

## GREEN SMOOTHIES 16oz €4.95

### 1. SUPER MEAN

COCONUT MILK, BANANA, APPLE, AVOCADO,  
CINNAMON, MACA, SPINACH, BEE POLLEN

### 2. SUPER GREEN

APPLE, WHEATGRASS, SPINACH, COCONUT MILK

### 3. SUPER DETOX

SPIRULINA, CUCUMBER, APPLE, BANANA, COCONUT MILK

## PROTEIN SHAKES 16oz €4.95

All our protein shakes are made using the finest ingredients. Our hemp and whey protein are 100% natural and organic. If your goal is to lose weight, gain muscle, stay lean or boost metabolism, we have the shake for you

### 4. SUPER PROTEIN

CACAO, COCONUT MILK, BANANA, PEANUT BUTTER,  
NATURAL WHEY PROTEIN POWDER 11\*

### 5. SUPER BREAKFAST

SKIMMED MILK, HEMP PROTEIN POWDER, OATS, GRANOLA,  
STRAWBERRIES, BLUEBERRIES, BANANA 1,4, 6, 10,11,12\*

### 6. SUPER MUSCLE MAX

SKIMMED MILK, NATURAL WHEY PROTEIN POWDER, PEANUT  
BUTTER, CHIA SEEDS, GREEK YOGURT, BLUEBERRIES 7, 11\*

### 7. SUPER PALEO

COCONUT MILK, CACAO, ALMONDS, BANANA, HONEY 10,11\*

### 8. SUPER BULLET

NATURAL ORGANIC UNSWEETENED SOYA MILK, ORGANIC ITALIAN  
DOUBLE ESPRESSO, NATURAL WHEY PROTEIN, CACAO, AGAVE

### 9. SUPER KIDS (12oz ONLY)

LOW FAT MILK, PEANUT BUTTER, BANANA AND CHOCOLATE

## FREE OFFICE DELIVERIES

Order before 10am. Free Office  
deliveries on orders over €20

CALL **091 562978/087 6743616**

## COLD PRESSED JUICES 250mL €2.95

Start fresh, and get your body looking good and feeling great with our grab & go vegetable juices in handy 250ml bottles.

Our juices are cold pressed everyday here at Pureraw because we want to give you the finest and freshest quality ingredients, nothing added just time and vegetables.

## ORGANIC TEAS AND COFFEES

All our teas and coffees are organic and available for take away

## ASK ABOUT OUR COLD PRESSED JUICE CLEANSE PROGRAMMES

AVAILABLE IN 1,2,3,4 OR 5 DAY PACKAGES

### CLEANSE 1: JUICE RESTART

If you are new to juicing, this is the juice kick start for you. This is the only cleanse that contains one of our signature protein smoothies which are rich in protein and complex carbohydrates. It's perfect for athletes or people with higher calorie needs.

### CLEANSE 2: JUICE REBOOT

This is our most popular cleanse and perfect for those who want to balance great tasting juices with high efficiency. With more greens than our Gentle Reboot, this one is ideal for those maintaining a healthy lifestyle. Available in a 1,2 & 3 day packages.

### CLEANSE 3: JUICE SUPREME

Our most intense and lowest calorie cleanse - you get the maximum results in the minimum amount of time. With the most amount of greens, this cleanse is best for experienced cleansers and green juice lovers.

### CLEANSE INFO:

fiona@purefit.ie or call 091 562 978 /087 6743616

### ORDER ONLINE:

[www.purefit.ie/shop](http://www.purefit.ie/shop)

*Our Cold Pressed Juice Programmes  
Will Awaken, Energize, Fuel, Motivate,  
Satisfy and Restore Your Body!*

**pure**raw Eatery

## TAKE AWAY MENU

## SAVE TIME AND TEXT OR CALL

**T: 091 562 978 M: 087 6743616**

### FREE OFFICE DELIVERY\*

T&C \*Order before 10am.

\*Free delivery on orders over €20

## OPENING TIMES

**Pureraw Eatery: 10 upper Abbeygate Street**

**Monday-Wednesday 9.15am-6pm**

**Thursday & Friday 9.15am-7pm**

**Saturday 9.15am-6pm**

**[www.pureraw.ie](http://www.pureraw.ie)**

\*Allergens: 1: gluten 2: celery 3: crustaceans 4: eggs 5: fish 6: lupin 7: dairy 8: mollusc  
9: mustard 10: nuts 11: peanuts 12: sesame seeds 13: soya 14: sulphur dioxide

## BREAKFAST

1. **POWER BREAKFAST WRAP** €5.5  
Smoked turkey rasher, tomato, spinach, free range egg with relish in a wholemeal spelt wrap. 1,4, 6, 7\*
2. **SUPER POWER PORRIDGE** €4.5  
Start the day a super healthy way with energy boosting oats made with choice of water, low fat milk or coconut milk. 1, 6\*  
  
**CHOOSE YOUR TOPPINGS**  
Banana & cinnamon 1\*  
Crushed walnuts & maple syrup 1, 10\*  
House granola & maple syrup 1,10,11,12\*
3. **GRANOLA & GREEK YOGURT BOWL** €4  
House made granola, made with oats, pecans, hazelnuts, sunflower seeds, pumpkin seeds, sesame seeds, coconut oil & honey. Served with greek yogurt/fresh fruit & maple 1, 7, 10,11,12\*
4. **AMERICAN STYLE PANCAKES** €6.5  
Made using brown spelt flour, greek yogurt & free range eggs. The healthiest pancakes in the city 1,6,4,7\*  
  
**CHOOSE YOUR TOPPINGS**  
Greek yogurt/granola fruit/maple 1, 7, 10, 11, 12\*  
Smoked turkey rashers & maple 1\*  
Free range eggs scrambled 4\*
5. **NAUGHTY AMERICAN STYLE PANCAKES** €6.5  
Made here using brown spelt flour, greek yogurt & free range eggs and delicious chocolate chips served with banana and our own peanut butter sauce. 1,4, 6, 7, 10, 11, 12\*
6. **GLUTEN FREE AMERICAN STYLE PANCAKES** €7  
We only use the finest rice flour, greek yogurt & free range eggs. Nothing artificial, just natural ingredients. 4, 7\*  
  
**CHOOSE YOUR TOPPINGS**  
Greek yogurt/granola fruit/maple 1, 7, 10, 11, 12\*  
Smoked turkey rashers & maple 1  
Free range eggs scrambled 4
7. **SUPER PROTEIN BREAKFAST GFO** €5.5  
Free range eggs scrambled, without butter or dairy, served with grilled tomato and brown multigrain toast 1,4,12\*

## SANDWICHES

- CHOOSE YOUR BREAD OR WRAP**  
BROWN SOURDOUGH, BROWN MULTIGRAIN, BROWN SLICED, SPELT BREAD, SPELT OR GLUTEN FREE WRAPS MADE IN HOUSE.
- 50 CENT EXTRA FOR SPELT OR GLUTEN FREE WRAP
8. **TURKEY CLUB MELT** €6.5  
Roast turkey breast, smoked turkey rasher, emmental cheese, lettuce, tomato & relish 1, 7\*
  9. **PROTEIN SUPREME MELT** €6.5  
Roast beef, emmental cheese, lettuce, creamy summer slaw, tomato & wholegrain mustard 1, 7, 9\*
  10. **SUPER LEAN** €6.5  
Grilled chicken, house hummus, red onion, cucumber, feta, tomato, grated carrot and alfalfa shoots with a tangy mint dressing 7,12\*
  11. **SUPER PROTEIN** €6.5  
Turkey breast, boiled egg, bean sprouts, spinach, avocado, and gently spiced tomato salsa 4\*
  12. **SUPER MEAN LEAN** €6.5  
Chicken, smoked turkey rasher, emmental cheese, avocado, lettuce, tomato with garlic oil & relish 1, 7\*
  - 12B. **SUPER MEAN VEGGIE VO** €6.5  
House made red pepper hummus, butternut squash, roasted red peppers, goats cheese, spinach, red onion & carrot 7, 12\*
  13. **SUPER FALAFELS VO** €6.5  
House made falafels, alfalfa shoots, goats cheese, mixed leaves, and grated carrot with creamy mint dressing 7, 12\*
  14. **SUPER VEGGIE MELT** €6.5  
Creamy goats cheese layered on roasted red peppers, tomato, spinach, red onion, courgette, infused with basil & garlic oil served on toasted bread of choice 7, 12\*

1: gluten 2: celery 3: crustaceans 4: eggs 5: fish 6: lupin 7: dairy 8: mollusc 9: mustard  
10: nuts 11: peanuts 12: sesame seeds 13: soya 14: sulphur dioxide.

Please inform a member of staff if you have any allergies **GFO**: Gluten free option **VO**: Vegan Option **GF**: Gluten Free

## SALAD BOWLS

17. **SUPER POWER BOWL VO GF** €8  
Chicken breast, alfalfa shoots, roasted chickpeas, grated carrot, beetroot, feta, strawberries, red onion, mixed leaves, sunflower seeds, house hummus, tossed in honey & olive oil 7, 12\*
18. **SUPER VEGGIE BOWL VO GF** €8  
House made sweet potato bites, quinoa, feta, toasted walnuts, apple, mixed green leaves, red pepper hummus, grated carrot with creamy mint dressing. 7, 10, 12\*
19. **SUPER MEAN BOWL** €8  
Goats cheese, caramelised walnuts, roasted red peppers, beetroot, cous cous, on top of mixed leaves tossed in a lemon dijon dressing with toasted crotons and a drizzle of honey 1, 7, 9, 10\*
20. **SUPER PROTEIN BOWL GFO** €8  
Turkey breast, crispy smoked turkey rashers, spring onions, bean shoots, feta, wild rocket, mixed green leaves with low fat chilli dressing dressing/toasted garlic sourdough 1, 7\*
21. **SUPER LEAN BOWL GF** €8  
Steamed chicken, roasted quiona, butternut squash, courgettes, spinach, carrot, beetroot, avocado, red pepper, bean sprouts infused with green thai dressing

## NOODLE BOWLS

22. **SUPER NOURISH BOWL** €10  
Grilled chicken, spinach, butternut squash, sliced onion, tomato & cashew nuts with sweet chilli and garlic dressing on a bed of brown rice noodles 1, 10\*
23. **CHICKEN RICE NOODLE SALAD** €10  
Steamed chicken breast, smoked turkey rasher, rice noodles, courgette and tomato served on a bed of leaves, with our own house pesto 1, 10\*
24. **CHICKEN SATAY NOODLE SALAD** €10  
Chicken pieces, rice noodles, roasted red peppers, cucumber sticks, sliced onion, tomatoes & peanuts with our own spicy satay dressing 1, 10, 11, 13\*
25. **WARM ASIAN STYLE CHICKEN NOODLE** €10  
Warm asian style chicken stir fry, rice noodles, carrot, celery, spring onions, red peppers, cashew nuts/spiced soya dressing 1, 2, 10, 11, 12, 13\*