

café boulevard

132 Lower Baggot St. Dublin 2



 tripadvisor®

Breakfast

7am/12pm

- Berry Boost Porridge** €5.20/6.50
Organic oats, milk, water, blueberries, raspberry, chia seeds, linseeds, sesame and pumpkin seeds
- Perfect Porridge (hearty naturally sweet taste)** €4.70/5.80
Organic oats, milk water, banana, honey and sultanas
- Bircher Bowl** €6.95
Jumbo organic oats, soaked in apple juice, served with seasonal berries, toasted seeds and nuts and homemade seasonal compote
- Organic Granola** €7.70
Toasted oats, pumpkin seeds, almonds, sunflower seeds, hazelnuts, dried fruits and wholemeal wheat bran, Served with organic probiotic yoghurt and seasonal compote
- Poached or Scramble Eggs** €8.90
Crispy bacon, BBQ relish and caramelized onions with choice of brown, white sourdough bread or bagel
- Breakfast Bap** €9.50
With crispy bacon, slow roasted cherry tomatoes, BBQ relish and a choice of poached or scrambled free range egg
- Full Breakfast** €10.95
Crispy bacon, sausage, black pudding, slow roasted cherry tomatoes, mushroom, served with a free range egg on toast- brown/white
- Chorizo Power Eggs on Brown Bread** €9.00
Spanish chorizo, spinach, capsicum and chilli served with brown bread
- Salmon and Super Seeds Scrambled Eggs** €11.60
*(Sesame seeds, linseeds and chia seeds)
Spinach and avocado served with brown bread*
- Muscle Gain Breakfast** €10.95
Brown seeded bread, almond butter, sliced banana, toasted seeds, honey served with petite granola with Greek yogurt and berry compote
- White Omelette (with choice of two toppings)** €9.95
Mushrooms - tomatoes - bacon - spinach - brie cheese - roasted peppers
- French Toast** €10.95
Served with a choice of crispy bacon or fresh fruit salad or maple syrup
- Pancakes** €9.95
Served with fresh fruit and maple syrup
- Toast and Preserve** €3.00

Sandwiches

12pm/5pm

Cajun Chicken Pitta

Spicy grilled chicken Caesar in a warm pitta bread with a creamy garlic and herb dressing, crunchy baby cos leaves and crispy bacon, fresh chives

€10.50

Roast Turkey and Brie Sandwich

Turkey, brie cheese, crispy Italian pancetta, rocket, cranberry mustard, toasted sourdough bread served with choice of homemade French fries, salad or soup of the day

€10.50

Marinated Chicken Sandwich

Chicken breast, crashed avocado, slow roasted tomatoes, seasoned mix leaves, topped with crispy fried onions in sourdough bread served with choice of homemade French fries, salad or soup of the day

€10.50

Porchetta

Slow roasted pork seasoned in herbs with salsa verde, lemon mayo, served in a bap served with rosemary roasted baby potatoes

€10.50

Vegan Wrap

Spiced black beans and sweet potato burger, homemade pickled red cabbage, beetroot hummus and rocket served with choice of homemade French fries, salad or soup of the day

Add any protein for €1.50

€10.50

Veggie Sandwich

Grilled marinated aubergines, feta cheese, slow roasted tomatoes, roasted red peppers hummus, sauté spinach in focaccia bread served with choice of homemade French fries, salad or soup of the day

Add any protein for €1.50

€10.50

Boulevard Board

Homemade soup with 3 ways topped savoury scones

€11.50

Salads

Grilled Chicken Salad

Marinated breast of grilled chicken, spinach, mix leaves, soft boiled eggs, diced avocado, pomegranate, toasted mix seeds and crumbled pancetta crisps dressed with olive oil and balsamic vinegar

€11.95

Crab Salad

Crab meat, green apple, shredded baby gem, rocket, fresh herbs, homemade radish and fennel pickled, fresh cherry tomatoes, tossed in avocado and lime dressing

€14.50

Goat Cheese and Beetroot Salad

Crumbled goat cheese, grilled sweet potatoes, beetroot, fresh courgette ribbons, chargrilled cauliflower, mix leaves, fresh herbs, pomegranate, raspberry, toasted mix seeds and hazelnut, orange and lemon dressing

€11.95

Healthy Bites Gym Menu

2pm /5pm - All €10 each

Muscle Gain Breakfast

Brown seeded bread, almond butter, sliced banana, honey, toasted seeds, served with petite pot of our organic granola with Greek yogurt and seasonal compote

Bulking Open Sandwich

Brown seeded bread, crushed avocado, baby spinach, toasted pine nuts, sliced free range boiled eggs served with salad or soup of the day

Low Glycaemic Salad

Chicken and spinach salad, free range boiled eggs, sweet potato, topped with crumbled pancetta crisps salsa verde dressing and toasted brown seeded bread on side

Ketogenic Wrap

Bacon, avocado, boiled eggs, mix leaves wrap served with side mix salad of the day

Alkaline White Sandwich

Roasted sliced grill chicken, emmental cheese and grilled courgette on white toasted bread served with side salad or soup of the day

Beverages

Teas

| | |
|-------------|-------|
| Tea per pot | €2.70 |
| Herbal tea | €2.80 |
| Earl Grey | €2.80 |

Coffees - all 100% organic, a pure organic experience

| | | | |
|--------------------|-------|----------------------|-------|
| Espresso | €2.20 | Espresso Machiato | €2.30 |
| Double Espresso | €2.50 | Decaffeinated coffee | €3.00 |
| Cappuccino (small) | €2.60 | Regular coffee | €3.00 |
| Cappuccino (large) | €3.10 | Large coffee | €3.00 |
| Latte | €3.10 | Double shot latte | €3.10 |
| Mocha | €3.10 | Americano | €3.00 |
| Hot Chocolate | €3.10 | Flat White | €2.90 |

Take-away tea/coffee available
making a difference, one cup at a time

Minerals

| | | | |
|--------------------|-------|-----------------|-------|
| Fresh orange juice | €3.20 | Diet Coke | €3.10 |
| Apple juice | €3.20 | Coke zero | €3.10 |
| Sprite | €3.10 | Sparkling water | €2.60 |
| Fanta | €3.10 | Still water | €2.60 |
| Coke | €3.10 | Milk | €2.30 |

Wine

| | |
|-----------------------|-------|
| White Wine 1/4 bottle | |
| Pinot Grigio | €6.50 |
| Red Wine 1/4 bottle | |
| Rolling Shiraz | €6.50 |