

The vision of Slim's Healthy Kitchen is straightforward: we want to make healthy food more accessible. We go organic and choose free range where we can, and our ability to work with the best ingredients is constantly increasing. 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 and 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](mailto:feedback@slimskitchen.com)

MAINS

<b>BREAKFAST TACOS</b>	<b>£8</b>
Soft white tortilla, smashed avocado, refried beans, grilled chorizo sausage, chunky salsa, fried egg.	
<b>BLOODY MARY BRISKET</b>	<b>£8</b>
Slow cooked beef brisket, poached eggs, hollandaise, tabasco, sauerkraut with crispy shallots on Zac's Bake house sourdough.	
<b>STEAK &amp; EGGS</b>	<b>£10</b>
Peter Hannan's Rump steak, poached eggs, spinach & tomato salsa.	
<b>EGG WHITE OMELETTE</b>	<b>£6</b>
Made with free range egg whites, baby spinach, field mushrooms, shredded chicken, finished with grated parmesan.	
<b>SWEET POTATO FRITTER</b>	<b>£8</b>
Sweet potato fritter topped with Irish thick cut bacon, smashed avocado, and poached eggs.	
<b>HALLOUMI &amp; SHROOMS (V)</b>	<b>£8</b>
Halloumi with garlic and herb roasted mushrooms, poached egg, dukkah spice, crisp rocket on Zac's Bake house sourdough.	
<b>PANCAKES (New Recipe)</b>	<b>£8</b>
<b>PEANUT BUTTER &amp; JELLY</b>	
Peanut butter cream, raspberry coulis, chia seeds and toasted coconut.	
<b>TURKEY, BACON &amp; EGG</b>	<b>£9</b>
Turkey sausage, Irish thick cut pork bacon, fried eggs and sriracha dressing.	
<i>Our pancakes are made using 4 core ingredients; ground oat flour, apple cider vinegar, almond milk, and agave syrup.</i>	
<b>CLONAKILITY BLACK PUDDING HASH</b>	<b>£9</b>
Rosemary and rock salt crushed new potato, black pudding, poached egg, spring onion, wilted spinach, and sundried tomato pesto.	
<b>THE HEALTHY BREAKFAST</b>	<b>£8</b>
Poached eggs, Irish thick cut pork bacon, a choice of beef or turkey sausage, oven roasted herb tomato and mushroom with soda bread.	
<i>Our sausages and soda bread are non gluten containing.</i>	
<b>VEGAN HEALTHY BREAKFAST (Vegan)</b>	<b>£9</b>
Harissa scrambled tofu, grilled mushrooms, vegan sausages, wilted spinach, oven roasted vine tomato, rosemary and rock salt crushed new potato, with wholemeal toast.	
<b>BACON WRAP</b>	<b>£6</b>
Poached eggs, with grilled Irish thick cut pork bacon, peppers, onion and fresh chilli on either a wholemeal/white tortilla, or cos lettuce.	

<b>SPICY BREAKFAST BURRITO (V)</b>	<b>£6</b>
Scrambled eggs, diced pepper, coriander, sliced grilled mushroom, rocket, crème fraîche, avocado and sriracha sauce on a white/wholemeal tortilla.	
<b>CHORIZO HASH</b>	<b>£8.5</b>
Poached eggs, chorizo with rosemary and rock salt crushed new potato, spring onion red pepper, parsley and sriracha.	
<b>OATS</b>	<b>£5</b>
Made using the highest quality White's Irish oats and almond milk. Coconut & chocolate, or banana and strawberry with chia and agave	
<b>AVOCADO TOAST (V)</b>	<b>£7</b>
Zac's Bake house sourdough, poached eggs, made to order Guacamole; smashed avocado, lime, tomato, red onion and garlic with oven roasted vine tomatoes, topped with sunflower, pumpkin and golden linseed.	

	<b>BUILD YOUR OWN BREAKFAST</b>		<b>SMOKED SALMON</b>	<b>£4</b>
	<b>REFRIED BEANS</b>	<b>£2</b>	<b>THICK CUT BACON</b>	<b>£2</b>
	<b>SOURDOUGH/ WHOLEMEAL</b>	<b>£1.5</b>	<b>GARLIC &amp; THYME MUSHROOMS</b>	<b>£2</b>
	<b>VEGAN SAUSAGE</b>	<b>£2</b>	<b>BLACK PUDDING</b>	<b>£1.5</b>
	<b>FREE RANGE EGG</b>	<b>£1.25</b>	<b>1/2 AVOCADO</b>	<b>£1.5</b>
	<b>SAUSAGE - BEEF / TURKEY</b>	<b>£1.5</b>	<b>PARMA HAM</b>	<b>£1.5</b>
			<b>ROAST HERB TOMATO</b>	<b>£1.5</b>

## KIDS

<b>KIDS' HEALTHY BREAKFAST</b>	<b>£5</b>
Scrambled eggs, baked beans, a grilled beef sausage and wholemeal toast.	
<b>PORRIDGE</b>	<b>£3</b>
Made to order using the highest quality White's oats and almond milk with fresh strawberries, and chocolate sauce.	
<b>BEANS ON TOAST (Vegan)</b>	<b>£3</b>
1 slice wholemeal toast, baked beans.	
<b>SCRAMBLED EGGS &amp; TOAST (Vegetarian)</b>	<b>£3</b>
1 slice wholemeal toast, 2 whole eggs scrambled.	
<b>FLUFFY BANANA &amp; STRAWBERRY PANCAKES (Vegan)</b>	<b>£5</b>
2 x Giant pancakes with sliced banana, fresh strawberry and agave syrup for dipping.	

## LIGHT BITES

<b>GRILLED HALLOUMI</b> Greek halloumi cheese, drizzled with honey & fresh chilli.	<b>£3.5</b>
<b>PRAWN TACOS</b> 3x soft shell tacos, spicy grilled prawns, quinoa, smokey tomato salsa and avocado ranch dressing. Drop your tacos for cos lettuce.	<b>£8.95</b>
<b>SOUP</b> Soup of the day.	<b>£3.95</b>
<b>HOT WINGS</b> Chicken wings with buffalo hot sauce.	<b>£5.5</b>
<b>VEGAN HOT WINGS</b> Crispy cauliflower bites tossed in our spicy blend of peri-peri and smoked paprika seasoning.	<b>£4.95</b>

## SALADS

<b>TURKEY BACON CAESAR</b> Turkey bacon, cos lettuce, sourdough croutons and caesar dressing.	<b>£8.95</b> Chicken +£2
<b>TURKEY BACON &amp; AVOCADO</b> Avocado, turkey bacon, spinach, red onion, rocket, pesto and toasted pine nuts.	<b>£8.95</b> Chicken +£2
<b>AVOCADO, SMOKED SALMON &amp; FREE RANGE EGG</b> Irish smoked salmon, avocado, free range egg, spinach, cherry tomato and Dijon dressing.	<b>£9.95</b>
<b>SUPERFOOD SALAD</b> Spinach, broccoli, peas, cucumber, avocado, quinoa, feta cheese, toasted seeds and mint dressing.	<b>£8.95</b> Chicken +£2
<b>GOAT'S CHEESE &amp; BEETROOT</b> with agave roasted walnuts, spinach & basil pesto.	<b>£8.95</b> Chicken +£2

## BURGERS, WRAPS AND PITTAS

<b>CHICKEN BURGER</b> Grilled chicken, Thai green curry mayo, coriander and fresh red chilli.	<b>£7.95</b> Double Chicken +£3.50
<b>BEEF BURGER</b> Grass fed Irish beef burger with cos lettuce, beef tomato and organic ketchup.	<b>£7.95</b> Double Burger +£3.50
<b>TURKEY BURGER</b> Ground turkey breast seasoned with herbs and served with fresh sliced avocado, red onion and chilli mayo.	<b>£8.95</b> Double turkey +£3.50
<b>THE B12 BURGER</b> 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.	<b>£8.95</b>
<b>STEAK WRAP</b> 7oz (190g) grass fed Irish beef, grilled halloumi, fresh rocket, sliced red onion and chilli mayo on a choice of white or wholemeal wrap.	<b>£10.95</b>
<b>HALLOUMI &amp; MUSHROOM WRAP</b> Grilled halloumi, portobello mushroom, tomato chilli jam & crisp lettuce on a choice of white or wholemeal wrap.	<b>£7.95</b>
<b>JERK CHICKEN PITTA</b> Chargrilled chicken thighs, marinated overnight in our own jerk seasoning, stuffed with mixed peppers & red onion, mango, pineapple and garlic mayo.	<b>£8.95</b> Double Chicken +£3.50

**ADD ANY SIDE DISH FOR £2.50**

Stir fried sesame greens - Sweet potato fries - Garlic and thyme mushrooms  
Skinny fries - Crushed rosemary and sea salt baby potatoes - Cajun sweet potato wedges

## CREATE YOUR OWN MEAL TO FIT YOUR DIET

### GRILL

<b>BUTTERFLIED CHICKEN</b> MARINATED OVERNIGHT IN HERBS (200-220 GRAMS).	<b>£9.95</b>
<b>RUMP STEAK</b> 7OZ (190G) GRASS FED IRISH BEEF.	<b>£12.95</b>
<b>SALMON</b> OMEGA-3 PACKED SKIN-ON IRISH SALMON FILLET (180-200 GRAMS).	<b>£12.95</b>
<b>ADD ANY SIDE DISH INCLUDED</b> Stir fried sesame greens - Sweet potato fries - Garlic and thyme mushrooms Skinny fries - Crushed rosemary and sea salt baby potatoes – Cajun sweet potato wedges	

### PIZZA

<b>PIRI PIRI CHICKEN</b> Torn piri piri chicken, green peppers, red onion and mozzarella cheese on our own tomato sauce base.	<b>£8.95</b>
<b>VEGGIE</b> Buffalo mozzarella, roast red peppers, basil pesto and fresh basil on our tomato sauce base.	<b>£8.95</b>

### BOWLS

<b>SESAME GINGER SALMON BOWL</b> Marinated salmon fillet and white rice with spring onion, pickled carrot & ginger.	<b>£12.95</b>
<b>CHICKEN NOODLE BOWL</b> Seasonal green vegetables with Wok fried egg noodles.	<b>£10.95</b>
<b>CHICKEN SATAY SIZZLER</b> Chargrilled chicken served on a sizzling skillet, with crunchy peppers, onions, crushed peanuts and our own homemade satay, served with basmati rice.	<b>£12.95</b>
<b>THAI RED CURRY</b> Wok-fried seasonal vegetables, served with basmati rice and an aromatic Thai red curry sauce.	<b>VEG £9.95</b> <b>CHICKEN £10.95</b>

### EXTRAS

<b>SIDES</b>	<b>£3.5</b>	<b>SAUCES</b>	<b>£1</b>	<b>BABY SALADS</b>	<b>£4</b>
STIR FRIED SESAME GREENS		CHILLI MAYO		TURKEY BACON CAESAR	
SWEET POTATO FRIES		GARLIC AIOLI		SUPERFOOD	
GARLIC AND THYME MUSHROOMS		HOT SAUCE		TURKEY BACON & AVO	
SKINNY FRIES		PIRI PIRI			
CRUSHED ROSEMARY AND SEA SALT BABY POTATOES		SATAY			
THAI GREEN CURRY MAYO		SESAME & GINGER			
SWEET POTATO WEDGES		CHILLI BUTTER			
		THAI GREEN CURRY MAYO			
		ORGANIC KETCHUP			

Slim's Healthy Kitchen aims to offer healthier alternatives to the dishes you love, yet we cannot guarantee that guests with food and/ or beverage allergies may not be exposed through cross contamination (particularly nuts / seeds). Every care is taken to avoid any cross contamination when processing a specific order request or dietary requirement. We do however work in a kitchen that processes allergenic ingredients & does not have a specific allergen free zone or separate dedicated fryers. Allergen data is held on each of our dish ingredients, so please ask your server should you require any more detail.

**Whilst we can remove items from a dish we unfortunately cannot make any substitutions.**