

The vision of Slim's Healthy Kitchen is straightforward: we want to make healthy food more accessible. We go organic and we go free range where we can, and our ability to offer the best ingredients increases all the time. We also recognise that a healthy diet means something different to everyone, so we don't pigeon-hole ourselves within individual diets or trends. We try to be clear and upfront about our ingredients, preparation techniques meaning our dining offer can flexibly fit any diet.

We'd love to hear your feedback on what we are trying to do, so drop us a mail: feedback@slimskitchen.com

LIGHT BITES

SOUP Soup of the day.	£2.95
EDAMAME BEANS Japanese soya bean pods steamed & served with rock salt & chilli seasoning.	£2.95
HUMMUS A traditional hummus with veg sticks & pitta.	£3.50
GRILLED HALLOUMI Greek halloumi cheese, drizzled with honey & fresh chilli.	£3.50
HOT WINGS Chicken wings with buffalo hot sauce.	£5.50
VEGAN HOT WINGS Crispy cauliflower bites tossed in our spicy blend of peri-peri and smoked paprika seasoning.	£4.95
PRAWN TACOS 3x soft shell tacos, grilled prawns, quinoa, tomato salsa and avocado ranch dressing. Drop your tacos for cos lettuce.	£8.95

BURGERS, WRAPS AND PITTAS

CHICKEN BURGER Grilled chicken, Thai green curry mayo, coriander and fresh red chilli. Double Chicken +£3.50	£7.95
BEEF BURGER Grass fed Irish beef burger with cos lettuce, beef tomato and organic ketchup. Double BURGER +£3.50	£7.95
TURKEY BURGER Ground turkey breast seasoned with herbs and served with sliced avocado, red onion and chilli mayo. Double turkey +£3.50	£8.95
THE B12 BURGER The iconic 'bleeding' 100% vegan burger made with mushroom, beetroot, and plant-based protein, and packed with nutrients. Topped with hummus, beetroot slaw and rocket. Kind of a big deal.	£8.95
STEAK WRAP 7oz (190g) grass fed Irish beef, grilled halloumi, fresh rocket, sliced red onion and chilli mayo on a choice of white or wholemeal wrap.	£10.95
HALLOUMI & MUSHROOM WRAP Grilled halloumi, portobello mushroom, tomato chilli jam & crisp lettuce on a choice of white or wholemeal wrap.	£7.95
JERK CHICKEN PITTA Chargrilled chicken thighs, marinated overnight in our own jerk seasoning, stuffed with mixed peppers & red onion, mango, pineapple and garlic mayo. Double Chicken +£3.50	£8.95
FALAFEL PITTA Falafel, garlic & herb yoghurt, mozzarella, cucumber and crunchy baby gem.	£7.95

ADD A SIDE FOR £2. CHOOSE FROM:

[Rice](#), [Mediterranean veg](#), [skinny fries](#), [sweet potato fries](#), [courgette spaghetti with avocado dressing](#) or [broccoli in chilli butter](#).



SAMPLE PLATE

7oz (190g) rump steak, butterflied chicken, hot wings, sweet potato fries & a choice of sauce.

£16.95

CHICKEN & CORN

2 x butterflied chicken breasts, sweet potato wedges, 2 x corn, quinoa & a choice of 2 sauces.

£19.95

GRILL

ALL GRILL ITEMS COMES WITH A CHOICE OF SIDE AND SAUCE INCLUDED

BUTTERFLIED CHICKEN

Marinated overnight in herbs (200-220 grams).

£9.95

RUMP STEAK

7oz (190g) GRASS FED IRISH BEEF.

£12.95

SALMON

Omega-3 packed skin-on Irish salmon fillet (180-200 GRAMS).

£12.95

SEABASS

Responsibly sourced skin-on Irish seabass (180 GRAMS).

£12.95

SIDE INCLUDED. CHOOSE FROM:

Rice, Mediterranean veg, skinny fries, sweet potato fries, courgette spaghetti with avocado dressing or broccoli in chilli butter.

PIZZA AND PASTA

TURKEY MEATBALLS

Turkey meatballs and tomato sauce, garnished with grated parmesan. Comes served with courgette spaghetti.

£9.95

CARBONARA

Our spin on a classic carbonara made with turkey bacon, peas, almonds, fresh basil & a parmesan and yoghurt sauce. Comes served with courgette spaghetti.

£10.95

PIRI PIRI CHICKEN PIZZA

Torn piri piri chicken, green peppers, red onion and mozzarella cheese on our own tomato sauce base.

£8.95

TURKEY BACON & MUSHROOM PIZZA

Grilled turkey bacon, portobello mushroom, red onion and mozzarella cheese on our own tomato sauce base.

£8.95

VEGGIE PIZZA

Buffalo mozzarella, roast red peppers, basil pesto and fresh basil on our tomato sauce base.

£8.95

BOWLS & SALADS

PRAWN QUINOA BOWL	£10.95
Wok-fried king prawns with quinoa, avocado ranch dressing, mixed peppers, spring onions & fresh lime.	
SPICY TOFU QUINOA BOWL	£12.95
Marinated tofu with quinoa, leafy greens, roasted chickpeas, avocado, cherry tomatoes, red onion & artichoke hearts.	
SESAME & GINGER SALMON BOWL	£12.95
Marinated salmon fillet and basmati rice with spring onion, pickled carrot & ginger.	
CHICKEN NOODLE BOWL	£10.95
Wok-fried egg noodles and seasonal green vegetables, topped with grilled sesame & ginger marinated chicken.	
CHICKEN SATAY SIZZLER	£12.95
Chargrilled chicken served on a sizzling skillet, with crunchy peppers, onions, crushed peanuts and our own homemade satay, served with basmati rice.	
THAI RED CURRY BOWL	VEGETABLE £9.95 CHICKEN £10.95
Wok-fried seasonal vegetables, served with basmati rice.	
CHICKEN & TURKEY BACON CAESAR	£8.95
Grilled chicken, turkey bacon, cos lettuce, sourdough croutons and caesar dressing.	
TURKEY BACON & AVOCADO	£8.45
Avocado, turkey bacon, spinach, red onion, rocket, pesto and toasted pine nuts. ADD Chicken +£3.50	
AVOCADO, SMOKED SALMON & FREE RANGE EGG	£9.95
Irish smoked salmon, avocado, free range egg, spinach, cherry tomato and Dijon dressing.	
SUPERFOOD SALAD	£8.95
Spinach, broccoli, peas, cucumber, avocado, quinoa, feta cheese, toasted seeds and mint dressing. ADD Chicken +£3.50	
GOAT'S CHEESE & BEETROOT	£8.95
with agave roasted walnuts, spinach & basil pesto.	
BABY SALADS	£4.00
CHICKEN & TURKEY BACON CAESAR , SUPERFOOD OR TURKEY BACON & AVOCADO	

EXTRAS

SIDES	£3.00	SAUCES	£1
GRILLED CORN		CHILLI MAYO	
ASPARAGUS AND PARMA HAM		SRIRACHA	
TENDERSTEM BROCCOLI WITH CHILLI BUTTER		GARLIC & HERB	
COURGETTE SPAGHETTI WITH AVOCADO DRESSING		GARLIC AIOLI	
RED CABBAGE, BEETROOT & APPLE SLAW ROAST		HOT SAUCE	
MEDITERRANEAN VEG		CHIMICHURRI	
SWEET POTATOFRIES		PIRI PIRI	
SWEET POTATOWEDGES		SESAME & GINGER	
SKINNY FRIES		CHILLI BUTTER	
BASMATI RICE		THAI GREEN CURRY MAYO	
ROAST GARLIC & CHILLI SWEET POTATO MASH		ORGANIC KETCHUP	
BABY BOILED POTATOES			