

# LUNCH MENU

## MAKE IT A MEAL:

ADD TWICE COOKED CHIPS & DRINK - STILL OR SPARKLING WATER  
OR TEA FOR ONLY €2.50 | Add Sauce for 0.50c

### BOWL OF GRATITUDE

Green Peas and Red Lentil Dhal in Tomato Sauce Served with  
Brown Rice and Onion Jam **€9.50** (9)(GF)

### THAI RED CURRY

Sweet potato, Green Peas, Cauliflower Served with Coconut Brown  
Rice & Cashews **€10.40** (GF)

### BOWL OF HAPPINESS

Pulled Sweet Potato & Mushroom Brisket, Happy Guacamole,  
Marinated Tomato, Corn Slaw, Brown Rice **€9.50** (9.6.10)(GF)

### GREEN BUDDHA BOWL

Choose your protein:

Falafel or Black Bean & Sweet Potato Burger (GF) or Tofu BBQ Ribs.

Choose your 2 salads and choose your dip:

Avocado Hummus | Aioli | Buffalo Sauce

(Recommended Happy Guacamole €1.50) **€9.90**

### THE HAPPY CLASSIC BURGER

Organic Seeded Bun with Mayo, Black Bean & Sweet Potato Burger,  
Tomato, Caramelised Onion Jam **€8.90** (1.6.10)

### THE DEVIL DIABLO

Black Bean & Sweet Potato & Sunflower Seed Burger, Guacamole,  
Marinated Tomato, Buffalo Spicy Sauce in Organic Seeded Bun

(Chef Recommends Tofu Bacon for €1)

Swap for another Sauce 0.50c (AIOLI / BUFFALO SPICY / KETCHUP /  
MAYO) **€9.90** (6.10)

### THE SLOPPY JOE

Black Bean & Sweet Potato & Sunflower Seed Burger, Melted Cheese,  
Tofu Bacon, Caramelised Onion, Aioli **€10.50** (1.6.9.10)

### Pad Thai

Creamy Thai Sauce with veg & Rice Noodles served with Crushed Nuts,  
Edamame Beans, Crunchy Veg, Coriander & Chilli (Add Tofu Bacon for €1)  
(1.5.6.8) **€10.50**

### Falafel Wrap

Organic Falafel, Tomatoes, Hummus, Lettuce and add your Sauce:  
Mayo / Buffalo / Aioli **€7.30** (1.6)

### Soup of the Day

Soup made fresh with seasonal ingredients served with Organic  
Sourdough & Hummus **€5.50**

## SIDES:

**Hand Cut Double Cooked Chips & Sauce-** AIOLI /

BUFFALO SPICY / KETCHUP / MAYO **€3.90**

**Edamame Beans €2.50**

**Salad Bowl:** Spinach, Edamame Beans, Onion, Corn and Broccoli with  
Balsamic Vinegar Dressing **€6.90**

**Hummus €1.90**

**Avocado €1.90**

**Guacamole €1.90**

**Organic Sourdough Bread 0.90c**

**Slice of Cheese 0.90c**

**Selection of Sauces:** AIOLI / BUFFALO SPICY / KETCHUP / MAYO **0.50c**

## DESSERTS:

**Banoffee Pie €4.95**

**Raspberry Meringue Tart €4.95**

**Tiramisu in Jar €4.95**

**Snickers Bar €3.00**

**Ferrero Rocher Ball €2.50**

**3 Scoops of Chocolate Ice Cream €3.90**

**100% PLANT BASED**

[1. Cereals containing Gluten | 2. Crustaceans | 3. Eggs | 4. Fish | 5. Peanuts  
| 6. Soybeans | 7. Milk | 8. Nuts | 9. Celery | 10. Mustard | 11. Sesame Seeds  
| 12. Sulphur Dioxide and Sulphites | 13. Lupin | 14. Molluscs |

