

CREATE YOUR OWN



BOWL

£7.00



WRAP

£6.35

1 GREENS (CHOOSE 1)

- COS
- SPINACH
- ICEBERG
- KALE
- MIXED HOUSE
- ROCKET

2 PROTEINS (CHOOSE 1)

- TERIYAKI CHICKEN
- FALAFEL
- PIRI PIRI CHICKEN
- BACON
- ROAST CHICKEN
- LEMON GARLIC CHICKEN

EXTRA PROTEIN + £1.75

3 CHOPPINGS (CHOOSE 3)

- NOODLES
- MANGE TOUT
- RED ONION
- WHITE ONION
- SPRING ONION
- CASHEW NUTS
- POMEGRANATE
- PEAR
- ALMONDS
- PINEAPPLE
- CASHEL BLUE CHEESE
- WALNUTS
- JALAPEÑOS
- GUINDILLA
- SUN-DRIED TOMATO
- SWEET CORN
- EGG
- SWEET PEPPADEW
- TOMATO
- CROUTONS
- DUBLINER CHEESE
- GRATED CARROT
- BROWN RICE
- MIXED PEPPERS
- SULTANAS
- BROCCOLI
- AVOCADO
- CORIANDER
- MINT
- STRAWBERRIES
- ROAST SWEET POTATO
- GREEN OLIVES

EXTRA CHOPPINGS + £0.50

4 DRESSINGS (CHOOSE 1)

ORIENTAL
MANGO LIME CHILLI
PIRI PIRI
MEXICAN
LOW FAT MAYO

DUBLINER CAESAR
POMEGRANATE & ELDERFLOWER
REBEL CHILLI
NEW ORLEANS
LEMON JUICE

EXTRA DRESSING + £1.00



ADD A SHAKE
FOR £0.25

- CHIMICHURRI SPICE
- CELTIC SPICE



CHOPPED HOUSE



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CHICKEN TERIYAKI

CHOICE OF GREENS, TERIYAKI CHICKEN, NOODLES, RED ONION, MANGE TOUT, CASHEW NUTS
RECOMMENDED DRESSING - ORIENTAL

£7.00

£6.50

PIRI PIRI CHICKEN

CHOICE OF GREENS, PIRI PIRI CHICKEN, GREEN OLIVES, TOMATO, MIXED PEPPERS, WHITE ONION
RECOMMENDED DRESSING - PIRI PIRI

£7.00

£6.50

FRUITY FALAFEL (V)

CHOICE OF GREENS, FALAFEL, PEAR, ALMONDS, PINEAPPLE, WHITE ONION, POMEGRANATE
RECOMMENDED DRESSING - MANGO, LIME & CHILLI

£7.25

£6.75

MEXICAN STREET

CHOICE OF GREENS, PIRI PIRI CHICKEN, SUN-DRIED TOMATO, PINEAPPLE, JALAPEÑOS, GUINDILLA PEPPERS
RECOMMENDED DRESSING - MEXICAN

£7.25

£6.75

CHOPPED CLASSICS



BOWL



WRAP

PEAR & CASHEL BLUE CHEESE (V)

CHOICE OF GREENS, PEAR, CASHEL BLUE CHEESE, WALNUTS, SPRING ONION, POMEGRANATE
RECOMMENDED DRESSING - POMEGRANATE & ELDERFLOWER VINEGAR

£6.75

£6.35

CHICKEN CAESAR

CHOICE OF GREENS, LEMON & GARLIC CHICKEN, DUBLINER CHEESE, CROUTONS
RECOMMENDED DRESSING - DUBLINER CAESAR

£6.50

£6.00

V - VEGETARIAN



TRAINING MENU



BOWL



WRAP

VEGAN BODY BUILDER (V)

CHOICE OF GREENS, TOFU, BROWN RICE, MIXED PEPPERS,
WHITE ONION, SULTANAS, GRATED CARROT, BROCCOLI
RECOMMENDED DRESSING - BALSAMIC VINEGAR

£6.75

£6.35

CHICKEN SUPERFOOD SALAD

CHOICE OF GREENS, ROAST CHICKEN, AVOCADO, BROWN RICE,
WHITE ONION, GRATED CARROT
RECOMMENDED DRESSING - REBEL CHILLI

£7.25

£6.75

V - VEGETARIAN

CHOPPITOS

OUR RANGE OF HOT BAKED CHIMICHANGAS



MEXICAN CHICKEN

PIRI PIRI CHICKEN, DUBLINER CHEESE, WHITE ONION, MIXED PEPPERS,
BROWN RICE, TOMATO, JALAPEÑOS, GUINDILLA PEPPERS,
CHIMICHURRI SPICE, CORIANDER & MEXICAN DRESSING



CHICKEN BACON CHOPPITO

LEMON & GARLIC CHICKEN, DUBLINER CHEESE, WHITE ONION,
BACON, TOMATO & NEW ORLEANS DRESSING

SOUP OF
THE DAY!



BREAKFAST

OMELETTE WRAPS

CREATE YOUR OWN
YOUR CHOICE OF 3 FILLINGS

BACON, TOMATO & DUBLINER CHEESE

GRATED CARROT, RED ONION & TOMATO



PORRIDGE

HOMEMADE PORRIDGE

WITH CHIA SEEDS & HONEY
OR PEANUT BUTTER

£3.75



SMOOTHIES

£4.95

MANGO SWIRL

MANGO, STRAWBERRIES, APPLE JUICE,
HONEY, FAT FREE FROZEN YOGHURT

STRAWBERRY SUPREME

STRAWBERRIES, BANANA, APPLE JUICE,
FAT FREE FROZEN YOGHURT

PEANUT BUTTER

PEANUT BUTTER, BANANA, PROTEIN
SHOT, LOW FAT MILK, FAT FREE
FROZEN YOGHURT

GO GREEN

SPINACH LEAVES, CUCUMBER,
AVOCADO, PINEAPPLE, FRESH MINT,
HONEY, FAT FREE FROZEN YOGURT

ADD PROTEIN SHOT + £0.50

