

BREAKFAST

BREAKFAST SMOOTHIE (16oz) orange, banana, granola, strawberries & coconut milk (G)	5.50e
MUESLI BOWL wheat free/ sugar free muesli served with milk & strawberries alternative, dairy free milk option (G)(N) (1e extra)	3.95e
COCONUT GOJI GRANOLA BOWL toasted oats w/ dessicated coconut & goji berry served with milk dairy free milk option (one euro extra) (G)	4.95e
WHOLEGRAIN PORRIDGE w/ mixed seeds, goji, honey & strawberries (dairy free milk option 1euro) (G)	3.95e
PROATS wholegrain porridge oats, vanilla whey protein topped w/ peanut butter & mixed seeds (MK)(G)(N)	4.95e
TOASTED BANANA BREAD w/ PEANUT BUTTER Our banana bread is Vegan, Gluten Free & Dairy Free (N)	3.00e
BAD ASS BREAKFAST WRAP toasted tomato wrap with sun dried tomato pesto, mixed leaves, boiled eggs, cherry tomato and avocado. (N)(G)(E)	6.50e

BRUNCH

*Gluten free, vegan bread available with all dishes (1e extra)

URBAN EGGS Free range scrambled eggs w/ basil pesto & fresh chilli, on a bed of spinach & toasted pumpkin seed bread (not too spicy!) (E)(MK)(G)(N)	10.95e
SCRAMBLED TOFU ON TOAST Smoked sesame & almond tofu, scrambled, sautéed spinach w/ fresh chilli on toasted vegan, (not too spicy!) *contains Vegan (SS)	9.95e
SMASHED AVOCADO ON TOAST toasted pumpkin seed bread, smashed avocado w/ red onion & lemon juice on a bed of mixed leaves with sundried tomatoes (G)	8.95e
SALMON & AVOCADO ON TOAST toasted pumpkin seed bread with smashed avocado, red onion, lemon juice and organic peppered salmon on a bed of mixed leaves w/ sun dried tomatoes (G)(F)	9.95e
FRESHLY MADE SOUP w/ pumpkin seed bread See counter for daily options *VEGAN* *sugar free, dairy free, gluten free (without bread)	5.00e
DAILY HOT POT (available Monday to Friday!)	9.95e

COFFEE & TEA

Our coffee is double certified Organic & Fair Trade!

Espresso	2.20/2.50e
Americano	2.30/2.70e
Cappocino/Latte	2.60/2.80e
Flat White	2.60e
Mocha	2.70/2.90e
Macha Latte	3.00e
Chai Latte	3.50e
Herbal Tea	2.00e
Hot Chocolate	2.50/3.00e
Urban Protein Coffee americano blended w/chocolate whey protein & peanut butter (N)(MK)	4.00e
Urban Bullet Proof americano blended w/cacao butter & MCT oil	3.50e

UH PANCAKES

NOSTALGIA Coconut sugar & Lemon (MK)(E)	9.95e
SWEET CHEEKS Strawberry & Honey (MK)(E)	9.95e
PROTEIN POWER Banana & Peanut Butter (MK)(N)(E)	9.95e
FULFIL YOUR DREAM! Peanut & Caramel Fulfil bar melted w/ Strawberries & Flaked Almonds (MK)(N)(G)(E)	11.95e
THE WORKS Strawberry, honey, Banana & Peanut Butter (MK)(N)(E)	11.95e
HAZLENUT HEAVEN Chocolate hazlenut spread, chopped hazelnut & dessicated coconut (N)(MK)(E)	12.95e

UH BURGERS

*swap your bun for a vegan wrap on request *burger buns & wraps contain gluten

VEGAN BURGER Quinoa and hazelnut vegan burger on a vegan bun w/ spinach, smashed avocado, red onion, beetroot & carrot slaw & egg free mayo (G)(N)	12.95e
TOFU BURGER Spelt & Hazlenut tofu burger in a vegan bun w/rocket, vegan mayo, smashed avocado & red onion, comes with a choice of 2 fresh UH salads! (SS)(N)(G)	12.95e
TURKEY BURGER Grilled Irish turkey breast in a brioche bun w/ rocket, chilli mayo, tomato, avocado & red onion, comes with a choice of 2 fresh UH salads! (G)	12.95e

JUICES & SMOOTHIES

Sml 12oz: 4.50e Lrg 16oz: 5.50e

ENERGY BOOST orange, lemon, apple, carrot	
BET SUPREME beetroot, carrot, ginger, orange	
GREEN MACHINE apple, cucumber, lime, ginger, spinach	
STRAZLER DAZZLER strawberries, banana, orange, coconut milk	
PRET A PROTEIN banana, orange, coconut milk, whey protein (MK)	
PINEAPPLE EXPRESS pineapple, banana, orange, coconut milk	
MATCHA MAGIC matcha tea, banana, coconut milk & orange	

SHOTS

GINGER SHOT	3.00e
FIREBALL – fresh lemon & ginger	3.00e
WHEATGRASS SHOT (subject to availability)	3.50e

DON'T FORGET OUR SUPER FRESH SALAD BAR, CHECK IT OUT FOR WRAPS AND SALADS.

As all our food is made fresh to order please allow 15 mins cooking time for hot dishes ***Due to a large amount of nuts being used in our kitchen all dishes may contain traces of nuts.

Allergen list: Gluten (G), Crustaceans(C), Eggs (E), Fish(F), Molluscs(M), Soybeans(S), Peanuts(P), Nuts (N), Milk (MK), Celery (CY), Mustard(M-D), Sesame Seeds (SS)