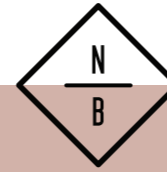


DRINKS



HOT

DOUBLE ESPRESSO	€2.20
DOUBLE MACHIATO	€2.50
AMERICANO	€2.80
latte/CAPPUCCINO/flat white	€3.00
BREAKFAST TEA/herbal tea	€2.70
Vegan hot chocolate	€4.00
Hot chocolate	€3.50
ADD plant based milk (almond/oat/coconut)	€0.70

treats

ALL €1.95

VEGAN BANANA MUFFIN	NUTTY BITES
NO BAKE	AVO TRUFFLE

COLD

San pellegrino orange/lemon	€2.50
Bottled water - still/sparkling	€2.50
KOMBUCHA	€3.50
COLD PRESSED JUICES	€3.50

WINE

BY THE GLASS	€5.95
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CRAFT BEERS

BROOKLYN LAGER	€5.50
WHIPLASH IPA (IRISH)	€5.95
SCULPIN GRAPEFRUIT IPA	€6.50

OPENING HOURS:
8.00AM-9.00PM MON-FRI
8.30AM-9.00PM SAT
9.30AM-9.00PM SUN

ADDRESS:
FORBES ST.
GRAND CANAL DOCK,
DUBLIN 2

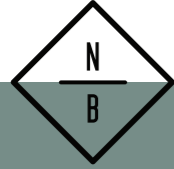
CONTACT:
HI@NUTBUTTER.IE
(01) 633 9985
f t i

WE ARE COUNTER SERVICE ONLY - NO RESERVATIONS!

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BUTTER

N
B
NUTBUTTER

START YOUR DAY HERE



PORRIDGE (UNTIL 11:30)

CLASSIC PORRIDGE €5.50

ORGANIC OATS, ALMOND MILK, STRAWBERRIES, BLUEBERRIES, BANANA, GRANOLA, HONEY/MAPLE SYRUP

ALMOND BUTTER & DATE €7.50

ORGANIC OATS, ALMOND MILK, ALMOND BUTTER, DATES, CRUSHED ALMONDS, SUNFLOWER SEEDS, COCONUT FLAKES, BLUEBERRIES, STRAWBERRIES, GRANOLA, HONEY/MAPLE SYRUP

PB&J €7.95

ORGANIC OATS, ALMOND MILK, PEANUT BUTTER, BLACK QUINOA, RASPBERRY JAM, BLUEBERRIES, BANANA, CRUSHED ALMONDS, GRANOLA, HONEY/MAPLE SYRUP

AÇAÍ BOWLS

THE CLASSIC €8.50

AÇAÍ, MIXED BERRIES, BANANA, APPLE JUICE, GRANOLA, BANANA, BLUEBERRIES, HONEY/MAPLE SYRUP

AVO & CASHEW €9.50

AÇAÍ, AVOCADO, SPINACH, CASHEW BUTTER, APPLE JUICE, BANANA, STRAWBERRIES, COCONUT FLAKES, GRANOLA, HONEY/MAPLE SYRUP

THE GO PRO €9.95

AÇAÍ, PEANUT BUTTER, MIXED BERRIES, BANANA, AVOCADO, KALE, APPLE JUICE, CRUSHED ALMONDS, BLUEBERRIES, GRANOLA, HONEY/MAPLE SYRUP

TOAST

THE NUTBUTTER €4.50

MULTISEED BROWN BREAD
HOMEMADE COCAO & HAZELNUT SPREAD, BANANA, CRUSHED HAZELNUTS, HONEY/MAPLE SYRUP

ALMOND BUTTER €4.95

MULTISEED BROWN BREAD,
HOMEMADE ALMOND BUTTER, BANANA, MIXED SEEDS, HONEY/MAPLE SYRUP

AVO SMASH €5.95

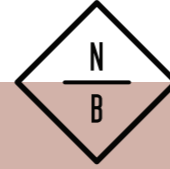
MULTISEED BROWN BREAD
SMASHED AVOCADO, PICKLED RED ONIONS

+ SMOKED SALMON €3.50

+ COLD FREE RANGE SOFT BOILED EGG €1.00

BOWLS

(FROM 11.30AM)



WARM GRAIN BOWLS

FORBIDDEN BOWL €9.50

BLACK RICE, RED CHILLI & HOISIN SAUCE, BURNT BROCCOLI, CHARRED SUGAR SNAPS, CHARRED KALE, PAK CHOI, PICKLED CARROT RIBBONS, PICKLED RED ONIONS

MEXICAN BOWL €8.95

BROWN RICE, PUY LENTILS, COCONUT & PEANUT BUTTER SAUCE, AVOCADO, PICO DE GALLO, PICKLED RED ONIONS

HOLLYWOOD BOWL €8.95

BROWN RICE, RED CHILLI & HOISIN SAUCE, CHARRED BROCCOLI, PICKLED CABBAGE, KIMCHI, CUCUMBER, MIXED PEPPERS, SCALLIONS, RAW PEANUTS

MUCHO VEGANO €9.50

BROWN RICE, BLACK BEANS, CHARRED KALE, PICO DE GALLO, GUACAMOLE, PICKLED RED CABBAGE, CASHEW CREAM, PICKLED RED ONIONS, CORIANDER LEAVES

RAINBOW PAD THAI €13.95

BROWN RICE, COCONUT & PEANUT BUTTER SAUCE, SPICED CHICKEN, CHARRED KALE, PICKLED RED CABBAGE, CUCUMBER, MIXED PEPPERS, PICKLED CARROT RIBBONS, RAW PEANUT, SCALLIONS

+ UPGRADE TO BLACK RICE €1.00

POKE BOWLS

CLASSIC POKE €12.50

BROWN RICE, SALMON SASHIMI, BABY KALE, PICKLED CABBAGE, SHREDDED CARROTS, CUCUMBER, CRISPY ONIONS, WAKAME, PICKLED PINK GINGER, VEGAN SRIRACHA MAYO

+ UPGRADE TO BLACK RICE €1.00

PLANT POKE €10.50

BROWN RICE, BABY KALE, PICKED RED CABBAGE, SHREDDED CARROTS, CUCUMBER, MANGO, WATERMELON SASHIMI, CRISPY ONIONS, WAKAME, PICKLED PINK GINGER, VEGAN SRIRACHA MAYO

+ UPGRADE TO BLACK RICE €1.00

ADD PROTEIN

GRASS FED IRISH BRISKET

SPICED CHICKEN BREAST

LEMON, ROSEMARY & GARLIC TURKEY

BREAST

SALAD BOWLS

SQUASH, CRANBERRY & ALMONDS €7.50

ROCKET LEAVES, ROAST BUTTERNUT SQUASH, LEMON APPLE, DRIED CRANBERRIES, CRUSHED ALMONDS, CHIA SEED VINAIGRETTE

PB & GUAC €7.95

BABY KALE, CHERRY TOMATOES, GUACAMOLE, PUMKIN SEEDS, VEGAN CAESAR, PEANUT BUTTER & SOY DRESSING

NUTS, SEEDS & LEAVES €7.95

MIXED LEAVES, PICKLED RED CABBAGE, SHREDDED CARROT, CUCUMBER, MIXED SEEDS, CHILLI & CORIANDER VINAIGRETTE, CRUSHED ALMONDS, RAW PEANUTS

AVO & EGG €6.95

SEASONAL LEAVES, AVOCADO, CHERRY TOMATO, COLD SOFT BOILED EGG, CITRUS DRESSING

SOUP

DAILY SOUP €4.50

SEASONAL PRODUCE, CHANGES DAILY
SLICE OF MULTISEED BROWN BREAD

BROTH €4.50

BROTH BASE, PUY LENTILS, CHARRED KALE, CHILLI SESAME SALT, LIME, CORIANDER LEAVES

TACOS

JACKFRUIT TACOS €13.50

JACKFRUIT, CORN TORTILLA, CASHEW CREAM, PICKLED RED CABBAGE, AVOCADO, PICKLED RED ONIONS, SCALLIONS, CORIANDER LEAVES

BARRIO STYLE €13.95

SPICED CHICKEN, CORN TORTILLA, CASHEW CREAM, PICKLED RED CABBAGE, AVOCADO, PICKLED RED ONIONS, SCALLIONS, CORIANDER LEAVES

TACO LIBRE €13.95

GRASS FED IRISH BRISKET, CORN TORTILLA, CASHEW CREAM, PICKLED RED CABBAGE, AVOCADO, PICKLED RED ONIONS, SCALLIONS, CORIANDER LEAVES

OAK SMOKED SALMON

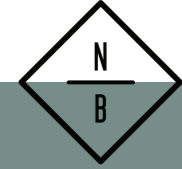
JACKFRUIT

BRAISED TEMPEH

SALMON SASHIMI

ALL €3.50

BUILD YOUR OWN



STEP ONE – CHOOSE BASE

LEAF (MIXED LEAVES, ROCKET LEAVES, BABY KALE) €7.95
GRAIN (BROWN RICE, BLACK RICE, BLACK QUINOA) €8.95
COMBINATION (LEAF & GRAINS) €8.95

STEP TWO – CHOOSE FOUR OF THE BELOW

CHARRED SUGAR SNAPS	MIXED SEEDS
BURNT BROCCOLI	RAW PEANUTS
CHARRED KALE	CRUSHED ALMONDS
PICO DE GALLO	PICKLED RED ONIONS
CUCUMBER	SHREDDED CARROTS
CHERRY TOMATO	PICKLED RED CABBAGE
KIMCHI	ROAST SQUASH
MIXED PEPPERS	LEMON APPLE

STEP THREE – PICK YOUR SAUCE

HOT | COCONUT & PEANUT SAUCE | RED CHILLI & HOISIN SAUCE
COLD | CHIA SEED VINAIGRETTE | CORIANDER & CHILLI VINAIGRETTE
| PEANUT BUTTER & SOY SAUCE

STEP FOUR - CHOOSE YOUR PROTEINS

GRASS FED IRISH BRISKET

SPICED CHICKEN BREAST

LEMON, ROSEMARY & GARLIC TURKEY BREAST

OAK SMOKED SALMON

JACKFRUIT

BRAISED TEMPEH

SALMON SASHIMI

ALL €3.50

BLACK BEANS

LENTILS

HASS AVOCADO (HALF)

COLD FREE RANGE SOFT BOILED EGG

CASHEW CREAM

MANGO

MULTISEED BROWN BREAD

GUACAMOLE

ALL €1.00