

## Specials

**Lunch Bundle** - Soup and wrap of your choice  
€7.50

**3 Course Lunch** - soup, wrap, tea/americano  
& mini treat €10.00

**Chilli** - Spicy Bean Chilli in a bread or tortilla  
bowl €6.80

## Grab a Healthy Breakfast!

Tea, Toast and a Boiled Egg €3.00

Porridge with Fruit/honey & seeds €3.60

Home-made Granola with Chia Seeds &  
Greek Style yogurt €3.00

## 'Mean Bean' Coffee

Americano, Cappuccino, Latte, Flat White,  
Hazelnut, Vanilla, Caramel

**Hot Chocolate** - traditional & white

## Teas

Barry's, Black and Green Chai, Choco Chilli,  
Sweet Mint, Camomile and Chai Latte

## Mini Treats

GF Chocolate Cake €1.20

Chocolate Biscuit Cake/Cup Cakes €1.00

**Something Bigger?** Cheat day Cronut €2.80

**WATCH OUR BOARDS FOR DAILY SPECIALS!**

We cook all our meats,  
soups and chilli on the  
premises! AND we make  
our own dressings

**We want to make your life easier ..  
ring and collect 056 7770516**

Ring in your lunch order by 12.00 and your evening  
order by 5.30 p.m. and we'll have it ready for you to  
collect!

**f t** eatkilkenny  
www.eatkilkenny.ie  
056 7770516

Substitute TOFU for any  
meat in our salads or  
wok meals

#eat

**the healthy food takeaway**

**DELICIOUS HEALTHY HOT WOK MEALS  
ON NOODLES OR LEAVES  
SALADS, WRAPS, SANDWICHES  
CIABATTAS.  
HOME MADE SOUP DAILY**

**Healthy Fresh local ingredients.  
Nutritional Information  
on Core Menu Items**

**WE'RE OPEN 9 a.m. to 6.30 p.m.  
Monday to Friday and  
9 a.m. to 6.00 p.m. Saturday**

## # DIY WOK

**Pick up your favourite wok  
meal all ready for you to  
bring home and cook  
yourself!  
#eat when YOU want to!**

**Friary Street, Kilkenny  
(3 minutes off High Street)  
056 7770516**

## our most popular salads, wraps & ciabattas

- **Cobb Salad** €8.25 - Wrap €6.20 - Ciabatta €6.30  
- Leaves, chicken, bacon, egg, blue cheese, avocado, spring onion & cherry tomatoes with ranch dressing.  
*kcal 381 protein 31g carb 9.2g. Fat 7.5g*
- **Chicken Caesar Salad** €7.40 - Wrap €5.00 - Ciabatta €5.30 - leaves, chicken, lardons, parmesan, croutons & creamy Caesar dressing.  
*kcal 257 protein 31g carb 7.4. Fat 11.5g*
- **Tuna Nicoise Salad** €8.20 - Wrap €6.00 - Ciabatta €6.20 - Leaves, tuna, potato, egg, olives, french beans, red onion, cucumber and French dressing  
*kcal 236 protein 32g carb 4.5g. Fat 9.3g*
- **Muscle Builder Salad** €8.00 - Wrap €5.80 - Ciabatta €6.00 - Leaves, turkey, egg, cheddar, cherry tomatoes, cucumber and red onion with zesty bbq dressing  
*kcal 420 protein 43g carb 2.8g. Fat 26g*
- **Beef Eater Salad** €8.20 - Wrap €6.00 - Ciabatta €6.20 - Leaves, beef, mixed peppers, red onion, cherry tomatoes, olives and sweet corn with ranch dressing  
*kcal 198 protein 21g carb 9.2g. Fat 7.5g*  
OR
- **Create Your Own** with leaves, 1 protein, 4 deli ingredients and a dressing of your choice
  - Salad €8.20 - Wrap €6.00 - Ciabatta €6.20

*Don't see your favourite? Just ask and we'll be happy to make it for you.*

## wok meals - new

- Mexican style beef €8.50 - succulent beef topside, mixed peppers, jalapenos, red onion and sweet corn with spicy salsa
- Chilli and Ginger Prawns €8.70 - prawns, mushrooms, spring onions, mixed peppers, pineapple and cashews
- Simply Basil and Lime/Simply Pesto €5.00 - portion of noodles generously dressed with our delicious home-made basil and lime dressing or our home made rocket and cashew pesto.
- Sesame Soy Turkey €8.50 - turkey, mixed peppers, green beans, spring onions, red onion, marinated peppers and sweet corn  
OR
- Create your own Wok Meal with meat/tofu €8.50 - 1 protein, 4 deli on noodles/leaves.
- Create your own vegetable only Wok Meal €7.50 - 5 vegetables/deli items of your choice on noodles or leaves.

### Extra hungry?

Extra meat/Tofu €1.70  
Extra prawns €1.80  
Extra cheese/tuna .80c  
Extra egg/deli item .40c

## wok meals - old favourites

Chilli and Ginger Chicken €8.00  
Chilli and Ginger Tofu €7.50  
Chicken and Chorizo €8.50  
Zesty Beef €8.50  
Potato and Chorizo €7.50

**Junior wok meal** with meat/prawns €4.50

**Junior wok meal** vegetables €4.00

**lettuce cater!**  
**catering options from**  
**€5.60 per head**

## Gourmet Sandwiches

**Cheddary Bacon** with Rhubarb Relish €5.50

**Lemon Chicken** with Blue Cheese & Mango or pear €5.60

**Egg Salad** with Parmesan € 4.60

**Spicy Beef** with Cheddar €5.70

**Roast Vegetables** with Beetroot relish €4.90

**Roast Peppers** with Goats cheese €5.50

## Create Your Own

with meat/tofu €5.70

with cheese €5.50

deli only €4.00