

the urban menu



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Breakfast Menu

Coconut & Goji Granola Pot €3.95

w/natural yogurt & fresh strawberries *(contains dairy & gluten))

Sugar Free/Wheat Free Muesli Pot €3.95

w/natural yogurt & fresh strawberries *(contains dairy, gluten & nuts)

Banana Bread w/Peanut Butter Slice €3.50

Almonds, hazelnuts, chia seed, buckwheat flour, banana & honey *(dairy free, gluten free, contains nuts)

Breakie Wrap €5.95

Tomato based wrap with sun dried tomato pesto, mixed leaves, boiled eggs, cherry tomato and avocado

*(contains gluten & nuts)

Breakie Smoothie €5.50

Orange, banana, granola, strawberries & coconut milk *(contains gluten)

Lunch Menu

Salad Bowl €7.95 Wrap €6.50

Eat, Pray, Love

Spinach leaves; quinoa w/ roast red pepper, shaved sweet potato, kale & sesame & honey; honey roast sweet potato w/ mixed spice, cherry tomato, chickpea & flaked almonds; carrot & beetroot slaw w/ orange & fennel; basil & cashew pesto.

*Contains nuts *Contains sesame *Contains dairy (pesto) *May contain gluten (wraps only)

Healthy, Happy, Glow

Rocket leaves; couscous w/ honey, mixed spice, pomegranate & orange; diced cucumber, black eyed beans, diced red pepper, red onion, chilli, sweetcorn & lemon juice; carrot w/ ginger & lemon; chilli lime hummus.

*May contain gluten & dairy (wraps only) *May contain traces of nuts *Contains sesame

Life Force

Spinach leaves; brown rice w/ cashew, grated courgette, sweetcorn, olive oil & apple cider; rocket, shaved red cabbage, orange segment, edamame beans, diced dates, sesame seeds, olive oil & apple cider; shredded kale, blitzed broccoli, cucumber segments, sugarsnap peas, mixed seeds, red onion & lemon juice; sundried tomato pesto.

*Contains nuts *Contains sesame *May contain gluten & dairy (wraps only)

Lunch Menu

Green Earth

Spinach leaves; broccoli w/ feta & tomato; shredded kale, blitzed broccoli, cucumber segments, sugar snap peas, mixed seeds, red onion & lemon juice; honey roast sweet potato w/ mixed spice, cherry tomato, spinach (small amount), chickpea & flaked almonds; basil pesto.

*Contains Nuts *Contains dairy *May contain gluten (wraps only)

Eat the Rainbow

Rocket leaves; egg, black eyed beans, sweetcorn, mixed peppers, spinach; shaved red cabbage, orange segment, edamame beans, diced dates, sesame seeds, olive oil & apple cider; carrot & beetroot slaw w/ orange & fennel; chilli lime hummus.

*Contains sesame *May contain gluten & dairy (wraps only) *May contain traces of nuts *Contains sesame

All salad bowls and wraps come with a choice of protein:

+ Poached Irish chicken

+ Irish Turkey

+ Tuna

+ Sesame & Almond Tofu *(contains sesame & nuts)

+ Organic Hot Smoked Irish Salmon

Lunch Menu

Power Salads €6.95

Protein Omega Power Salad Box

Spinach leaves, sundried tomatos, egg, organic hot smoked Irish salmon & basil cashew pesto

*(Contains nuts)

Paleo Power Salad Box

Spinach leaves, broccoli, tomato, egg, sweet potato w/cherry chickpea & almond

*(Contains nuts)

Juices & Smoothies

Juices €5.50

Morning Glory

Cucumber, Kiwi, Spinach, Lime, Mint, Apple

The Zinger

Orange, Carrot, Grapefruit, Ginger, Lemon

Green Envy

Celery, Cucumber, Spinach, Lime, Avocado, Apple

Pret A Protein

Cucumber, Pineapple, Apple, Avocado, Spirulina

The Glow

Apple, Broccoli, Avocado, Carrot, Beetroot

Le Detox €6.00

Spinach, orange, cucumber, lemon, apple & activated charcoal

Veg Only Juices €6.00

Supergreen

Kale, cucumber, spinach, lemon, lime & avocado

Wanderlust

Lemon, carrot, ginger, beetroot & kale

Wild Spirit

Carrot, beetroot, lemon & red cabbage

Smoothies €5.50

Strazler Dazzler

Orange, coconut milk, strawberries & banana

Pret a Protein

*Coconut milk, banana, orange & vanilla **whey** protein*

Matcha Magic

Orange, banana, coconut milk & matcha tea

Pineapple Express

Orange, banana, coconut milk & pineapple

Healthy Treats

Protein Balls €2.00 each

Box of 3 €3.95

Cacao & Coconut

Almonds, desiccated coconut, cashew butter, raw cacao, coconut oil, dates, *peanut* butter & vanilla
vegan protein *(contains nuts, gluten & dairy free)

Matcha Protein Balls

Creamed coconut, coconut oil, dessicated coconut, vanilla *whey* protein, stevia, honey, matcha powder

Caramel Slices €3.95

Jumbo oats, vanilla essence, almonds, coconut oil, dates, 70% dark chocolate *(contains gluten & nuts)

Snicker Slice €3.95

Chai seeds, oats, honey, peanut butter, almonds, cocoa powder, goji berries, 70% dark chocolate
*(contains gluten & nuts)

Chickpea Blondies €3.95

Chickpeas, peanut butter, honey, almonds, coconut oil, 70% dark chocolate *(contains nuts)

Healthy Treats

Protein Mars Bar Slice €3.95

Creamed coconut, vanilla *whey* protein, vitafibre powder, vanilla extract, coconut oil, dates, & 70% dark chocolate *(May contains traces of soy, nuts & dairy)

Sweet Potato Protein Slice €3.95

Sweet potato, vanilla *whey* protein, almonds, coconut oil & 70% dark chocolate
*(May contains traces of soy, nuts & dairy)

Banana Bread Slice €3.50

Almonds, hazelnuts, chia seeds, buckwheat flour, banana & honey — gluten and dairy free *(Contains nuts)

Urban Health Revive Water 1 ltr €2.00

Filtered water infused w/cucumber, mint & lime

Volvic 1 ltr €1.80

Volvic 500ml €1.30