



EAT SMART, SMILE MORE

POPPOGOBLIN

LUNCH

SANDWICHES

Our bread is baked fresh every morning to make sure your sandwich is as tasty as possible. Ingredients are carefully selected and prepared on-site to ensure consistent top quality grub!

ALSO AVAILABLE IN A WRAP OR FRESHLY BAKED BAGUETTE (WHITE OR SEEDED).

SIGNATURE SANDWICHES

All our sandwiches come with Spinach/Lettuce, Tomato, Cucumber & Red Onion included.

BLT	3.80
TUNA SALAD	3.80
THAI TUNA SALAD	3.90
SALAMI <i>with Chilli & Pineapple Chutney</i>	3.80
IRISH HAM <i>with Balsamic Roast Tomatoes</i>	3.80
VEGGIE SOYSAGE <i>with Kale Pesto</i>	3.80
CAJUN CHICKEN <i>with Fresh House-made Tomato Salsa</i>	3.80
SESAME SOY CHICKEN <i>with Spicy Peanut Sauce</i>	3.80
CHICKEN TIKKA SALAD	3.80
ROASTED VEGETABLES <i>with French Brie & Basil Pesto</i>	3.80
GRATED BEETROOT, GRATED CARROT, GRILLED HALLOUMI, HOT SAUCE	3.90

CREATE YOUR OWN SANDWICH TO SUIT YOUR TASTES. CHOOSE FROM GRANARY OR WHITE BREAD, WRAP OR BAGUETTE (+40P) OR PANINI.

TASTY SESAME SEED PANINI

with 3 Fillings

£4.70

PROTEIN FILLINGS:

80P

Veggie Soysage, Cajun Chicken, Tikka Chicken, Soy Chicken, Roast Chicken, Salami, Bacon, Ham



GOBLIN BOWLS

5.30

By far our most popular item on the menu are our feel-good bowls!

STEPS

1. GREENS LEAVES

Spinach, Lettuce or Kale

2. CHOOSE ANY COMBINATION FROM OUR LARGE SALAD BOWLS

Noodle Salad, Veg Couscous, Curried Coconut Dahl, Puy Lentil Salad, Potato Salad, Broccoli Feta Cherry Tomato & Roasted Hazelnuts, Pesto Pasta Spinach, Quinoa Salad (Subject to Change Daily)

3. ADD RED ONION, TOMATO & CUCUMBER

4. ADD 3 EXTRA TASTY VEG TOPPINGS

5. ADD PROTEIN

Soysage, Egg, Fish, Meat or Cheese

6. ADD DRESSING

WARM GOBLIN BOWL

6.30

We're now offering a warm version of our amazingly nutritional salad bowls to warm you up on colder days.

1. SPINACH/KALE

2. WARM GRAIN EG QUINOA/ BROWN RICE/ BULGAR WHEAT

3. WARM VEG-PROTEIN MIX

4. THREE VEG OF YOUR CHOICE

5. ADD EXTRA PROTEIN

6. DRESSING

HOUSE-MADE TASTY VEG FILLINGS: 40P

Homemade Hummous, Egg Mayo, Fresh Tomato Salsa, Roasted Vegetables, Beetroot (Pickled and Grated), Grated Carrot with Sesame Seed & Coriander, Cucumber, Spinach, Red Onion, Housemade Red Onion Marmalade, Sweetcorn, Jalapeños, Mixed Peppers, Balsamic Roasted Tomatoes, Mixed Leaves, Spinach, Roasted Chickpeas, Picco De Gallo Salsa with Avocado

TASTY HOMEMADE DRESSINGS:

Kale Pesto, Basil Pesto, Ceasar, Honey Mustard Mayo, Hot Sauce, Tikka, Spicy Peanut Sauce, Balsamic Vinaigrette, French, Hot Mayo, sweet Chilli

CHEESE 65P

Oak Wood, Feta, Brie, Cheddar, Cream cheese

HALLOUMI OR AVOCADO 1.00

SOUP

DAILY DELICIOUSLY WHOLESOME SOUP 2.70

with Baguette 3.10

IRISH STEW 3.10

with Baguette 3.60

VEGGIE STEW 3.10

with Baguette 3.60