

HEALTHY LUNCHTIME SAMBOS

WRAPS OR PITTAS OR TOASTED SPELT BAP (€1 EXTRA)
EAT IN OR TAKE AWAY

ORGANIC FALAFEL (495cal) (1/11)

with Mixed Salad Hummus & Red Onion Marmalade €7.50

ORGANIC FALAFEL (485cal) (1/7/11)

with Mixed Salad Lime Coriander Salsa & Garlic Yoghurt €7.50

GRILLED MEDITERRANEAN VEGETABLES (550cal) (1/7/11)

with Avocado Gubbeen Cheese & Beetroot Salsa €8.50

GRILLED HALLOUMI CHEESE (550cal) (11)

with Mixed salad Alfalfa & Red Onion Marmalade €8.50

GRILLED WEST CORK GUBBEEN CHORIZO CHEESE (550cal)

Mix Salad Red Onion Marmalade (1/7/11) €8.50

FUEL FOOD VEGGIE BURGER (250-500cal) (1/6/9)

wih toasted Spell Bap with Mixed Salad & Hummus €7.50

HOMEMADE SEASONAL VEGGIE BURGERS

HERBY LENTIL LOVE (150cal) (9)

MILLET MEGA PROTEIN (400cal) (6/9)

HEARTY POTATO BEAN (150cal)

All of the above Sugar Dairy Yeast Gluten Free

(all Burgers likely to change per season)

With Fuel Dip €4.50

With Country Bake toasted Spelt Bap €7.50

Burger with Spelt Bap & 1 salad €9.95

Burger with Spelt Bap & 2 salads €11.95

Without Bap & 1 salad €6.95

Without Bap & 2 salads €8.95

PORTION OF HOMEMADE SWEET POTATO FRIES

with Garlic Aioli Fuel Dip (300cal) €4.75

Daily Homemade Soup of the Day (9) €5.75

Daily Homemade Veggie Stew of the Day (9) €6.75

Both served with artisan bread and butter (1/7/8/11)

Take Away Soup of the Day €5.25

Take Away Stew of the Day €6.25

Spelt Bap (1/11/13) €1.50

Please Check Blackboards in Store for daily soup & stew of the day

HOMEMADE WHOLEFOOD SEASONAL SALADS

€16.80KG (Calories per 200g portion)

ALL SUGAR YEAST GLUTEN FREE

TZATZIKI EDAMAME POTATO (220cal)

ROASTED BEETROOT WALNUTS PUY LENTILS FETA CHEESE

(275cal) (8/10)

ASIAN MAYO FREE COLESLAW (130cal) (6)

ROAST BUTTERNUT SWEET POTATO FENNEL QUINOA (230cal)

ROASTED BUTTERNUT BEETROOT FETA CITRUS (230cal)

MAMMY'S HOMEMADE COLESLAW (300cal) (3/10)

BROCCOLI CARROT CHICKPEA SATAY (300cal) (5/10)

MEDITERRANEAN NOODLE (275cal) (1) or BEAN SALAD (180cal)

(all Salads likely to change per season)

HOMEMADE SEASONAL FUEL DIPS

€22.00KG (Calories per 100g portion)

BASIL & MINT PESTO (190cal) (8)

FUELFOOD HUMMUS (158cal) (11)

RED ONION MARMALADE (200cal)

All dips yeast & sugar gluten free (all Dips likely to change per season)

HOMEMADE VEGGIE BAKE OF THE DAY (350cal) (9) €7.50

With 1 salad €9.95

With 2 salads €11.95

HOMEMADE NON VEGGIE BAKE OF THE DAY (460cal) €8.50

With 1 salad €10.95

With 2 salads €12.95

EAT IN OR TAKE AWAY



Lovindublin.com Top 10 Healthiest Cafes/Delis in Dublin

Irish Times Best Shops of Ireland Top Ten

'A haven for exceptional juices and smoothies'

Sunday Times Food Magazine

1 Railway Road, Dalkey, Co.Dublin. Tel: (01) 285 9611 selectstores.ie

SELECT STORES DALKEY

FUEL FOOD

WHOLE FOOD KITCHEN & DELI

SELECT STORES HEALTHY BREAKFAST

SERVED 8AM-2.30PM EAT IN OR TAKE AWAY

ORGANIC POACHED/SCRAMBLED EGGS (400cal)

with ripe avocado & sourdough toast (1/3) €6.95

ORGANIC POACHED EGG (400cal) on sweet potato-cake

or black pud patty with ripe avocado (1/3) €7.50

PALEO WEST CORK BLACK PUDDING ORGANIC

OMELETTE SPINACH EGG WRAP (550cal)

with fuelfood salad (3) €12

VEGETARIAN HALLOUMI ORGANIC OMELETTE SPINACH

EGG WRAP (550cal) with fuelfood salad (3/7) €12

VEGETARIAN FALAFEL ORGANIC OMELETTE SPINACH

EGG WRAP (485cal) with fuelfood salad (3) €10

CHIA SEED SUGAR FREE GRANOLA (380cal) (8)

with seasonal fruit & natural yoghurt €6.50

BIRCHER MUESLI (410cal) (1/7)

with Flaxseed and Fresh Seasonal Fruit €5.50

HOT ORGANIC PORRIDGE (380cal) (1/7/11)

with Flaxseed, Seasonal Fruit and Natural Yoghurt €5.50

'EGGCADO' Organic Chopped Boiled Eggs (440CAL)

with Avocado & Chives served with sourdough toast (1/3) €6.50

'EGGCADO' FALAFEL PROTEIN (560cal) (1/3)

Organic Chopped Boiled Eggs

with Avocado & Chives served with sourdough toast €7.50

MULTIGRAIN SOURDOUGH TOAST (300cal) (1/7)

served with butter and Jam €2.50

ORGANIC VEGETARIAN OMELETTE (490cal) (1/3/7)

with Sourdough Toast & butter €8.50

ORGANIC WEST CORK CHORIZO OMELETTE (580cal)

served with Sourdough Toast & Jam (1/3/7) €10.00

ORGANIC BURREN SMOKED SALMON OMELETTE (550cal)

served with Sourdough toast (1/3/4/7) €10.00

KIDS PLAIN ORGANIC OMELETTE (360cal)

served with Sourdough toast (1/3/7) €4.95

FRESH ORIGINAL FRUIT SMOOTHIES

LARGE €6.00 SMALL €3.00

PEACH MY ASS (490/245cal)

Peach Apple Strawberry Banana

BERRY BERRY BONSAI (400/200cal) (7) (8)

Raspberry Blueberry Strawberry Banana Probiotic Yoghurt & Organic Unsweetened Almond Milk

STRAWBERRY SUMMER (460/230cal) (7) (8)

Strawberry Banana Apple Probiotic Yoghurt Organic Unsweetened Almond Milk

MAD MANGO (290/145cal) (7)

Mango Pineapple Orange Banana Pear Probiotic Yoghurt

FRESH PIMPED UP FRUITY SMOOTHIES

LARGE €6.50 SMALL €3.25

NUTTY IRISHMAN (490/245cal) (8/5)

Mango Banana Peanut Butter Organic Unsweetened Almond Milk

VIT FIT (300/150cal) (7)

Raspberries Pineapple Peach Orange Probiotic Yoghurt Echinacea

BANGIN' BLUEBERRY Large Only (470cal) (7) €7.00

Fresh Blueberries Pear Banana Organic Unsweetened Almond Milk Probiotic Yoghurt

MUSCLE MARY Large Only (570cal) (8) €7.00

Banana Mango Strawberries Coconut Milk Hemp Protein Kelp Maca Cacao Barleygrass Spirulina Lucuma Chlorella

TURMERIC GOLD SMOOTHIE Large Only (430cal) (11)

Parsley Sesame Alfalfa Banana Mango Apple Fresh Turmeric, Black pepper

ORGANIC WHEATGRASS SHOT

Organically grown Wicklow Wheatgrass shot €3.30

GINGER SHOT

Ginger, Lemon, Cayenne €3.30

TURMERIC SHOT

Organic, Ginger, Lemon Juice, Cayenne, Black Pepper €3.30

FUEL FOOD SMOOTHIES & JUICES

(80% VEG 20% FRUIT) ALL €7.00

THE SUPER GREEN SMOOTHIE (350cal)

Lime Avocado Apple Cucumber Wheatgrass Spirulina

FAST AND FABULOUS (350cal) (9)

Cucumber Lime Avocado Celery Spinach Apple

BRUCIE BABY (350cal) (9)

Carrot Avocado Pineapple Ginger Cucumber Celery Spirulina & Wheatgrass

FOCUSSED & FUELLED (350cal) (9)

Apple Parsley Avocado Celery Cucumber Spinach Kale Wheatgrass

TASTES GUT SMOOTHIE (490cal) (7)

lots of Probiotic Yoghurt Banana High Strength Manuka Honey Natural Vanilla

THE SUPER GREEN JUICE (200cal) (9)

Apple Celery Parsley Cucumber Spinach Wheatgrass & Spirulina

SHINE SHINE SHINE JUICE (220cal)

Cucumber Spinach Kale Lime Pear Ginger Wheatgrass

SICK PUPPY JUICE (180cal)

Carrot Apple Ginger Beetroot Orange Lime Ginger Kelp

GING/ZING JUICE (290cal)

Carrots Lemon High strength Manuka Honey Apple Ginger

ORGANIC JUICE (260cal)

Carrot Apple Pear

BENCH BURPEE BLAST (490cal) (8) €7.50

Raw Cacao Banana Unsweetened Almond Milk Almond Butter Hemp Protein

QUEEN "C" JUICE (290cal) (9) €7.50

Apple Celery Spinach Broccoli Beetroot Ginger Carrot Parsley Cucumber Alfalfa Lemon

CAPE CLEAR NUTRIBLEND (350cal) €7.50

Pear Spinach Kale Broccoli Parsley Cucumber Avocado Spirulina Wheatgrass

Add your favourite protein powder to any smoothie for €1 extra

FUEL FOOD MEAL AND JUICE PLANS AVAILABLE IN STORE

T (01) 285 9611

SPECIAL NUTRI JUICES

(80% VEG 20% FRUIT)

LARGE €6.50 SMALL €3.25

SOLDIER ON (260/130cal) (9)

Carrot Apple Celery Beetroot Kelp

THE HANGOVER (180/90cal) (9)

Spinach Celery Cucumber Orange Apple

KICK START (150/75cal) Cucumber Pineapple Kale Lemon Ginger

SEJUICED (180/90cal) (9) Celery Spinach Parsley Apple Lemon

BEET ME UP (200/100cal) Beetroot Apple Lemon Ginger

EXTRA ENERGY BOOSTER/PROTEIN POWDER €1

100% ORGANIC FAIR TRADE COFFEE MENU

Americano	€2.70	Cappuccino (7)	€2.90
Latte (7)	€2.90	Flat White (7)	€2.90
Mocha Latte (7)	€2.90	Double Espresso	€2.70
Single Espresso	€2.30	Small Coffee	€2.30
Decaf Coffee	€3.00	Matcha Latte (8)	€3.50
Bulletproof Coffee	€3.00	Golden Latte	€3.20
Regular Tea	€1.80	Almond, Oat Soya Latte	€3.20
Herbal Tea	€2.30		
Hot Chocolate (7)	€2.90		

ALLERGENS

The 14 known allergens to adhere to EU regulations and requirements are

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|---|------------|----|----------------------------|
| 1 | Gluten | 8 | Nuts |
| 2 | Shell Fish | 9 | Celery (Celeriac) |
| 3 | Eggs | 10 | Mustard |
| 4 | Fish | 11 | Sesame |
| 5 | Peanuts | 12 | Sulphur Dioxide (Apricots) |
| 6 | Soya | 13 | Lupin |
| 7 | Milk | 14 | Molluscs |