



**FEEL GOOD
FOOD DUBLIN**

BREAKFAST

WEEKDAYS 8 - 11

PLEASE ORDER AT THE TILL

PORRIDGE WITH 2 TOPPINGS

BERRY COMPOTE | SEED MIX | HONEY | MAPLE | PROTEIN (0.5 sub) 4

GRANOLA

GREEK YOGHURT | BERRY COMPOTE | HONEY | PUFFED QUINOA 4

SMOKED BACON

FREE RANGE SCRAMBLED EGG | CHERRY TOMATO | HUMMUS | MIXED LEAF 9.5

MEXICAN EGGS

FREE RANGE SCRAMBLED EGG | SOURDOUGH TOAST |
CHORIZO & CHICKPEA TOMATO HASH | AVO SMASH | YOGHURT |
MIXED LEAF | (ADD BACON/BLACK PUDDING 2.5) 10

AVOCADO SMASH ON SOURDOUGH

FREE RANGE FRIED EGG | CRUMBLED FETA | CREME FRAICH | MIXED LEAF 8.5
(ADD BACON/BLACK PUDDING 2.5)
(ADD GOATS CHEESE 2)

ADD ONS

BACON	2.5	GOATS CHEESE	2	HUMMUS	2
BLACK PUDDING	2.5	AVOCADO	2	SOURDOUGH TAOST	2.5

JUICES 3.5

KALE - APPLE | CUCUMBER | LIME
CARROT - ORANGE | GINGER | TUMERIC
SPINACH - CELERY | CUCUMBER | GINGER

SMOOTHIES 5.5

PROTEIN - BANANA | PEANUT BUTTER | YOGHURT | HONEY | MILK
BERRY - ORANGE | YOGHURT | HONEY
AVOCADO - SPINACH | APPLE | WHEATGRASS | LIME

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BRUNCH

WEEKENDS 9 - 4

PLEASE ORDER AT THE TILL

BANANA & PROTEIN PANCAKES

BERRY COMPOTE | YOGHURT | PEANUT BUTTER | CRUSHED PEANUT

10

BIG BREAKFAST GRILL

PORK & LEAK SAUSAGE | SCRAMBLED EGG | BACON | BLACK PUDDING |
CHORIZO BEANS | SOURDOUGH TOAST

12

BACON GRILL

SMOKED BACON | SCRAMBLED EGG | CHERRY TOMATO | BEETROOT HUMMUS |
MIXED LEAF (ADD AVOCADO 2)

9.5

SMASHED AVO ON TOAST

FRIED EGG | FETA | MIXED LEAF | CREME FRAICHE
(ADD BACON/BLACK PUDDING 2.5)
(ADD GOATS CHEESE 2)

8.5

MEXICAN EGGS

CHORIZO & BEAN TOMATO HASH | SCRAMBLED EGG | AVO MASH |
MIXED LEAF | SOURDOUGH
(ADD BACON/BLACK PUDDING 2.5)

10

HARISSA & LEMON CHICKEN

BULGUR WHEAT | CHORIZO | MOZZARELLA | MIXED LEAF | SUNDRIED PESTO

10.5

FLANK STEAK WRAP

GRILLED ONIONS & PEPPERS | MELTED CHEESE | SPINACH | AIOLI

9.5

SMOOTHIES

5.5

PROTEIN - BANANA | PEANUT BUTTER | YOGHURT | HONEY | MILK

BERRY - ORANGE | YOGHURT | HONEY

AVOCADO - SPINACH | APPLE | WHEATGRASS | LIME

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LUNCH

WEEKDAYS 11 - 4

PLEASE ORDER AT THE TILL

SALADS

CAJUN CHICKEN BREAST 9.5
RED QUINOA & CARROT SLAW | MANGO SALSA | MIXED GREEN LEAF
Orange & Olive Oil Dressing

LEMON & HARISSA CHICKEN BREAST 10.5
MOZZARELLA | GRILLED CHORIZO | BULGAR WHEAT | MIXED GREEN LEAF
Red Pesto & Garlic Dressing

FIVE SPICE BEEF 10.5
CRUNCHY ASIAN SLAW W/ BEAN SPROUT | SESAME SEED | MIXED GREEN LEAF
Sweet Chilli & Soy Dressing

WANT MORE PROTEIN? ADD EXTRA MEAT.

WRAPS

FLANK STEAK 9.5
CAMELIZED ONION | GRILLED PEPPERS | MELTED CHEESE | SPINACH
Mustard Mayo Aioli

CHICKEN 7.5
GRILLED PEPPERS | MIXED LEAF
Red Pesto Mayo

ADD ONS

MEAT	3	AVOCADO	2
SMOKED BACON	2.5	GOATS CHEESE	2
EXTRA SALAD	2.5	HUMMUS	2

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