

# BOWL AND GO

CALL AND COLLECT - 053 94 80500

7 Days - 8am - 8pm

HIGH FIBRE, HIGH PROTEIN, NUTRITIOUS  
GLUTEN FREE, DAIRY FREE, VEGETARIAN & VEGAN OPTIONS

## HOW IT WORKS

1. Choose Your Salad

2. Add Your Protein

3. Add Your Dressing



## Choose Your Salad



### GREEN SCENE

Baby Gem Seaweed, Baby Spinach, Pickled Cucumber, Avocado, Green Onion (9)

*220kcal, 6.1g Fibre, 5.9g Protein*



### DOWN SOUTH

Brown Rice, Spinach, Black Beans and Chargrilled Corn, Beetroot Hummus, Salsa Fresca, Lime Wedge (10)

*408kcal, 12.4g Fibre, 11g Protein*



### OUT EAST

Egg Noodles, Roasted Broccoli, Homemade Cashew Nut Butter, Crispy Chickpeas, Green Onion, Pickled Ginger (5, 7, 13, 11, 9)

*440kcal, 5.2g Fibre, 14.2g Protein*



### MED OR DEAD

Quinoa and Field Greens, Feta Cheese, Black Olives, Toasted Almonds, Cilantro, Roasted Sweet Bell Peppers (5, 7)

*313kcal, 4.8g Fibre, 10.9g Protein*

## ADD YOUR PROTEIN

Redmond Farm Beef *217kcal, 31g Protein*

Shredded Chicken *165kcal, 26.1g Protein*

Tofu *56kcal 7.1g protein*

Chilli Prawns (1) *69kcal, 13g Protein*

Baked Falafel (14, 7) *165kcal, 13g Protein*

## ADD YOUR DRESSING

Honey and Mustard (13, 9) *230kcal*

Soy (8) *40kcal*

Yogurt and Mint (7) *30kcal*

Creamy Ranch (7, 13, 11, 3) *90kcal*

All Bowls €9

# HEALTHY

## WHOLEMEAL WRAPS

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### SALMON AND GREENS

Poached Salmon, Avocado, Spinach, Green Onion,  
Pickled Cucumber

(3, 9, 14)



### REDMOND BEEF - ASIAN STYLE

Beef Strips, Homemade Coleslaw, Nut Butter, Roasted Chickpeas,  
Pickled Ginger, Cos Lettuce

(7, 9, 14)



### BAKED FALAFEL WRAP

Homemade Beetroot Hummus, Spinach,  
Roasted Peppers, Tomato

(14, 7)



### SHREDDED CHICKEN

Chicken, Avocado, Rocket, Plum Tomato, Toasted Nuts

(5, 14)

All Wraps €7

“Let food be thy medicine and medicine be thy food” Hippocrates

## Allergens

1 - Crustacean 2 - Molluscs 3 - Fish 4 - Peanuts 5 - Nuts 6 - Gluten 7 - Milk and Dairy 8 - Soya  
9 - Sulphates 10 - Sesame seeds 11 - Eggs 12 - Celery/celeriac 13 - Mustard 14 - Lupin

*We make every effort to be sensitive to life style choices, understand dietary requirements and facilitate them on our menu. With that in mind, we cannot get to a flour free environment (it's in the air), it is therefore not possible for us to guarantee that our busy kitchen is allergen free.*