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

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

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

QUINOA SALAD

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

Dressing: Olive Oil **Bowl only: €**6.50

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

REET ROX

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

Dressing: balsamic **Bowl only: €**6.25 **RECOMMENDED BY** CROSSELL M, Mus

GYM BOX

Babu 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

NEW! CHARGRILLED VEGETABLE SALAD

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

Dressing: olive oil **Bowl only: €7.95** M. Mus

NEW! SMOKED SALMON AND AVOCADO PROTEIN BOX

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

Bowl only: €9

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

€7.50 2. Mexican auinoa: (Vegetarian.) Quinoa mixed with Sweetcorn, Mexican spice and Borlottie beans

3. Vegetarian Rice: €4.50

4. Cauliflower Rice: (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

Pulled Beef Brisket: €4.00 slow roasted in the oven (150g)

Roast Loin of Bacon: €2.80 **Roast Marinated Turkey:** €2.80 please ask for todays marinade

Smoked Salmon: €4.00 Tuna: €3.00

€Market Price Teriyaki Salmon:

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

Steamed Organic Falafel: made with chickpea, onions

and parsley Tofu:

Greek Feta:

€3.50

€3.00 €2.15

Each protein is approx. 100g after cooking

Haloumi Cheese:



€3.50





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

All our

nutritional figures

€6.00



BREAKFAST

Nutritionally rich food to help power you through the day!

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

RECOMMENDED BY CROSSEIT

EGG AND SPINACH €3.00 **PROTEIN POT:**

2 hard boiled eggs with spinach leaves.

E, C, M

EGGS BENEDICT POT:

2 poached eggs and dry cured bacon. Dressing: Hollandaise or Mediterranean E, C, M

THE FRITTATA:

€1.95 or 2 for €3.75

€4.30

Please ask for the frittata of the day.

E, C, M

RECOMMENDED BY CROSSEIT

MEXICAN EGG POT: €4.30

2 poached eggs with chorizo sausage and Borlottie mixed beans.

E, C, M

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: Make it complete by adding:

Strawberry
Blueberry
Raspberry
Banana
Mixed Berries

CREATE YOUR OWN POT

ASK YOUR SERVER

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

Toast

Dry cured bacon:

€4.00

Toast:

€2.00

Tastes mighty good any morning especially the tough ones.

Toast and jam Toast and honey

Add egg:

€1.00

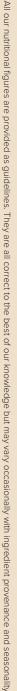
Add egg

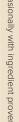
€1.00

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









€2.50

€2.00