

CREATE YOUR OWN

1 CHOOSE YOUR OWN

BOWL €6.50

WRAP €6.00

SANDWICH €5.50

GET
CREATIVE!

2 CHOOSE YOUR GREENS (CHOOSE 1)

COS

ICEBERG

MIXED HOUSE

ROCKET (+40c)

SPINACH (+40c)

BABY KALE (+40c)

3 THE MAIN STUFF (CHOOSE 1)

CHICKEN BREAST

PULLED CHICKEN

PULLED PORK

PRAWNS

TURKEY ESCALOPS

BACON

MUSSELS

TUNA

ORGANIC TOFU

DUCK

HAM

SALMON (+€1)

STEAK (+€2)

ANY EXTRA PORTION MAIN STUFF (+€2)

4 VEG & MORE (CHOOSE ANY 3) ADDITIONAL INGREDIENTS 45c EACH

WHITE ONION

SPRING ONION

ROAST CARROT

CABBAGE

JALAPENOS

MANGETOUT

BROWN RICE

APPLE

CHICK PEAS

QUINOA

ROAST SWEET POTATO

EGG

EGG NOODLES

DUBLINER CHEESE

MINT

RED ONION

ROAST BEETROOT

CUCUMBER

BROCCOLI

SWEET CORN

ORANGE SEGMENTS

PINEAPPLE

MIXED PEPPERS

MIXED BEANS

PARSLEY

FRIED ONION

ROAST TOMATO

MIXED OLIVES

TOMATO

GRATED CARROT

PREMIUM INGREDIENTS

+45c EACH AS PART OF YOUR CHOICE OF 3.
ADDITIONAL PREMIUM INGREDIENTS 90c.

GOAT CHEESE

SPICY PEPPER

SUN-DRIED TOMATO

FETA CHEESE

AVOCADO

SWAP MEAT
FOR ANOTHER
INGREDIENT

VEGGIE?
NO PROBS

5 DRESSING (CHOOSE 1)

DUBLINER CAESAR

HOUSE CHOPPED DRESSING

THAI ADVENTURE DRESSING

FITZWILLIAM DRESSING

HONEY MUSTARD DRESSING

MEXICAN DRESSING

BBQ ZESTY

LOW FAT SWEET CHILLI

SPICED HERB LOW FAT MAYONNAISE

BALSAMIC VINAIGRETTE

LEMON HERB VINAIGRETTE

OLIVE OIL

LOW FAT MAYONNAISE

PESTO DRESSING

CAJUN LEMON

PIRI-PIRI DRESSING

GREEK PASSION DRESSING

LEMON JUICE

ONION RELISH DRESSING

CRUNCH & ZEST BOX (45c EXTRA EACH)

BREAKFAST MENU

PLEASE SEE BREAKFAST MENU ON COUNTER

CHOPPED CLASSICS

DUBLINER CAESAR

SALAD CHOICE, LEMON GARLIC CHICKEN, DUBLINER CHEESE, CROUTONS,
RECOMMENDED DRESSING - DUBLIN CAESAR

BOWL €6.00 549kcal* **WRAP €5.50** 499kcal* **SANDWICH €5.00** 420kcal*

CHOPPED BLT

SALAD CHOICE, BACON, TOMATO, FRIED ONIONS,
RECOMMENDED DRESSING - SPICED HERB LOW FAT MAYONNAISE

BOWL €6.00 501kcal* **WRAP €5.50** 656kcal* **SANDWICH €5.00** 577kcal*

MARINATED TOFU GARDEN SALAD

SALAD CHOICE, ORGANIC TOFU, BROCCOLI, SPRING ONIONS, ROAST BEETROOT, ROAST
TOMATO, ROAST CARROT, RECOMMENDED DRESSING - SPICED LOW FAT HERB MAYONNAISE

BOWL €6.00 289kcal* **WRAP €5.50** 378kcal* **SANDWICH €5.00** 299kcal*

GREENS
UP!

HOUSE SALADS

ADD SOUP
FOR €3.00

PURE
GOODNESS!

PIRI-PIRI CHICKEN

SALAD CHOICE, PIRI-PIRI CHICKEN, WHITE ONION, TOMATO, MIXED PEPPERS, MIXED OLIVES,
RECOMMENDED DRESSING - PIRI-PIRI DRESSING

BOWL €6.50 251kcal* **WRAP €6.00** 508kcal* **SANDWICH €5.50** 451kcal*

THE MEXICAN

SALAD CHOICE, MEXICAN STYLE CHICKEN, MIXED PEPPERS, CABBAGE, JALAPENOS,
RECOMMENDED DRESSING - MEXICAN DRESSING

BOWL €6.50 175kcal* **WRAP €6.00** 431kcal* **SANDWICH €5.50** 375kcal*

CELTIC HARVEST

SALAD CHOICE, HONEY MUSTARD CHICKEN, ROAST BEETROOT, SPRING ONION,
APPLE, SULTANAS, GRATED CARROT, CABBAGE, OATMEAL,
RECOMMENDED DRESSING - SPICED HERB LOW FAT MAYONNAISE

BOWL €6.50 444kcal* **WRAP €6.00** 511kcal* **SANDWICH €5.50** 405kcal*

BBQ ZESTY DUCK

SALAD CHOICE, DUCK, MIXED PEPPERS, SPRING ONION, ORANGE SEGMENTS,
RECOMMENDED DRESSING - BBQ ZESTY DRESSING

BOWL €6.50 292kcal* **WRAP €6.00** 390kcal* **SANDWICH €5.50** 312kcal*

PULLED PORK SALAD

SALAD CHOICE, PULLED PORK, APPLE, RED ONION, ROAST SWEET POTATO,
RECOMMENDED DRESSING - ONION RELISH DRESSING

BOWL €6.50 470kcal* **WRAP €6.00** 727kcal* **SANDWICH €5.50** 671kcal*

CHOPPED SEAFOOD

SALAD CHOICE, SALMON, MUSSELS, RED ONION, CUCUMBER, TOMATO,
RECOMMENDED DRESSING - FITZWILLIAM DRESSING

BOWL €6.50 336kcal* **WRAP €6.00** 593kcal* **SANDWICH €5.50** 536kcal*

EAST COAST SEAFOOD

SALAD CHOICE, SALMON, PRAWNS, MUSSELS, CUCUMBER, MIXED PEPPERS,
RECOMMENDED DRESSING - LEMON HERB VINAIGRETTE

BOWL €7.00 283kcal* **WRAP €6.50** 348kcal* **SANDWICH €6.00** 269kcal*

GREEK PASSION

SALAD CHOICE, GREEK STYLE CHICKEN, MIXED OLIVES, TOMATO, FETA CHEESE,
ROAST TOMATO, RECOMMENDED DRESSING - GREEK PASSION DRESSING

BOWL €7.00 380kcal* **WRAP €6.50** 415kcal* **SANDWICH €6.00** 335kcal*

* calories shown exclude dressing

GREENS
UP!

HOUSE SALADS

NUTRITIONAL CHOPPED SALAD

SALAD CHOICE, TURKEY ESCALOPE, APPLE, BROCCOLI, ROAST CARROT,
RECOMMENDED DRESSING - PESTO DRESSING

BOWL €6.50 228kcal* **WRAP €6.00** 410kcal* **SANDWICH €5.50** 335kcal*

PULLED CHICKEN CHIPOTLE

SALAD CHOICE, PULLED CHICKEN, SPRING ONION, TOMATO, MIXED BEANS,
RECOMMENDED DRESSING - BBQ ZESTY DRESSING

BOWL €6.50 217kcal* **WRAP €6.00** 417kcal* **SANDWICH €5.50** 417kcal*

GRILLED ASIAN SPICED CHICKEN

SALAD CHOICE, ASIAN CHICKEN, EGG NOODLES, SPRING ONION, ORANGE SEGMENTS,
MANGETOUT, RECOMMENDED DRESSING - THAI ADVENTURE DRESSING

BOWL €6.50 340kcal* **WRAP €6.00** 395kcal* **SANDWICH €5.50** 316kcal*

MEXICAN STREET SALAD

SALAD CHOICE, CAJUN CHICKEN, SUN-DRIED TOMATO, PINEAPPLE, JALAPENO,
RECOMMENDED DRESSING - CAJUN LEMON DRESSING

BOWL €7.00 368kcal* **WRAP €6.50** 556kcal* **SANDWICH €6.00** 495kcal*

WALNUT AND GOAT CHEESE

SALAD CHOICE, GOAT CHEESE, TOMATO, ROAST CARROT, WALNUT,
CUCUMBER, RECOMMENDED DRESSING - BALSAMIC VINAIGRETTE

BOWL €7.00 403kcal* **WRAP €6.50** 572kcal* **SANDWICH €6.00** 495kcal*

MEDITERRANEAN TUNA

SALAD CHOICE, TUNA, WHITE ONION, TOMATO, SWEET CORN, EGG, MANGETOUT,
SPICY PEPPERS, RECOMMENDED DRESSING - FITZWILLIAMS DRESSING

BOWL €7.00 284kcal* **WRAP €6.50** 359kcal* **SANDWICH €6.00** 281kcal*

QUINOA TABBOULEH

SALAD CHOICE, QUINOA, SPRING ONION, FETA CHEESE, GRATED CARROT, TOMATO, PARSLEY,
MINT, RECOMMENDED DRESSING - LEMON JUICE

BOWL €6.50 339kcal* **WRAP €6.00** 597kcal* **SANDWICH €5.50** 541kcal*

ULTIMATE CHOPPED

SALAD CHOICE, HAM, TOMATO, APPLE, WHITE ONION,
RECOMMENDED DRESSING - HONEY MUSTARD DRESSING

BOWL €6.50 346kcal* **WRAP €6.00** 409kcal* **SANDWICH €5.50** 330kcal*

CHOPPED SIGNATURE STEAK

SALAD CHOICE, STEAK, MIXED PEPPERS, TOMATO, FRIED ONION,
RECOMMENDED DRESSING - HOUSE DRESSING

BOWL €8.50 346kcal* **WRAP €8.00** 399kcal* **SANDWICH €7.50** 320kcal*

TRAINING MENU

VEGAN BODY BUILDER

ORGANIC TOFU, BROWN RICE, BROCCOLI, MIXED PEPPERS, WHITE ONION,
SULTANAS, GRATED CARROT, RECOMMENDED DRESSING - CHOPPED HOUSE DRESSING

BOWL €6.50 208kcal* **WRAP €6.00** 420kcal*

TRX CHOPPED FORCE

SALAD CHOICE, GREEK STYLE CHICKEN, SWEETCORN, ROAST CARROT,
BROCCOLI, ROAST SWEET POTATO, RECOMMENDED DRESSING - BALSAMIC DRESSING

BOWL €6.50 253kcal* **WRAP €6.00** 490kcal*

ATOMIC CRUNCH

TURKEY ESCALOPE, ROAST SWEET POTATO, BROWN RICE,
GRATED CARROT, SPRING ONION, RECOMMENDED DRESSING - SWEET CHILLI

BOWL €6.50 346kcal* **WRAP €6.00** 399kcal*

* calories shown exclude dressing

SMOOTHIES

GET
YOUR 5
A DAY!

PEANUT BUTTER

PEANUT BUTTER, PROTEIN SHOT, BANANA, YOGHURT (FF), SKIMMED MILK

BERRY PUNCH

MIXED BERRIES, BANANA, APPLE JUICE, YOGHURT (FF)

STRAWBERRY SUPREME

STRAWBERRIES, BANANA, APPLE JUICE, YOGHURT (FF)

STRAWBERRY MANGO YOGHURT

STRAWBERRY, YOGHURT (FF), MANGO, HONEY, APPLE JUICE

PEACH MELBA

RASPBERRY, YOGHURT(FF), PEACHES SLICED, HONEY, VANILLA EXTRACT, ORANGE JUICE

HONEY SUPREME

PINEAPPLE, BANANA, HONEY, CINNAMON, YOGHURT(FF), ORANGE JUICE

€4.00

COLD PRESSED JUICES

LEAN GREEN

€4.50

RUBYLICIOUS

BEETIFUL YOU

GINGER SUNRISE

ORANGE JUICE & WHEATGRASS

€3.95

**HEALTHY
5 DAY DEAL**

€ 80 a week
(subject to ingredients)
three meals a day!
**SALAD CHOICE, ONE PROTEIN,
FOUR INGREDIENTS**

FOR MORE INFORMATION PLEASE ASK A MEMBER OF STAFF

BREAKFAST MENU

OMELETTE WRAP
BACON, TOMATO & HERBS

€4.50

OMELETTE WRAP
CARROTS, ONION, TOMATO & HERBS

€4.50

OMELETTE WRAP
MUSHROOM & HERBS

€4.50

PROTEIN POWER SALAD
SALAD CHOICE, POACHED EGG, SMOKED HAM, SALAD,
TOMATO, RED ONION. RECOMMENDED DRESSING: LOW FAT MAYO

€6.50

OMEGA CAESAR
SALAD CHOICE, POACHED EGG, BACON, CHEESE, CROUTONS
RECOMMENDED DRESSING: DUBLINER CAESAR

€6.50

THE PALEO
SALAD CHOICE, 2 SOFT BOILED EGGS, BACON, TOMATO, ORANGE
RECOMMENDED DRESSING: LOW FAT MAYO

€6.50

CHOPPED QUINOA
SALAD CHOICE, QUINOA, PEPPERS, PEAS, TOMATO, RED ONION
RECOMMENDED DRESSING: HOUSE DRESSING

€6.50

BAKED PROTEIN PORRIDGE / COCONUT & RASPBERRY

€4.00

SAVOURY PANCAKES WITH HAM & CHEESE

€6.00

SWEET FRITTATAS
EGG, SWEET POTATO, ROAST VEG, CHEESE, HERBS

€7.00