

### Salads

**W** Greek salad Chunks of tomato, cucumber, green peppers, onion, feta and olives

Wegan option: with vegan feta

Jack fruit and smoked tofu salad with greens, avocado, fresh pineapple, raisins, carrots, pumpkin seeds and sweet-chilli sauce **(6)(12)** 

Healthy bowl € 9.50 with chicken-quinoa-avocado with pomegranate, carrots, black beans, cherry tomatoes and a honey-mustard dressing

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**Wegan option:** without chicken and maple syrup instead of honey in the dressing 15689101112

€ 10.00 Salmon salad with ponzu-ginger dressing

with green, red and yellow peppers, wakame, pickled ginger, edamame beans, rice noodles & sesame seeds

(4)(6)(11) (#)

# Sandwiches and Wraps

**Whole-meal tortilla** 

€ 7.50

€ 7.50

€ 9.00

with tofu flavoured with basil with mango, red pepper, carrot, greens 8 peanut butter-coconut sauce (1)(5)(6)

©Pulled jack fruit in tomato bread € 7.50

with salad, guacamole and vegan mayonnaise (1)(6)(8)(1)

Panini turkey & cheese € 6.00 (1)(7)(8)(11)

€ 7.00

€ 7.50

€ 9.00

Ciabatta

with grilled chicken & Mozzarella with rucola, tomato and basil pesto & balsamic glaze (1)(3)(5)(6)(7)(8)(11)(12)(44)

Roast salmon wrap

with auinoa and avocado-citrus dressina in spinach tortilla (1)(4)(5)(8)(9)(10)(11)(12)(11)

VNature bowl € 4.50

strained yoghurt, crunchy granola, pomegranate, pineapple, coconut flakes and honey 15781112

**@**Acai energy bowl

Energy bowls

organic acai, banana, rice milk, crunchy granola, coconut flakes, pomegranate, passion fruit 8 fresh mint 15811

Extras

Nacho chips € 5.50

with guacamole, cheese sauce 8 sour cream (1)(3)(6)(7)(9)

€ 1.90 Potato crisps

€ 1.90 Salted peanuts (1)(5)(6)(7)(8)(10)(12)



## Desserts

Big American-style cookie	€ 2.80
Triple chocolate brownie 13678	€ 3.50
Muffins - chocolate	€ 3.80
Muffins - lemon	€ 3.80
Home-made dessert cups	€ 4.00
Fresh seasonal fruit	€ 1.90
Fresh seasonal fruit salad	€ 4.00

## Ice cream - individually packed

Small	€ 2.50 - € 3.00
Medium	€ 3.30
Large	€.350



- ① Gluten
- ② Crustaceans
- 3 Egg
- 4 Fish

- ⑤ Peanuts
- 6 Soy
- ① Dairy
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11) Sesame
- <sup>®</sup> Sulfites
- 3 Lupin4 Molluscs





Frozen