

# Sliced & Diced



Salad Bowl €5.00  
 Burrito Style (Hot or Cold) €5.00

## Our Choice

Low G.I.  
 High in protein  
 Great for recovery  
 Low calorie  
 High in vitamins & minerals

Alkaline forming  
 High in antioxidants  
 Romaine & mixed leaves  
 Wholemeal pasta pesto  
 5 bean Sweetcorn

Peppers  
 Red onion  
 Roast ham  
 Low fat Caesar dressing  
 Power seeds & nuts

The perfect blend of good carbohydrate, plant protein and taste!

## Goddess Salad

Low G.I.  
 Alkaline forming  
 High in protein  
 Low calorie  
 High fibre  
 High in antioxidants

Romaine & mixed leaves  
 Whole rice & quinoa  
 Chickpea, tomato & spinach  
 Fresh beetroot  
 Sweetcorn

Peppers  
 Goddess dressing  
 (low fat yoghurt, spinach & herbs)  
 Roast turkey  
 Power seed & nuts

Deliciousness with no compromise on nutrition!

## Rebel Warrior

Low G.I.  
 High in protein  
 High carb  
 High in antioxidants

Romaine & mixed leaves  
 5 beans & rocket  
 Quinoa & whole rice  
 Cheddar

Sweetcorn  
 Red onion  
 Chicken  
 Nut free pesto dressing  
 Power seeds & nuts

Perfect pre or post workout depending on the time

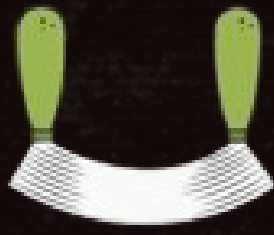
## Lean & Green

Low G.I.  
 High in protein  
 Low calorie  
 Alkaline forming  
 High in antioxidants  
 Sin free

Romaine & mixed leaves  
 Naked kale slaw  
 Sliced egg  
 Peppers  
 Tomato

Hummus  
 Roast chicken  
 Goddess dressing  
 (low fat yoghurt, spinach & herbs)

Greens for good health, great skin, alert mind and all round feeling of greatness



# Sliced & Diced



- Salad Bowl €6.00
- Burrito Style (Hot or Cold) €6.00

## Curve Box

Low G.I.  
High in protein  
Great for recovery  
Low calorie  
High in vitamins & minerals  
Alkaline forming  
High in antioxidants

Romaine & mixed leaves  
Naked kale slaw  
Quinoa & whole rice  
Chickpea & spinach

Sweetcorn  
Roast turkey  
Fat free honey & mustard dressing  
Power seeds & nuts

Low Calorie. Long lasting.

## Protein Punch

Low G.I.  
Alkaline forming  
High in protein  
Low calorie  
High fibre  
High in antioxidants

Romaine & mixed leaves  
5 beans & rocket  
Quinoa & whole rice  
Sliced egg

Cheddar  
Roast turkey  
Hummus  
Low fat Caesar dressing  
Power seeds & nuts

Perfect after strength training

## Carb Box

Low G.I.  
High in protein  
High carb  
High in antioxidants

Romaine & mixed leaves  
Wholemeal pasta pesto  
Quinoa & whole rice  
5 beans & rocket

Raisin cous-cous  
Sweetcorn  
Hummus  
Nut free pesto dressing  
Power seeds & nuts

Great before or after a run

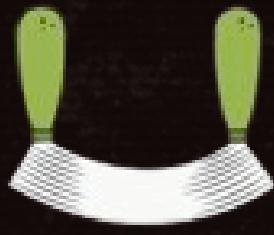
## Vegetarian Deluxe

Low G.I.  
Low calorie  
High in Antioxidants  
High in vitamins  
High in minerals  
High in protein  
Low fat

Lettuce  
5 Bean salad  
Spicy couscous  
Fresh beetroot  
Homemade gluten free falafel

Red onion  
Hummus  
Sweet poppy seed dressing  
Seeds and Nuts

Our plant based salad is perfect for short & long term health and well being



# Sliced & Diced



Salad Bowl €5.00  
 Burrito Style (Hot or Cold) €5.00

## 1 Your Greens

Mixture of romaine, spinach and rocket

## 2 Nutrient-Dense Salad

Choose 2

Whole rice, quinoa & squash  
 5 bean salad  
 Chickpea & tomato

Naked slaw of the season  
 Wholegrain Pasta & pesto  
 Spiced couscous & sultana

## 3 Add Some Colour

Choose 3

Tomato  
 Red onion  
 Pickle cucumber  
 Sweetcorn

Cheese  
 Marinated peppers  
 Stuffing  
 Jalapeños  
 Fresh beetroot

Peppers  
 Hummus  
 House coleslaw  
 Boiled egg

## 4 GET DRESSED UP

Choose 1

Asian style  
 Goddess  
 Honey & mustard  
 Caesar

Sweet poppy seed  
 Aioli  
 Nut free pesto

## 5 SEEDS OR NUTS

Almond  
 Sunflower seeds  
 Sesame seeds  
 Linseed

## 6 PROTEIN

Choose 1

Ham  
 Falafel  
 Turkey  
 Sweet chilli chicken

Pesto chicken  
 Roast chicken  
 Fresh salmon & prawn  
 Gluten free falafel

### Add Ons:

Power Seed & Nuts	50c
Protein	€1.00
Salad	50c
Avocado	€1.00