCHUP	
BASMATI RICE			
ROAST GARLIC & CHILLI			
SWEET POTATO MASH			
BABY BOILED POTATOES			