

# NUTBUTTER Menu



Picture it.  
 Summer, 2017.  
 A man called Paddy arrives home  
 from California with a dream.  
 A healthy dream.  
 A plant-based dream.  
 A slow cooked brisket dream.  
 Ok, Paddy had a few dreams. But he quickly  
 twigged that he could bring them all together to  
 create one big healthy, affordable,  
 flexitarian dream.  
 You know where this is going.  
 Paddy created The Nutbutter Dream.  
 A place where people can join fellow food-lovers  
 for a dreamy dish, cooked from scratch, with the  
 freshest, healthiest ingredients, and all in a pretty  
 cool setting - even if we do say so ourselves.  
 In 2018, our doors opened in Grand Canal Dock.  
 The dream was alive.

## Treats + Desserts

<b>PLANT-BASED CHOC MOUSSE</b> 422cal (Hazelnuts)	€5.95
Plant-Based Chocolate Mousse, Hazelnuts, Zero waste Plant-Based Marshmallows	
<b>TRES BANANAS</b> 630cal (Cashews)	€5.95
Banana Compote, Plant-Based Banana & Cashew Mascarpone, Coconut Caramel, Crispy Banana	
<b>MISO PANNA COTTA</b> 544cal (Cashews)	€6.50
Miso Panna Cotta, Caramelised Pineapple, Burnt White Chocolate	
<b>THE MATCHA BAR</b> 388cal (Cashews, Oats)	€3.95
Oat Nougat, Matcha, Cashews & Coconut Butter, White Chocolate	
<b>THE NEW NUTBUTTER BAR</b> 399cal (Oats)	€3.95
Oat Nougat, Raspberry & Coconut, Spanish Peanuts, Dark Chocolate	
<b>AVO TRUFFLE</b> 128cal	€2.95
Dark Chocolate & Avocado, Dessicated Coconut	
<b>CASHEW &amp; RASPBERRY TRUFFLE</b> 118cal (Cashews)	€2.95
Cashew & Raspberry, Coconut	
<b>BANANA MUFFIN</b> 215cal (Oats)	€2.95
Banana, Dark Chocolate, Oats	

## Cold Drinks

<b>WB YEATS STILL OR SPARKLING WATER</b>	€2.65
<b>PARACHUTE CBD</b>	€3.50
<b>SYNERCHI KOMBUCHA</b>	€4.95
Ginger & Lemongrass or Raspberry & Rosehip or Coconut & Pineapple	
<b>SYNERCHI KEFIR WATER</b>	€4.95
Strawberry & Rhubarb or Yuzu Lemon & Mint	
<b>CONNOLLYS JUICE</b>	€3.95
Raspberry & Elderflower or Apple & Blackcurrant or Apple & Pear	
<b>GUNNA LEMONADE</b>	€2.95
Ginger or Raspberry	

## Hot Drinks

<b>AMERICANO</b>	€3.10
<b>DOUBLE ESPRESSO</b>	€3.00
<b>CAPPUCCINO</b>	€3.60
<b>LATTE</b>	€3.60
<b>FLAT WHITE</b>	€3.60
<b>CORTADO</b>	€3.40
<b>HOUSE MADE MOCHA</b>	€4.75
<b>HOUSE MADE HOT CHOCOLATE</b>	€4.25
<b>ICED COFFEE</b>	€4.50
(Includes Choice of Syrup & Plant-Based Milk)	
<b>TEA INFUSIONS</b>	€3.00
<b>ADD PLANT-BASED MILK</b>	€0.50
<b>ADD SYRUP</b>	€0.75

## BEER & WINE

<b>BREWDOG PUNK IPA</b> 330ML (Barley)	€4.95
<b>BREWDOG ELVIS JUICE IPA</b> 330ML (Barley)	€4.95
<b>RAMONA GRAPEFRUIT SPRITZ</b> 250ML	€7.95
<b>TRULLO RED WINE</b> 750ML	€24.95
<b>TRULLO WHITE WINE</b> 750ML	€24.95
<b>CANNED WINE CO. WHITE</b> 187ML	€7.95
<b>CANNED WINE CO. ROSÉ</b> 187ML	€7.95
<b>WINE BY THE GLASS</b>	
<b>UN'OMBRA SAUVIGNON BLANC</b> 175ML	€6.50
<b>UN'OMBRA RED REFOSCO</b> 175ML	€6.50

There is a 60 minute return time on tables during peak periods



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We politely ask that there are no laptops used in the dining area during peak times

## TACOS (2 tacos per portion)



- PLANT-BASED CHORIZO TACOS 255cal** €9.95  
Plant-Based Chorizo Mince, Blue Corn Tortilla, Irish Pickled Red Cabbage, Guasacaca, Pickled Red Onion, Sesame Chili Salt  
Chef Recommends: Add Small Green Bowl Side €4.50
- JERK JACKFRUIT TACOS 233cal (Cashews)** €9.95  
Jerk Jackfruit, Blue Corn Tortilla, Irish Pickled Red Cabbage, Cashew Cream, Pickled Red Onion, Coriander, Sesame Chili Salt  
Chef Recommends: Add Corn on the Cob Side €4.50
- IRISH BRISKET TACOS 350cal** €11.00  
Slow Cooked Grass-Fed Irish Brisket, Blue Corn Tortilla, Kimchi, House Made Spicy Peanut Rayu, Coriander  
Chef Recommends: Add Black Beans & Rice Side €4.50
- CHICKEN TACOS 320cal** €11.00  
Seasoned Chicken, Blue Corn Tortilla, Kimchi, Guasacaca, Pickled Red Onion, Sesame Chili Salt  
Chef Recommends: Add Asada & Guasacaca Side €4.50
- MUSHROOM ASADA TACOS 255cal** €9.95  
Portobello Mushroom Asada, Blue Corn Tortilla, Irish Pickled Red Cabbage, Guasacaca, Pickled Red Onion, Plant-Based Coconut Bacon, Sesame Chili Salt  
Chef Recommends: Add Small Green Bowl Side €4.50
- TUNA SASHIMI TACOS 210cal** €12.95  
Marinated Tuna Sashimi, Blue Corn Tortilla, Kimchi, Pineapple Salsa, Plant-Based Sriracha Mayo, Tamari Pepitas  
Chef Recommends: Add Mushroom Asada & Asian Mole €4.50

## TOSTADAS (2 Tostadas Per Portion)

- TUNA TOSTADAS 234cal** €12.50  
Marinated Tuna Sashimi, Toasted Blue Corn Tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake  
Chef Recommends: Add Asada & Guasacaca Side €4.50
- SALMON TOSTADAS 294cal** €11.50  
Marinated Salmon Crudo, Toasted Blue Corn Tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake  
Chef Recommends: Add Corn on the Cob Side €4.50

Sides

- MUSHROOM ASADA & ASIAN MOLE 116cal (Wheat, Almonds)** €4.50  
Portobello Mushroom Asada, Spicy Asian Mole Sauce, Feta, Furikake  
Upgrade to: Plant-Based Feta €0.50
- SMALL GREEN BOWL 164cal** €4.50  
Irish Seasonal Leaves, Pickled Red Onion, Irish Nori Cucumber, Miso Dressing, Sesame Chili Salt
- CORN ON THE COB 164cal** €4.50  
Corn on the Cob, Plant-Based Sriracha Mayo, Plant-Based Coconut Bacon, Coriander
- BLACK BEANS & RICE 254cal** €4.50  
Black Beans, Black Rice, Coriander, Sesame Chili Salt
- ASADA & GUASACACA 129cal** €4.50  
Portobello Mushroom Asada, Guasacaca, Plant-Based Parmesan, Sesame Chili Salt



- THE BROTH 138cal** €4.50  
Vegetable Based Broth, Black Beluga Lentils, Irish Pak Choi, Lime Squeeze, Coriander, Sesame Chili Salt
- ADD MISO + SPICY PEANUT RAYU** €2.50
- ADD KIMCHI** €1.95
- MEAL DEAL (ADD TO ANY MAIN)** €2.95

Celery Sesame Peanuts Soy Mustard Sulphites Gluten Dairy Nuts Fish Egg

ALL BOWLS INCLUDE A PROTEIN OF YOUR CHOICE

## Bowls

UPGRADE ANY BOWL TO BLACK RICE OR CAULIFLOWER RICE €1.00

- RAINBOW PAD THAI 490cal** €13.50  
Brown Rice, Coconut & Peanut Sauce, Irish Pak Choi, Irish Nori Cucumber, Irish Pickled Red Cabbage, Mixed Peppers, Irish Pickled Carrot, House Made Spicy Peanut Rayu + Protein  
Chef Recommends: Jerk Jackfruit  
Chef Recommends: Add Kimchi €1.95
- MUCHO VEGANO 433cal (Cashews)** €13.95  
Brown Rice, Black Beans, Pico de Gallo, Irish Pickled Red Cabbage, Guacamole, Cashew Cream, Coriander, Sesame Chili Salt + Protein  
Chef Recommends: Plant-Based Chorizo Mince  
Chef Recommends: Add Pickled Red Onion €1.50
- MEXICAN BOWL 686cal** €13.95  
Brown Rice, Black Beluga Lentils, Coconut & Peanut Sauce, Pico de Gallo, Avocado, Sweet Potato, Pickled Red Onion, Sesame Chili Salt + Protein  
Chef Recommends: Seasoned Chicken  
Chef Recommends: Add Cashew Cream €1.95
- FORBIDDEN RICE 346cal (Wheat, Almonds)** €13.95  
Black Rice, Spicy Asian Mole Sauce, Irish Nori Cucumber, Kimchi, Irish Pickled Red Cabbage, Irish Parsnip, Irish Pickled Carrot, Sesame Chili Salt + Protein  
Chef Recommends: Grass Fed Irish Brisket  
Chef Recommends: Add Irish Cauliflower €1.50
- SUPER BOWL 583cal** €13.50  
Brown Rice, Coconut & Peanut Sauce, Black Beans, Sweet Potato, Guacamole, Mixed Peppers, Pickled Red Onion, Plant-Based Coconut Bacon, Sesame Seeds + Protein  
Chef Recommends: Seasoned Chicken  
Chef Recommends: Add Pico De Gallo €1.50

## Seasonals

- SPRING GREENS 353cal (Cashews, Almonds)** €13.50  
Irish Seasonal Leaves, Irish Parsnip, Pickled Irish Candied Beetroot, Zero Waste Smoked Watermelon, Pickled Red Onion, Plant-Based Coconut Bacon, Tamari Pepitas, Coriander, Parsley, Lime Squeeze, Immunity Cashew Dressing, Plant-based Parmesan, Furikake + Protein  
Chef Recommends: Mushroom Asada  
Chef Recommends: Add Half Hass Avocado €2.50
- WHOLEY MOLE 367cal (Almonds, Cashews, Wheat)** €12.95  
Brown Rice, Spicy Asian Mole sauce, Irish Parsnip, Roast Irish Cauliflower, Pickled Irish Candied Beetroot, Irish Pickled Carrot, Immunity Cashew Dressing, Furikake + Protein  
Chef Recommends: Mushroom Asada  
Chef Recommends: Add Kimchi €1.95

## Proteins

- JERK JACKFRUIT 71cal**
- SEASONED CHICKEN 111cal**
- PLANT-BASED CHORIZO MINCE 82cal**
- PORTOBELLO MUSHROOM ASADA 48cal**
- SLOW COOKED GRASS FED IRISH BRISKET 143cal**
- MARINATED TUNA SASHIMI 80cal (+€2)**
- PLANT BASED CHILI 75cal (Wheat)**
- MARINATED SALMON CRUDO 150cal (+€1)**

## POKE

UPGRADE ANY POKE TO BLACK RICE €1.00

- CLASSIC POKE 543cal** €14.50  
Marinated Salmon Crudo, Brown Rice, Miso Dressing, Baby Kale, Irish Pickled Red Cabbage, Irish Nori Cucumber, Pineapple, Wasabi Caviar, Plant-Based Sriracha, Mayo, Furikake  
Upgrade To:  
Marinated Tuna Sashimi €2.00  
Chef Recommends: Add Half Hass Avocado €2.50
- PLANT POKE 411cal** €12.50  
Watermelon Sashimi, Brown Rice, Miso Dressing, Baby Kale, Irish Pickled Red Cabbage, Irish Nori Cucumber, Pineapple, Wasabi Caviar, Plant-Based Sriracha Mayo, Furikake  
Chef Recommends: Add Half Hass Avocado €2.50