



PLANT BASED MENU

GF GLUTEN FREE

GFA GLUTEN FREE AVAILABLE

HP HIGH PROTEIN

SWEET POTATO FRIES
available for €1.95 extra

GF BUN/BREAD
available for €1.95 extra

Check out
our **WEBSITE**
for juicy **IMAGES!**



START YOUR PLANT-BASED JOURNEY HERE €7.95

NO Calamari Crunch **GF**

Made from Oyster Mushrooms & Garlic **NO** Mayo
| If you don't like it Fishy tell us |

Bao Buns

Filled with Hoisin **NO** Duck & Asian style Salad

Chef's Soup **GFA**

with toasted Ftira

Green Wakame Salad **GF**

Popping with Edamame, Mange Tout & Spring Onions

CAN'T GET ENOUGH? €5.95

Loaded Fries **GFA**

White Potato or Sweet Potato (€1.95 extra)

Trio of Salads **GF**

Sesame Carrots, Red Slaw & Greens

Pea-Tahini Dip & Crunchy Nachos **GF**

Crispy Baby Potatoes **GF**

with Dill & **NO** Tzatziki Sauce

KIDS CORNER

Crunchy NO Nuggets €6.95

6 pieces of **NO** Nuggets
served with Fries & Ketchup

Kids Burger €7.95

Plain Burger with plant-based Patty & Ketchup
served with Fries & Ketchup

DIPS & SAUCES **GF** €1.95

Garlic **NO** Mayo | Soft **NO** Cheese | Basil Pesto
Pea Tahini | **NO** Tzatziki | Dill Sauce | Ketchup

BALANCE BOWLS €14.95

I'm Alive **GFA**

*This is the **SALAD** of all salads!*

Fresh Greens, whole food Quinoa and Pea-tahini all tossed together with toasted Pine Nuts, smokey Corn on the Cob & Lebanese Bread

The Buddha **GFA** **HP**

*It's a **FEAST!***

Warm Coco Rice, Green goddess Salad, Hoisin **NO** Duck made from Jackfruit, BBQ Tofu with Balance Bowl's Basil Pesto

Madras **GFA** **HP**

*Rich & **AUTHENTIC!***

Layers of love(ly) Chickpea Sauce & Baby Potatoes with Coco Rice & Lebanese Bread

| low on chillies – but you can always spice me up! |

Pyzy **GF**

*Giant Polish potatoes **CLASSIC!***

Stuffed with Lentils and hand-picked Forest Mushrooms by Mamma, drizzled with Dill Sauce

SPECIALITY **HP** €16.95

NO Schnitzel **GF**

*The only **KIND** on the rock!*

Made from Soya served with Baby Potatoes, Trio of Salads & a choice of: Garlic **NO** Mayo | Dill Sauce | **NO** Tzatziki

Cauliflower NO Steak **GF**

*Flower **POWER!***

Marinated overnight in our Secret Recipe, baked slowly and crowned with Crunchy Oyster Mushrooms on a Pea-tahini bed with fresh Cherry Tomato gems & toasted Pine Nuts

NO Doner Kebab

*Only for Greek **GODS & GODDESSES!***

Glorious Seitan Doner with BB's Special Salad & **NO** Tzatziki served in massive Lebanese Bread with a side of Loaded Fries

NO Bacon Cheeseburger

*Probably **THE BEST** vegan burger on the planet!*

Served with beer coated Onion Rings & Loaded Fries

NO Chickenburger **GFA**

*Dare To Taste The **DIFFERENCE!***

Served with Soya Homemade **NO** Schnitzel & Loaded Fries

| **FOR DESSERTS** ask our talents (*staff*) to show you a plate with cakes |



LUNCH MUNCH

+ FREE Drink!

€9.95

MONDAY TO FRIDAY
12:00-15:00 ONLY

FEED YOUR HUNGER, FUEL YOUR DAY!

Choose your:

BASE

Wrap with Fries | Local Ftira with Fries |

 Salad with Lebanese Bread

PROTEINS

Crunchy Soya | Syrian Falafel | Marinated BBQ Tofu


2 SAUCES

Pea-Tahini | Soft **NO** Cheese | Garlic **NO** Mayo | Ketchup

DRINK

Water | San Pellegrino Soft Drinks | Green Drinks

All comes with Mixed Leaves, Homemade Slaw,
Cherry Tomatoes, Pickles & Crunchy Fried Onions

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Let our talents *(staff)* know if you have any
FOOD ALLERGIES, INTOLERANCES or DIET RESTRICTIONS!



BREAKFAST

+ FREE Coffee!

€7.95

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HP HIGH PROTEIN

SATURDAY & SUNDAY
10:00-12:00 **ONLY**

WAKEY, WAKEY... TIME FOR BREAKY!

Island **NO** Toona **GFA**

Get ready to be transported to the tropics

with our warm and crispy Ftira slices bursting with our secret **NO** Toona recipe, refreshing Cucumber, Tart Sauce Dressing and garnished with Crispy Onions & fresh Dill.

Smokin' **NO** Sausage Grilled Wrap **HP**

Satisfy your cravings

with the wrap filled with marinated baked Tofu, savoury **NO** Sausage, golden Sweet Potato and fresh Spinach leaves, wrapped in a smoky Sauce & Tangy Dressing.

Chocolate Banana Overnight Oats

Wake up to a decadent breakfast

of silky Chocolate Oats soaked in Soya Milk, topped with Banana slices, shredded Coconut, Chia and roasted & toasted Seeds.

Blueberry Bliss Bowl **GF**

Indulge in the heavenly blend

of juicy Blueberries and creamy Banana, topped with luscious Coconut Milk and showered with sliced Bananas, chilled blueberries, Seeds & crunchy Walnuts.

Choose a complimentary **COFFEE** or **TEA** to match with your BREAKY!:
Espresso | Americano | Cappucino | Tea (*Available Selection*)

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