

## HEALTHY LUNCHTIME SAMBOS

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

<b>ORGANIC FALAFEL</b> (495cal) (1/11)	
with Mixed Salad Hummus & Red Onion Marmalade	€7.50
<b>ORGANIC FALAFEL</b> (485cal) (1/7/11)	
with Mixed Salad Lime Coriander Salsa & Garlic Yoghurt	€7.50
<b>GRILLED MEDITERRANEAN VEGETABLES</b> (550cal) (1/7/11)	
with Avocado Gubbeen Cheese & Beetroot Salsa	€8.50
<b>GRILLED HALLOUMI CHEESE</b> (550cal) (11)	
with Mixed salad Alfalfa & Red Onion Marmalade	€8.50
<b>GRILLED WEST CORK GUBBEEN CHORIZO CHEESE</b> (550cal)	
Mix Salad Red Onion Marmalade (1/7/11)	€8.50

## 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
<i>Both served with artisan bread and butter (1/7/8/11)</i>	
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](http://selectstores.ie)

SELECT STORES DALKEY

# FUEL FOOD

WHOLE FOOD KITCHEN & DELI

## SELECT STORES HEALTHY BREAKFAST

SERVED 8AM-2.30PM EAT IN OR TAKE AWAY

<b>ORGANIC POACHED/SCRAMBLED EGGS</b> (400cal)	
with ripe avocado & sourdough toast (1/3)	€6.95
<b>ORGANIC POACHED EGG</b> (400cal) on sweet potato-cake or black pud patty with ripe avocado (1/3)	€7.50
<b>PALEO WEST CORK BLACK PUDDING ORGANIC OMELETTE SPINACH EGG WRAP</b> (550cal)	
with fuelfood salad (3)	€12
<b>VEGETARIAN HALLOUMI ORGANIC OMELETTE SPINACH EGG WRAP</b> (550cal) with fuelfood salad (3/7)	€12
<b>VEGETARIAN FALAFEL ORGANIC OMELETTE SPINACH EGG WRAP</b> (485cal) with fuelfood salad (3)	€10
<b>CHIA SEED SUGAR FREE GRANOLA</b> (380cal) (8)	
with seasonal fruit & natural yoghurt	€6.50
<b>BIRCHER MUESLI</b> (410cal) (1/7)	
with Flaxseed and Fresh Seasonal Fruit	€5.50
<b>HOT ORGANIC PORRIDGE</b> (380cal) (1/7/11)	
with Flaxseed, Seasonal Fruit and Natural Yoghurt	€5.50
<b>'EGGCADO' Organic Chopped Boiled Eggs</b> (440CAL)	
with Avocado & Chives served with sourdough toast (1/3)	€6.50
<b>'EGGCADO' FALAFEL PROTEIN</b> (560cal) (1/3)	
Organic Chopped Boiled Eggs	
with Avocado & Chives served with sourdough toast	€7.50
<b>MULTIGRAIN SOURDOUGH TOAST</b> (300cal) (1/7)	
served with butter and Jam	€2.50
<b>ORGANIC VEGETARIAN OMELETTE</b> (490cal) (1/3/7)	
with Sourdough Toast & butter	€8.50
<b>ORGANIC WEST CORK CHORIZO OMELETTE</b> (580cal)	
served with Sourdough Toast & Jam (1/3/7)	€10.00
<b>ORGANIC BURREN SMOKED SALMON OMELETTE</b> (550cal)	
served with Sourdough toast (1/3/4/7)	€10.00
<b>KIDS PLAIN ORGANIC OMELETTE</b> (360cal)	
served with Sourdough toast (1/3/7)	€4.95

## FRESH HOMEMADE FRUIT SMOOTHIES

LARGE €6.00 SMALL €3.00

### PEACH MY ASS (490/245cal)

Peach Apple Strawberry Banana

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

Raspberry Blueberry Strawberry Banana Probiotic Yoghurt honey & Organic Rice Milk

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

Strawberry Banana Apple Probiotic Yoghurt Honey Organic Rice Milk

### MAD MANGO (290/145cal) (7)

Mango Pineapple Orange Banana Pear Probiotic Yoghurt Honey

## FRESH ENERGY SMOOTHIES

LARGE €6.50 SMALL €3.25

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

Mango Banana Peanut Butter Honey Organic Rice Milk

### VITAMIN C BOOSTER (300/150cal) (7)

Raspberries Pineapple Peach Orange Probiotic Yoghurt Honey Echinacea

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

Fresh Blueberries Pear Banana Honey Organic Rice Milk Probiotic Yoghurt

### PROTEIN PUNCH Large Only (570cal) (8) €7.00

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

### LADIES & GENTS SMOOTHIE Large Only (430cal) (11)

Parsley Sesame Alfalfa Banana Mango Apple Honey

### ORGANIC WHEATGRASS SHOT Organically grown Wicklow

Wheatgrass shot €3.30

## STEP UP TO OUR 1 DAY FUEL FOOD MAINTENANCE

& SATISFACTION PLAN

€23 A DAY

CREATED BY OUR NUTRITIONIST OLIVER MCCABE

## FRESH DETOX SMOOTHIES & JUICES

(80% VEG 20% FRUIT) ALL €7.00

### THE SUPER DETOX SMOOTHIE (350cal)

Lime Pineapple Avocado Apple Cucumber Wheatgrass Spirulina

### THE SUPER DETOX FAST AND FABULOUS (350cal) (9)

Pineapple Cucumber Lime Avocado Celery Spinach Apple

### THE SUPER DETOX BRUCIE BABY (350cal) (9)

Carrot Avocado Pineapple Ginger Cucumber Celery Spirulina & Wheatgrass

### THE SUPER DETOX FOCUSED & 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 DETOX JUICE (200cal) (9)

Apple Celery Parsley Cucumber Spinach Wheatgrass & Spirulina

### SHINE SHINE SHINE JUICE (220cal)

Cucumber Spinach Kale Lime Pear Ginger Wheatgrass

### FLU FIGHTER 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

### AUNTIE CANCER QUEEN JUICE (290cal) (9) €7.50

Apple Celery Spinach Broccoli Beetroot Ginger Carrot Parsley Cucumber Alfalfa Lemon

### CAPE CLEAR NUTRIBLEND (350cal) €7.50

Pear Pineapple Spinach Kale Broccoli Parsley Cucumber Avocado Spirulina Wheatgrass

## FRESHLY MADE HOMEMADE NUTRITIOUS MEALS

Eat Right — Keep Weight Off — Feel Great — More Energy  
Calorie Control — ideal for mental & physical health

Order 24 hours in advance T (01) 285 9611

## SPECIAL NUTRI JUICES

(80% VEG 20% FRUIT)

LARGE €6.50 SMALL €3.25

### FATIGUE FIGHTER (260/130cal) (9)

Carrot Apple Celery Beetroot Kelp

### LIVER CLEANSE (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	€2.90
Single Espresso	€2.30	Small Coffee	€2.30
Decaf Coffee	€3.00	Matcha Latte (8)	€3.20
Bulletproof Coffee	€3.00	Almond (8)	€3.00
Regular Tea	€1.80	Oat Latte (1)	€3.00
Herbal Tea	€2.30	Soya Latte (6)	€3.00
Hot Chocolate (7)	€2.90		

## ALLERGENS

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

- |   |            |    |                            |
|---|------------|----|----------------------------|
| 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                   |