

Nutritionally rich food to help power you through the day!

FEEL GOOD SALADS

Made using only the freshest ingredients delivered daily.

BORLOTTIE HOUSE

Spinach leaves, diced onions, shredded carrot, diced mixed peppers, edamame beans, home baked croutons.

Dressing: Borlottie house
Bowl: €5.50 **Wrap:** €4.50

Mus, C

MEXICAN FAJITAS SALAD

Crispy romaine and baby gem lettuce, squared roast sweet potato, diced mixed pepper, sweet corn, red onion, half's of sweet cherry tomatoes, tortillas & Mexican spice.

Dressing: Mexican ranch
Bowl: €5.00 **Wrap:** €4.50

Add: Avocado €0.95
Add: Feta €0.95

C, M, E, Mus

WHOLE WHEAT PASTA

Fusilli whole wheat pasta, baby spinach, diced mixed peppers, caramelised red onions, cherry tomatoes.

Dressing: Basil Pesto (Contains nuts)
Bowl: €5.75 **Wrap:** €4.50

N, M

NEW! NICOISE SALAD

Spinach leaves, onions, cucumber, olives, boiled egg, cherry tomatoes

Dressing: Spicy Thai
Bowl only: €5.00

E, S

THE PALEO

Spinach leaves, caramelized bacon and apple, braised red cabbage, walnuts .

Dressing: Olive Oil
Bowl only: €5.00

N

THAI NOODLE SALAD

Gluten Free Rice noodles, shredded carrot, green & red cabbage, diced red onions, and diced mixed peppers.

Dressing: Spicy Thai or Asian
Bowl: €4.75 **Wrap:** €4.50

S

QUINOA SALAD

Spinach leaves, broccoli, feta, quinoa, peppers and edamame beans

Dressing: Olive Oil
Bowl only: €6.50

M

CAESAR SALAD

Baby gem lettuce, avocado, freshly grated parmesan cheese, bacon lardons, home baked croutons

Dressing: Borlottie low fat Caesar
Bowl: €4.75 **Wrap:** €4.50

NEW! ITALIAN SALAD

Spinach, sundried tomato, asparagus pieces, feta and piquillo peppers.

Dressing: balsamic vinegar
Bowl only: €6.75

M, Mus

BEET BOX

Baby spinach leaves, beetroot, cherry tomatoes, feta cheese, caramelised red onion, borlottie beans and edamame beans.

Dressing: balsamic
Bowl only: €6.25

RECOMMENDED BY
CROSSEIT
M, Mus

GYM BOX

Baby spinach leaves, quarts of free range egg, edamame beans, roasted sweet potato, quinoa and feta cheese, cherry tomatoes, broccoli

Dressing: mediterranean
Bowl only: €6.65

RECOMMENDED BY
CROSSEIT
E, M

NEW! CHARGRILLED VEGETABLE SALAD

Baby spinach leaves, quinoa, feta cheese, grilled aubergine, courgette, peppers, asparagus

Dressing: olive oil
Bowl only: €7.95

M, Mus

NEW! SMOKED SALMON AND AVOCADO PROTEIN BOX

Smoked salmon, avocado, 2 eggs, spinach leaves, seeds and a lemon wedge

Bowl only: €9

E, F, N

DON'T WORRY BORLOTTIE FANS,
YOUR FAVOURITES CAN STILL BE MADE, JUST ASK US!

HOT DISHES

B Energized Hot Boxes

All Hot Boxes are served with Asian Slaw (Shredded Red and White Cabbage and Shredded Carrot) Please choose one of the following :

- 1. Cuban rice:** €5.75
(Contains meat.) Wholegrain Brown Rice, mixed with bacon lardons
- 2. Mexican quinoa:** €7.50
(Vegetarian.) Quinoa mixed with Sweetcorn, Mexican spice and Borlottie beans
- 3. Vegetarian Rice:** €4.50
- 4. Cauliflower Rice:** €6.00
(Vegetarian.) Shredded Cauliflower mixed with curry spice

Why not B even more healthy and add: • Feta 95c • Sweet Potato 70c • Spinach Leaves 40c • Avocado • 95c Broccoli 70c • Fresh Chilli 65c • Chargrilled Vegetable Selection €2.50 • Edamame Beans 70c • Spinach Leaves 40 c

Borlottie Healthy Hot Pots

- Soup of the Day:** €4.50
Asian Broth: €3.00
NEW! Skinny Bone Broth: €4.50

Bulk up your Hot Pot

- Add a Protein:** (see list for prices)
Add Gluten Free Noodles: €1.00
Add Fresh Chillies: €0.65
Add Quinoa: €0.95
Add Fresh Asian Slaw: €0.95

STEAK SANDWICH: €8.25 C, M

Steak Sandwich served on a roll, with caramelised onions and emmenthal cheese
Dressing: choose from Ranch, Hollandaise or Mediterranean.

Side Dishes

- Brown Rice:** €2.50
Mexican Quinoa: €3.25
Tomato and Basil: €2.50
Sweet potato fries: €3.00

Add a B-Fit Protein to any of our dishes on the menu. Our proteins are freshly prepared and roasted in the oven every day.

Roast Marinated Chicken: €2.80 please ask for todays marinade	Roast Marinated Turkey: €2.80 please ask for todays marinade	Steamed Organic Falafel: €3.50 made with chickpea, onions and parsley	Haloumi Cheese: €3.50
Pulled Beef Brisket: €4.00 slow roasted in the oven (150g)	Smoked Salmon: €4.00	Tofu: €3.00	Each protein is approx. 100g after cooking
Roast Loin of Bacon: €2.80	Tuna: €3.00	Greek Feta: €2.15	
	Teriyaki Salmon: €Market Price		

ALLERGENS C: Cereals **E:** Eggs **F:** Fish **P:** Peanuts **S:** Soy **M:** Milk **N:** Nuts **Cel:** Celery **Mus:** Mustard **Sea:** Sesame Seeds

Find Us A Excise Walk, Mayor Square, IFSC, Dublin 1 & 33 Upper Baggot St, Dublin 2 **Phone Us** 01 605 4000 **Email Us** info@borlottie.ie **Web** borlottie.ie



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Served until 11am

EGG POTS AND WRAPS

PROTEIN RICH!

BREAKFAST BURRITO: €4.25

Served with 2 egg frittatas, bacon, diced peppers, cracked salt and black pepper wrapped up in a flour tortilla.

E, C, M

VEGGIE BURRITO: €4.25

Free range scrambled eggs, spinach, borlottie beans, roast red peppers, sundried tomato cracked salt and black pepper wrapped up in a flour tortilla.

E, C, M

POWER EGG POT: €4.30

2 poached eggs, caramelised red onions, roast peppers and borlottie mixed beans

E, C, M

RECOMMENDED BY **CROSSFIT** DUBLIN

EGG AND SPINACH PROTEIN POT: €3.00

2 hard boiled eggs with spinach leaves.

E, C, M

COMBO 1 :BURRITO & AMERICANO OR TEA €6.00

AVOCADO TOAST: €4.50

High in Fibre. Avocado Toast – crushed avocado, lemon juice, sundried tomato E, C, F

ADD Bacon: €1.00 ADD Egg: €1.00

ADD Smoked Salmon: €2.00

Bacon Butty

Dry cured bacon: €4.00

C, E

Tastes mighty good any morning especially the tough ones.

Add egg: €1.00

Toast

Toast: €2.00

Toast and jam
Toast and honey

Add egg €1.00

EGGS BENEDICT POT: €4.30

2 poached eggs and dry cured bacon. Dressing: Hollandaise or Mediterranean

E, C, M

THE FRITTATA: €1.95 or 2 for €3.75

Please ask for the frittata of the day.

E, C, M

RECOMMENDED BY **CROSSFIT** DUBLIN

MEXICAN EGG POT: €4.30

2 poached eggs with chorizo sausage and Borlottie mixed beans.

E, C, M

CREATE YOUR OWN POT

ASK YOUR SERVER

IRISH PORRIDGE POTS

IRISH ORGANIC ROLLED OAT PORRIDGE POTS C, M, N

Made with low fat milk.

We take meticulous care and passion in preparing our porridge by slow cooking and lots of stirring to give you the best creamy rich texture of healthy fibre, low fat and the best slow release of energy to boost your day.

- just Plain €2.30
- add Fruit €2.50
- add Granola 50c
- add Chocolate Flakes 30c

Did you know that porridge is one of the best sources of natural fibre, incredibly good for you with a slow release of energy and phenomenally good at lowering cholesterol. It is actually know as an incomplete food and needs some of the above options to make it a complete food.

LOWER CHOLESTEROL AND HAVE A HEALTHY WITH PORRIDGE

COMBO 2: PLAIN PORRIDGE & AMERICANO OR TEA €4.50

FRESH JUICES AND SMOOTHIES MADE DAILY PLEASE ASK

Yogurt Pots

YOGURT YOUR WAY M

Low Fat Yogurt made with Fresh Fruit and Granola: €2.50

Make it complete by adding: €2.00

- Strawberry • Blueberry • Raspberry • Banana • Mixed Berries

ALLERGENS C: Cereals E: Eggs F: Fish P: Peanuts S: Soy M: Milk N: Nuts Cel: Celery Mus: Mustard Sea: Sesame Seeds

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All our nutritional figures are provided as guidelines. They are all correct to the best of our knowledge but may vary occasionally with ingredient provenance and seasonality.