

## LIGHT BITES

<b>GRILLED HALLOUMI</b> Greek halloumi cheese, drizzled with honey & fresh chilli.	<b>£3.50</b>
<b>PRAWN TACOS</b> 3x soft shell tacos, spicy grilled prawns, quinoa, smokey tomato salsa and avocado ranch dressing. Drop your tacos for cos lettuce.	<b>£8.95</b>
<b>SOUP</b> Soup of the day.	<b>£3.95</b>
<b>HOT WINGS</b> Chicken wings with buffalo hot sauce.	<b>£5.50</b>
<b>VEGAN HOT WINGS</b> Crispy cauliflower bites tossed in our spicy blend of peri-peri and smoked paprika seasoning.	<b>£5.50</b>
<b>KOREAN STEAK TACOS</b> 3x soft shell tacos, grass fed Irish beef, kimchee slaw with a korean bbq dressing.	<b>£10.95</b>
<b>TERIYAKI CHICKEN SKEWERS</b> Grilled Chicken thighs with Teriyaki sauce.	<b>£5.95</b>

## SALADS

<b>TURKEY BACON CAESAR</b> Turkey bacon, cos lettuce, sourdough croutons and caesar dressing.	<b>£8.95</b> Chicken +£2
<b>TURKEY BACON &amp; AVOCADO</b> Avocado, turkey bacon, spinach, red onion, rocket, pesto and toasted pine nuts.	<b>£8.95</b> Chicken +£2
<b>AVOCADO, SMOKED SALMON &amp; FREE RANGE EGG</b> Irish smoked salmon, avocado, free range egg, spinach, cherry tomato and Dijon dressing.	<b>£9.95</b>
<b>SUPERFOOD SALAD</b> Spinach, broccoli, peas, cucumber, avocado, quinoa, feta cheese, toasted seeds and mint dressing.	<b>£8.95</b> Chicken +£2
<b>GOAT'S CHEESE &amp; BEETROOT</b> with agave roasted walnuts, spinach & basil pesto.	<b>£8.95</b> Chicken +£2
<b>AVOCADO SMOKEHOUSE</b> Mixed leaf, quinoa, tomato, spring onion, black beans, corn, avocado and smokey salsa.	<b>£8.95</b> Chicken +£2

## BURGERS, WRAPS AND PITTAS

<b>CHICKEN BURGER</b> Grilled chicken, Thai green curry mayo, coriander and fresh red chilli.	<b>£7.95</b> Double Chicken +£3.50
<b>BEEF BURGER</b> Grass fed Irish beef burger with cos lettuce, beef tomato and organic ketchup.	<b>£7.95</b> Double Burger +£3.50
<b>TURKEY BURGER</b> Ground turkey breast seasoned with herbs and served with fresh sliced avocado, red onion and chilli mayo.	<b>£9.95</b> Double turkey +£4
<b>THE B12 BURGER</b> 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.	<b>£8.95</b>
<b>STEAK WRAP</b> 7oz (190g) grass fed Irish beef, grilled halloumi, fresh rocket, sliced red onion and chilli mayo on a choice of white or wholemeal wrap.	<b>£11.95</b>
<b>HALLOUMI &amp; MUSHROOM WRAP</b> Grilled halloumi, portobello mushroom, tomato chilli jam & crisp lettuce on a choice of white or wholemeal wrap.	<b>£7.95</b>
<b>JERK CHICKEN PITTA</b> Chargrilled chicken thighs, marinated overnight in our own jerk seasoning, stuffed with mixed peppers & red onion, mango, pineapple and garlic mayo.	<b>£8.95</b> Double Chicken +£3.50
<b>PULLED BEEF WRAP</b> Slow cooked beef brisket, refried beans, wild rice and smokey salsa on a choice of white or wholemeal wrap.	<b>£7.95</b>

**ADD ANY SIDE DISH FOR £2.50**

Stir fried sesame greens - Sweet potato fries - Garlic and thyme mushrooms

Skinny fries - Crushed rosemary and sea salt baby potatoes - Cajun sweet potato wedges

## CREATE YOUR OWN MEAL TO FIT YOUR DIET

## GRILL

<b>BUTTERFLIED CHICKEN</b> MARINATED OVERNIGHT IN HERBS (200-220 GRAMS).	<b>£9.95</b>
<b>RUMP STEAK</b> 7OZ (190G) GRASS FED IRISH BEEF.	<b>£12.95</b>
<b>SALMON</b> OMEGA-3 PACKED SKIN-ON IRISH SALMON FILLET (180-200 GRAMS).	<b>£12.95</b>
<b>GRILLED CHICKEN ON THE BONE</b> ½ a grilled spatchcock chicken, seasoned with zingy chipotle seasoning and flame grilled. Comes with a choice of 2x sides and 1x sauce.	<b>£12.95</b>
<b>ADD ANY SIDE DISH INCLUDED</b> Stir fried sesame greens - Sweet potato fries - Garlic and thyme mushrooms Skinny fries - Crushed rosemary and sea salt baby potatoes – Cajun sweet potato wedges	

## PIZZA

<b>PIRI PIRI CHICKEN</b> Torn piri piri chicken, green peppers, red onion and mozzarella cheese on our own tomato sauce base.	<b>£8.95</b>
<b>VEGGIE</b> Buffalo mozzarella, roast red peppers, basil pesto and fresh basil on our tomato sauce base.	<b>£8.95</b>
<b>JERK MUSHROOM</b> Mushroom, roast peppers, mango and pineapple and vegan cheese.	<b>£8.95</b>
<b>PARMA PIZZA</b> Torn Parma ham, mozzarella, parmesan, spinach, egg and our own tomato sauce base.	<b>£9.95</b>

## BOWLS

<b>SESAME GINGER SALMON BOWL</b> Marinated salmon fillet and white rice with spring onion, pickled carrot & ginger.	<b>£12.95</b>
<b>CHICKEN NOODLE BOWL</b> Seasonal green vegetables with Wok fried egg noodles.	<b>£10.95</b>
<b>CHICKEN SATAY SIZZLER</b> Chargrilled chicken served on a sizzling skillet, with crunchy peppers, onions, crushed peanuts and our own homemade satay, served with basmati rice.	<b>£12.95</b>
<b>THAI RED CURRY</b> Wok-fried seasonal vegetables, served with basmati rice and an aromatic Thai red curry sauce.	<b>VEG £9.95</b> <b>CHICKEN £10.95</b>
<b>MOJO CHICKEN</b> Chargrilled chicken with cuban seasoning, wild rice, black beans, pineapple, avocado salsa and fresh lime.	<b>£13.95</b>
<b>BAKED COD</b> Sustainably sourced Irish Cod, served with Mediterranean butter, crushed rosemary and sea salt potatoes, steamed tender stem broccoli.	<b>£14.95</b>
<b>SESAME PRAWN STIR FRY</b> Crispy king prawns, mixed peppers, spring onions, fresh lime and sesame noodles.	<b>£13.95</b>

## EXTRAS

<b>SIDES</b>	<b>£3.50</b>	<b>SAUCES</b>	<b>£1</b>	<b>BABY SALADS</b>	<b>£4</b>
STIR FRIED SESAME GREENS		CHILLI MAYO		TURKEY BACON CAESAR	
SWEET POTATO FRIES		GARLIC AIOLI		SUPERFOOD	
GARLIC AND THYME MUSHROOMS		HOT SAUCE		TURKEY BACON & AVO	
SKINNY FRIES		PIRI PIRI			
CRUSHED ROSEMARY AND SEA SALT BABY POTATOES		SATAY			
SWEET POTATO WEDGES		SESAME & GINGER			
		CHILLI BUTTER			
		THAI GREEN CURRY MAYO			
		ORGANIC KETCHUP			