

# NUDE FOOD BODY



## LUNCH

AVAILABLE

Mon – Fri

(7:30 – 2:30)

Sat (9:00 – 2:30)

### BUDDHA BOWLS

BASE + BOWL + TOPPING

#### BASE

white cabbage | brown rice | spinach



#### BOWL | £4.9

**RAW RAINBOW** \*VG | carrot, purple cabbage, avocado, yellow pepper, radish, cucumber, tomato, spring onion, seeds, coriander, chilli, lemon and tahini dressing

**GREEN** \*VG | courgette, avocado, edamame, kale, cucumber, broccoli, spring onion, spinach chilli, basil, seeds and balsamic vinaigrette

**SATAY** \*VG | carrot, bean sprouts, cucumber, pineapple, yellow peppers, avocado, spring onion, spinach, crispy noodles, chilli, peanuts, lime, coriander and satay sauce

**ASIAN** \*VG | spinach, tomato, purple cabbage, red onion, bean sprouts, cucumber, edamame, chilli, coriander, mint, basil, lime and soy and ginger dressing

**ARABIAN** \*VG | spinach, chickpeas, tomatoes, red onion, cucumber, avocado, pomegranate; almonds, raisins, sumac and tahini dressing

**MEDITERRANEAN** \*VG | rocket, spinach, courgette, red pepper, cherry tomatoes, avocado, cucumber, basil, pine nuts and pesto sauce

**\*OR BUILD YOUR OWN FROM ANY OF THE LISTED INGREDIENTS**



#### TOPPINGS

tofu £2.5 | halloumi £2.5 | feta £2.5 | eggs £1.4 | baked salmon £4.0 | smoked salmon £4.0 | king prawns £4.0 | flaked tuna £2.0 | chicken £3.0

### HOT BOWLS

**CURRY OF THE DAY** | £5.5 \*VG/GF

see specials board for daily curry, served with brown rice, flat bread\*, topped with spring onion and chilli flakes

**BAKED SWEET POTATO** | £5.4 \*VG/GF

baked sweet potato, chilli guacamole, spinach, cherry tomatoes, red onion, carrot and white cabbage slaw and a dressing of your choice

**THE PLANT BOWL** | £6.3 \*VG/GF

spinach, broccoli, kale, edamame, avocado, mushrooms, red onions, sweet potato hash, seeds and fresh chilli

**PASTA BOWL** | £6.0 \*V

whole wheat pasta, cherry tomatoes, spinach, mushrooms, pesto and pine nuts

**LUNCH ADD ONS:** nitrate free bacon £2.0 | parma ham £3.0 | chicken £3.0 | smoked salmon £4.0 | baked salmon £4.0 | boiled eggs £1.4 | halloumi £2.5 | cheddar cheese £1.5 | feta cheese £2.5 | tofu £2.5

### GET IT ON

**SOURDOUGH | BAGEL | SWEET POTATO | GF BREAD**

**GREENS** | £6.3 \*VG

spinach, broccoli, kale, edamame, chilli guacamole, mushrooms, red onion, seeds, fresh chilli

**EGGS** | £5.5 \*V

poached eggs, chilli guacamole, spinach, cherry tomatoes, balsamic or sriracha

**FETA & MUSHROOM** | £6.9 \*V

feta, mushrooms, chilli guacamole, spinach, cherry tomatoes, red onion, balsamic glaze

**HALLOUMI & PEPPER** | £7.0 \*V

halloumi, roasted red pepper, poached eggs, spinach, chilli guacamole, pesto

**PARMA HAM & PEPPER** | £7.5

parma ham, poached eggs, chilli guacamole or cream cheese, rocket, roasted red pepper, balsamic glaze

**SMOKED SALMON & DILL** | £7.5

smoked salmon, poached or scrambled eggs, chilli guacamole, lemon and dill yogurt dressing

### POKE BOWLS

**HAWAIIAN SALMON** | £7.9

raw salmon marinated in soy, lime, sesame oil, rice vinegar, sriracha on white cabbage, avocado, edamame, carrot, cucumber, pepper, radish, spring onion and topped with sesame seeds, chilli, pickled ginger and wasabi

**POLYNESIAN** | £8.5

raw tuna, marinated in soy, lime, rice vinegar, and honey on brown rice, spinach, avocado, edamame, cucumber, purple cabbage, red onion, spring onion and topped with coriander, sesame, pickled ginger and wasabi

### FLAT BREADS

**AVOCADO** | 4.9 \*VG

avocado, spinach, tomato, carrot, cabbage, red onion, cucumber and balsamic vinaigrette

**CHICKEN TAHINI** | £5.2

chicken, spinach, tomato, cucumber, carrot, cabbage and tahini dressing

**HALLOUMI & PEPPER** | £5.8 \*V

halloumi, roasted peppers, spinach, rocket, tomato, pine nuts, and basil pesto dressing

**SALMON** | £5.6

smoked salmon, spinach, cream cheese, avocado and red onion

### BURRITO WRAPS

**BEAN** | £4.4 \*VG

spinach tortilla, rice, beans, salsa, pepper, chilli guacamole, sweetcorn, spinach

**TURBO** | £5.5 \*V

spinach tortilla, scrambled egg, chilli guacamole, salsa, burrito beans, spinach, sweetcorn, red pepper, rice

**TUNA BURRITO** | £5.4

spinach tortilla, rice, beans, flaked tuna, salsa, pepper, chilli guacamole, sweetcorn, spinach

**CHICKEN** | £5.5

spinach tortilla, rice, beans, chicken, salsa, pepper, chilli guacamole, sweetcorn, spinach

See our board for  
daily ‘Specials’

\*VG VEGAN \*V VEGETARIAN \*GF GLUTEN-FREE



[www.nudefood.ie](http://www.nudefood.ie)



NudeBody



@nudefoodbody

# NUDE FOOD BODY



# ALL DAY BITES

## DRINKS

- Buxton Water | £1.2
- San Pellegrino | £1.4
- Coconut Water | £2.2
- Square root Cola | £2.9
- Square root Lemonade | £2.9

## TEA

- English Breakfast | Decaf | Earl Grey
- | Green | Green & Peach | Chai |
- Peppermint | Berry & Flower |
- Redbush | £1.5

## BREAKFAST

AVAILABLE

Mon – Fri

(7:30 – 11:30)

Sat (9:00 – 2:30)

## SMOOTHIE BOWLS

- ACAI na’ TIGELA | £6.9 \*VG**  
acai, banana, granola, honey or maple
- BERRY BOWL | £6.9 \*VG**  
strawberries, raspberries, blueberries, banana, granola, coconut flakes, goji berries, cocoa nibs, honey or maple
- TROPICALLY TONED | £6.9 \*VG**  
pineapple, mango, banana, granola, coconut flakes, goji berries honey or maple

## OMELETTES

- 3 EGGS or 4 EGG WHITES | £4.6**  
with slaw and side salad \*GF
- ADD INS:** nitrate free bacon £2.0 | GF sausage £2.5 | parma ham £3.0 | chicken £3.0 | smoked salmon £4.0 | baked salmon £4.0 | halloumi £2.5 | cheddar cheese £1.5 | feta cheese £2.5 | avocado £1.4 | roasted peppers £0.7 | spinach £0.7 | red onion £0.7 | broccoli £0.7 | tomato £0.7 | mushrooms £ 0.7 | extra egg £0.7

## JUICES

- NUDE | £3.9**  
carrot, orange and apple
- REPLENISH | £3.9**  
carrot, apple, beetroot, spinach and cucumber
- DETOX | £3.9**  
kale, spinach, ginger, cucumber, lime, apple and pear
- REVITALISE | £3.9**  
carrot, orange and ginger
- REFRESH | £3.9**  
lemon, ginger and apple
- IMMUNE BOOST | £3.9**  
ginger, turmeric, lemon, apple and carrot
- PURELY ORANGE | £4.9**  
freshly juiced oranges

## BREAKFAST

choose from SOURDOUGH | GF BREAD | BAGEL or SWEET POTATO

- THE BODY BREAKFAST | £ 8.5 \*GF**  
nitrate free bacon x2, gf sausage, mixed beans in tomato sauce, mushrooms, grilled tomatoes, sweet potato hash and poached eggs
- THE BEAN BOWL | £5.8 \*V/GF**  
baked butter beans, mushrooms, red onion, cherry tomatoes, spinach, poached eggs and sweet potato hash
- THE PLANT BOWL | £6.3 \*VG/GF**  
spinach, broccoli, kale, edamame, avocado, mushrooms, red onions, sweet potato hash, seeds and fresh chilli
- NOURISH | £5.8 \*GF**  
nitrate free bacon, mushrooms, grilled tomatoes, spinach, poached or scrambled eggs, balsamic glaze or sriracha
- BEANS ON | £5.0 \*VG/GF**  
mixed beans in tomato sauce
- EGGS ON | £5.5 \*V/GF**  
poached eggs, chilli guacamole, spinach, cherry tomatoes and balsamic glaze or sriracha

## TOASTED BAGELS

- AVO & CHILLI | £4.4 \*VG**  
avocado, chilli flakes, sea salt
- AVO & SALSA | £4.5 \*VG**  
avocado, tomato, red onion, spring onion, coriander, lemon juice
- ALMOND & BANANA | £4.0 \*VG**  
almond butter, banana, cinnamon
- CREAM CHEESE or AVO & SMOKED SALMON | £5.9**  
smoked salmon, sea salt, cracked pepper, lemon juice

## SMOOTHIES

- GLOW | £4.5**  
avocado, spinach, pineapple, grapes and apple
- TONE | £4.2**  
mango, pineapple, bananas and coconut milk
- BOOST | £4.2**  
raspberry, blueberry, strawberry, banana and almond milk
- WORKOUT | £4.2**  
banana, dates, almond butter and almond milk
- POWER | £4.9**  
acai, banana and apple

## BREAKFAST BITES

- BREAKFAST BURRITO | £5.5**  
spinach tortilla, scrambled egg, nitrate free bacon, salsa, chilli guacamole, mushroom and spinach
- THE BODY BAGEL | £6.6**  
smoked salmon, cream cheese, red onion, cucumber, avocado, rocket, lemon and black pepper
- FRUIT, GRANOLA, YOGHURT BOWL | £5.0 \*VG/GF**  
fresh fruit, berry compote, nude granola, pro-biotic yoghurt, honey or maple syrup *(available with KOKO yoghurt for an additional £0.50)*
- PANCAKES | £5.5 \*V/GF**  
protein pancakes\* banana, strawberries, natural yogurt, berry compote and honey

**BREAKFAST ADD ONS:** nitrate free bacon £2.0 | GF sausage £2.5 | parma ham £3.0 | chicken £3.0 | smoked salmon £4.0 | baked salmon £4.0 | egg £0.7 | halloumi £2.5 | cheddar cheese £1.5 | feta cheese £2.5 | tofu £2.5

## NATURALLY SWEET

- BANANA BREAD TOAST | £4.5 \*V**  
toasted banana loaf, natural yoghurt, banana, almond flakes, cinnamon and honey
- FRUIT & NUT SALAD | £3.5 \*VG**  
fresh fruit and mixed nuts
- CAKE OF THE DAY | £3.0**  
see Specials board

## COFFEES | LATTES

	Black	Dairy	Alt Milk Almond/Coconut/Oat/ Soya)
Espresso / Piccolo	£1.8	£1.9	£2.0
Americano	£2.0	£2.1	£2.2
Flat White	-	£2.2	£2.6
Cappuccino / Latte	-	£2.5	£2.8
Decaf Coffee	£1.8	£2.5	£2.8
Bullet Coffee (MCT oil and butter)	-	£2.9	£2.8
Moka		£2.9	£3.3
<b>LATTES</b>			
Chai		£2.5	£2.9
Matcha		£2.5	£2.9
Turmeric		£3.1	£3.4
Hot Chocolate		£2.1	£2.4