

**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**

**FAIRTRADE COFFEE AND TEAS**

**FILTER COFFEE 1.70**

**ESPRESSO: (D) 1.70**

**AMERICANO 2.00**

**CAPPUCCINO 2.20**

**LATTE 2.20**

**MOCHA 2.60**

Extra Syrup/ Extra Shot **60P**

**HOT CHOCOLATE 2.20**

**BELFAST BREW 1.70**

**SUKI LOOSE LEAF TEA 1.90**

**SPECIALITY TEAS 1.50**

**SOFT DRINKS 1.30**

**NATURAL**

**MINERAL WATER 1.20**

**KOMBUCHA 2.20**

**MUFFINS 1.65**

**TRAY BAKES AND CAKES 1.65**

**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**

**EAT SMART, SMILE MORE**

poppogoblin.com  



**EAT SMART, SMILE MORE**  
**POPPOGOBLIN**

**MENU**

## BREAKFAST

Organic Porridge <i>with option of Honey/Nuts/Seeds/Fruit</i>	2.40 50p Each
Homemade Granola <i>option of Fruit &amp; Yogurt</i>	2.40 50p Each

## TOASTED MULTI-SEED & PLAIN BAGELS

Toasted Bagel	2.20
Bagel with Cream Cheese	2.80
Bagel with Banana, Honey & Peanut/Almond Butter	3.80
Bagel Melt (any 2 fillings)	3.80
Hot Buttered Toast	1.70
Fresh Homemade Scones & Croissants	1.65

## SMOOTHIES 3.80

### 1. BIG BREAKFAST

Blueberries, Banana, Natural Yogurt,  
Muesli, Honey & Milk

### 2. GREEN GOBLIN

Brazil Nuts, Spinach, Kale, Sprirulina, Cucumber,  
Mejoule Dates, Coconut Water, Protein Powder

### 3. BLUEBERRY HILL

Banana, Blueberry, Chia seeds,  
Acai, Honey, Coconut Milk

### 4. SMOOTH CRIMINAL

Almond Milk, Almond Butter, Banana

### 5. CLEAN GREEN

Avocado, Spinach, Lime, Apple Juice

## RANGE OF POWERFUL SUPPLEMENT SHOTS CAN BE ADDED TO ANY SMOOTHIE OR JUICE:

80P

Maca, Baobab, Acai Powder, Super Greens,  
Sprirulina, Lucama, Plant Based Protein

## MADE TO ORDER NUTRITIOUS COLD PRESSED JUICES & SMOOTHIES

All our juices and smoothies are made from fresh, natural ingredients. Nothing concentrated or man-made, just earthy goodness. Our juices are Cold Pressed using a hydraulic press ensuring the highest nutritional density and flavour, delivering more vitamins and minerals per serving. Our grab and go selection have been created to keep sugar content very low. Made fresh every morning and bottled for your convenience. Juices can still also be made to order to suit your taste and preference.

### OJ 250ML 2.50

*Simply Oranges*

### NUTRITIOUS CREATIONS 330ML 3.30

### JAMMIN' BEATS

*Strawberry, Beetroot, Coconut Flesh, Coconut Water*

### SGT PEPPER

*Carrot, Orange, Cayenne Pepper, Turmeric, Ginger, Lemon*

### KALING IN THE NAME OF

*Kale, Spinach, Celery, Cucumber, Lemon, Orange, Ginger*

### IRON MAIDEN

*Kale, Beetroot, Carrot, Apple, Ginger.*

## OUTSIDE CATERING AVAILABLE FOR MEETINGS AND CORPORATE EVENTS

### BREAKFAST PLATTER:

NEW YORK BAGELS, CROISSANTS 3.60 PER HEAD

GOURMET MIXED SANDWICH PLATTER 3.90 PER HEAD

MIXED FRUIT PLATTER 3.00 PER HEAD

ENQUIRE ABOUT OUR LARGE SALADS ON OFFER

## 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 3.80

*with Chilli & Pineapple Chutney*

IRISH HAM 3.80

*with Balsamic Roast Tomatoes*

VEGGIE SOYSAGE 3.80

*with Kale Pesto*

CAJUN CHICKEN 3.80

*with Fresh House-made Tomato Salsa*

SESAME SOY CHICKEN 3.80

*with Spicy Peanut Sauce*

CHICKEN TIKKA SALAD 3.80

ROASTED VEGETABLES 3.80

*with French Brie & Basil Pesto*

GRATED BEETROOT, GRATED CARROT, 3.80

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*

POPPGOBLIN