

# BURRITOS

WRAP OR BOX €8.50

## ALL DAY BREAKFAST

BOILED EGGS, BACON, CHOPPED CHEESE, CHERRY TOMATOES, SPINACH & SPRING ONIONS

## MEXICANO

MEXICAN CHICKEN, SUNDRIED TOMATOES, JALAPEÑOS, AVOCADO, PINEAPPLE, WILD RICE, HOUSE CHEESE MIX & MEXICAN DRESSING

## CHICKEN & BACON

LEMON & GARLIC CHICKEN, BACON, RED ONIONS, CHERRY TOMATOES, HOUSE CHEESE MIX & LIGHT MAYONAISE DRESSING

## WILD CHIMICHURRI TUNA

CHILLI & GINGER TUNA, HOUSE CHEESE MIX, SUNDRIED TOMATOES, SPRING ONIONS, SPINACH, WILD RICE & CHIMICHURRI DRESSING

## FIT FALAFEL

FALAFEL, CARROTS, SPINACH, CHERRY TOMATOES, WILD RICE, FETA & CAJUN LEMON DRESSING

## PERFECT PLANT PUNCH

PULLED OATS, ASIAN TAPENADE, SPINACH, CAULIFLOWER, RED ONIONS, BOILED EGG & SWEET CHILI DRESSING



# SMOOTHIES

€4.75

## GO GREEN

SPINACH, CUCUMBER, AVOCADO, PINEAPPLE, MINT, HONEY & FROZEN YOGHURT

## PEANUT BUTTER

PEANUT BUTTER, BANANA, PROTEIN WHEY SHOT, LOW FAT MILK & FROZEN YOGHURT

## STRAWBERRY SUPREME

STRAWBERRIES, BANANA, APPLE & FROZEN YOGHURT

## MANGO STRAWBERRY SWIRL

MANGO, STRAWBERRIES, APPLE, HONEY & FROZEN YOGHURT

## OATS SO GOOD

STRAWBERRIES, BANANA, OATS, LOW FAT MILK & FROZEN YOGHURT

# JUICES

€4.25

## SKINNY GREEN

APPLE, CELERY, CUCUMBER, MINT, GINGER, LEMON & HONEY

## SQUEEZE THE DAY

STRAWBERRIES, PINEAPPLE, APPLE, SPINACH & LEMON

## LEMON AID

MANGO, APPLE, CARROT, GINGER & LEMON

## BEAUTY & THE BEET

BETROOT, APPLE, CARROT, GINGER & LEMON

## THE WARRIOR

FRESH ORANGE, TURMERIC, GINGER, LEMON & HONEY

## ORANGE YOU GLAD

FRESH ORANGE, APPLE, SPINACH, LEMON & HONEY



FRESHLY  
**CHOPPED**

THE HEALTHY FOOD COMPANY

# MENU

*Eat Good, Feel Good*

FRESHLY  
**CHOPPED**  
THE HEALTHY FOOD COMPANY



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SALADS

WRAPS

BURRITOS

SMOOTHIES

JUICES

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# SALADS & WRAPS

## THE CHOPPED CAESAR

ROMAINE, LEMON & GARLIC CHICKEN, BACON, HOUSE CHEESE MIX, CROUTONS & CAESAR DRESSING

BOWL €9.00 | WRAP €8.50

## MEXICAN STREET

ICEBERG, MEXICAN CHICKEN, SUNDRIED TOMATOES, PINEAPPLE, JALAPEÑOS, MIXED PEPPERS & MEXICAN DRESSING

BOWL €8.50 | WRAP €8.00

## ASIAN CHICKEN

SPINACH, ASIAN CHICKEN, NOODLES, SPRING ONIONS, SUGAR SNAPS, PINEAPPLE & THAI ADVENTURE DRESSING

BOWL €8.50 | WRAP €8.00

## ITALIAN CONNECTION

ICEBERG, LEMON & GARLIC CHICKEN, AVOCADO, CUCUMBER, RED ONIONS, CROUTONS, MOZZARELLA & PESTO DRESSING

BOWL €8.50 | WRAP €8.00

## NEW AMSTERDAM PASTRAMI

MIXED ROCKET, PASTRAMI, HOUSE CHEESE MIX, RED ONIONS, DILL PICKLE, CHERRY TOMATOES & HONEY MUSTARD DRESSING

BOWL €9.00 | WRAP €8.50

## LEBANESE FALAFEL

ROMAINE, FALAFEL, WILD RICE, CHERRY TOMATOES, RED ONIONS, CASHEW NUTS, MINT & CAJUN-LEMON DRESSING

BOWL €8.50 | WRAP €8.00



### MAKE IT VEGAN!

ANY BOWL, WRAP, BURRITO, SMOOTHIE OR JUICE!



VEGAN



SPICY



VEGETARIAN

## PEAR, WALNUT & GOAT CHEESE

MIXED HOUSE, GOAT CHEESE, WALNUTS, PEAR, CHERRY TOMATOES, CUCUMBER, CARROT & BALSAMIC VINAIGRETTE

BOWL €9.75 | WRAP €9.25

## PERFECT PLANT PROTEIN

SPINACH, KALE, PULLED OATS, BEETROOT, CARROTS, WHITE RADISH, COURGETTE, SPRING ONIONS & RED CHILI & GINGER DRESSING

BOWL €9.75 | WRAP €9.25

## TERRIFIC TUNA

MIXED ROCKET, TUNA, ROAST SWEET POTATOES, SUNDRIED TOMATOES, BOILED EGG, RED ONIONS, OLIVES, FRENCH BEANS & GREEK PASSION DRESSING

BOWL €9.75 | WRAP €9.25

## THAI TIGER PRAWN

MIXED HOUSE, TIGER PRAWNS, SUGARSNAPS, SPRING ONIONS, MIXED PEPPERS, ASIAN TAPENADE & ORIENTAL DRESSING

BOWL €9.75 | WRAP €9.25

## SUPERFOOD SALMON

SPINACH, KALE, SMOKED SALMON, WILD RICE, AVOCADO, CUCUMBER, CHERRY TOMATOES & HONEY MUSTARD DRESSING

BOWL €9.75 | WRAP €9.25



# CREATE YOUR OWN

## CHOOSE YOUR GREENS

- ROMAINE
- ICEBERG
- MIXED HOUSE
- MIXED ROCKET
- SPINACH
- KALE

## CHOOSE YOUR PROTIEN MEAT, FISH OR VEGETARIAN

- MEXICAN CHICKEN 
- ASIAN CHICKEN
- LEMON & GARLIC CHICKEN
- BACON
- PASTRAMI
- TUNA
- TIGER PRAWNS
- SMOKED SALMON
- PULLED OATS 
- FALAFEL 
- GOAT CHEESE

## CHOOSE 3 OTHER TOPPINGS FROM THE SALAD BAR

EXTRA MEAT/FISH OR VEGETARIAN? + €2.00

EXTRA TOPPING? + €0.75

## CHOOSE YOUR DRESSING

### YOGHURT BASED:

CAESAR  
MEXICAN  
THAI ADVENTURE  
GREEK PASSION  
CHOPPED HOUSE VINAIGRETTE  
CAJUN LEMON  
LIGHT MAYONAISE  
BALSAMIC VINAIGRETTE  
HONEY MUSTARD

### VINEGAR BASED:

BALSAMIC VINEGAR   
APPLE CIDER VINEGAR 

### OLIVE OIL BASED:

ORIENTAL   
PESTO  
SWEET CHILI   
RED PEPPER & GINGER   
CHIMICHURRI   
EXTRA VIRGIN OLIVE OIL 

### ALTERNATIVE:

LEMON JUICE   
VEGAN HOUSE DRESSING 



## OUR CHICKEN IS HALAL!