

## BREAKFAST

<b>BREAKFAST SMOOTHIE (G)</b> orange, banana, granola, strawberries & coconut milk	16oz €5.99/ 12oz €4.99
<b>MUESLI BOWL (N)(G)(SS)</b> wheat free/ sugar free muesli served with milk & strawberries alternative, dairy free milk option (€1 extra)	€4.95
<b>COCONUT GOJI GRANOLA BOWL (G)</b> toasted oats w/ dessicated coconut & goji berry served with milk dairy free milk option €1 extra	€4.95
<b>PORRIDGE BOWL (G)(SS)(P)</b> w/ mixed seeds, goji, honey & strawberries- Add peanut butter or a dairy milk €1	€4.95
<b>PROATS (MK)(G)(N) (SS)</b> wholegrain porridge oats, vanilla whey protein topped w/ peanut butter mixed seeds	€5.95
<b>TOASTED BANANA BREAD w/ PEANUT BUTTER (N)(P)</b> Our banana bread is Vegan, Gluten Free & Dairy Free	€3.50
<b>BAD ASS BREAKFAST WRAP (N)(G)(E)</b> toasted tomato wrap with sun dried tomato pesto , mixed leaves, boiled eggs,cherry tomato and avocado.	€6.95

## PANCAKES

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

## BRUNCH

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

## BURGERS

\*burger buns & wraps contain gluten

<b>VEGAN BURGER (G)(N)(SS)</b> Quinoa and hazelnut vegan burger on a vegan bun w/ spinach, smashed avocado, red onion, beetroot & carrot slaw & egg free mayo	€12.95
<b>TOFU BURGER (SS)(N)(G)</b> 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!	€12.95
<b>TURKEY BURGER (G)(SS)</b> 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!	€12.95

## JUICES & SMOOTHIES

Sml 12oz: €4.50 Lrg 16oz: €5.50

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

## SHOTS

<b>GINGER SHOT</b>	€3.00
<b>FIREBALL- fresh lemon &amp; ginger</b>	€3.00
<b>DIRTY DETOX-</b> orange, lemon & activated charcoal	€3.00

## COFFEE & TEA

Our coffee is double certified Organic & Fair Trade!

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

- Our eggs are 100% Irish & Free Range
- Our Chicken & Turkey is 100% Irish

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

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.

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