



# 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.

## HOUSE MADE TREATS + *Desserts*

<b>PLANT-BASED CHOC MOUSSE</b> 422cal (Hazelnuts) 	€6.95
Plant-Based Chocolate Mousse, Hazelnuts, Zero waste Plant-based Marshmallows	
<b>MISO PANNA COTTA</b> 544cal (Cashews)   	€6.95
Miso Panna Cotta, Caramelised Pineapple, Burnt White Chocolate	
<b>THE MATCHA BAR</b> 388cal (Cashews, Oats)    	€4.50
Oat Nougat, Matcha, Cashews & Coconut Butter, White Chocolate	
<b>THE NUTBUTTER BAR</b> 399cal   	€4.50
Oat Nougat, Raspberry & Coconut, Spanish Peanuts, Dark Chocolate	
<b>PROTEIN BAR</b> 454cal (Peanuts, Oats)  	€3.95
Oats, House Made Peanut Butter, Seeds, Cranberries	
<b>BANANA MUFFIN</b> 215cal (Oats)  	€3.50
Banana, Dark Chocolate, Oats	

## COLD DRINKS

WB YEATS STILL OR SPARKLING WATER	€2.85
PARACHUTE CBD	€3.95
SYNERCHI KOMBUCHA	€4.95
Ginger & Lemongrass or Raspberry & Rosehip or Coconut & Pineapple	
CONNOLLYS JUICE	€3.95
Raspberry & Elderflower or Apple & Pear	
GUNNA RASPBERRY LEMONADE	€2.95
LIMONATA	€2.95
VIT HIT RASPBERRY & WATERMELON	€3.95

## Hot Drinks

AMERICANO	€3.30
DOUBLE ESPRESSO	€3.30
MACCHIATO	€3.50
CAPPUCCINO	€3.80
LATTE	€3.80
FLAT WHITE	€3.80
CORTADO	€3.60
HOUSE MADE MOCHA	€4.95
HOUSE MADE HOT CHOCOLATE	€4.50
ICED COFFEE	€4.95
(Includes Choice of Syrup & Plant-Based Milk)	
TEA INFUSIONS	€3.20
ADD PLANT-BASED MILK	€0.60
ADD SYRUP	€1.00

## BEER & WINE

<b>BREWDOG PUNK IPA</b> 330ML (Barley) 	€5.50
<b>ASAHI LARGER</b> 330ML (Barley) 	€5.50
<b>TRULLO RED WINE</b> 750ML 	€25.95
<b>TRULLO WHITE WINE</b> 750ML 	€25.95
<b>WINE BY THE GLASS</b>	
<b>UN'OMBRA PINOT GRIGIO</b> 175ML 	€7.50
<b>UN'OMBRA RED REFOSCO</b> 175ML 	€7.50

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



NUTBUTTER

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

## TACOS (2 tacos per portion)

<b>PLANT-BASED CHORIZO TACOS</b> 331cal  	€11.50
Plant-Based Chorizo Mince, Blue Corn Tortilla, Irish Pickled Red Cabbage, Guasacaca, Pickled Red Onion, Sesame Chili Salt	
<b>Chef Recommends: Add Small Green Bowl Side</b>	€4.95
<b>JERK JACKFRUIT TACOS</b> 256cal (Cashews)   	€11.50
Jerk Jackfruit, Blue Corn Tortilla, Irish Pickled Red Cabbage, Cashew Cream, Pickled Red Onion, Coriander, Sesame Chili Salt	
<b>Chef Recommends: Add Corn on the Cob Side</b>	€4.95
<b>IRISH BRISKET TACOS</b> 670cal    	€13.50
Slow Cooked Grass-Fed Irish Brisket, Blue Corn Tortilla, Kimchi, House Made Spicy Peanut Rayu, Coriander	
<b>Chef Recommends: Add Black Beans &amp; Rice Side</b>	€4.95
<b>CHICKEN TACOS</b> 357cal  	€12.95
Seasoned Chicken, Blue Corn Tortilla, Kimchi, Guasacaca, Pickled Red Onion, Sesame Chili Salt	
<b>Chef Recommends: Add Asada &amp; Guasacaca Side</b>	€4.95
<b>MUSHROOM ASADA TACOS</b> 317cal  	€11.50
Portobello Mushroom Asada, Blue Corn Tortilla, Irish Pickled Red Cabbage, Guasacaca, Pickled Red Onion, Plant-Based Coconut Bacon, Sesame Chili Salt	
<b>Chef Recommends: Add Seasonal Warm Squash &amp; Feta Side</b>	€4.95
<b>TUNA SASHIMI TACOS</b> 249cal   	€14.50
Marinated Tuna Sashimi, Blue Corn Tortilla, Kimchi, Pineapple Salsa, Plant-Based Sriracha Mayo, Tamari Pepitas	
<b>Chef Recommends: Add Small Green Bowl Side</b>	€4.95

## TOSTADAS (2 tostadas per portion)

<b>TUNA TOSTADAS</b> 239cal   	€14.50
Marinated Tuna Sashimi, Toasted Blue Corn tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake	
<b>Chef Recommends: Add Asada &amp; Guasacaca Side</b>	€4.95
<b>SALMON TOSTADAS</b> 309cal   	€12.95
Marinated Salmon Crudo, Toasted Blue Corn tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake	
<b>Chef Recommends: Add Corn on the Cob Side</b>	€4.95

## SIDES














<b>WARM SQUASH &amp; FETA</b> 173cal   	€4.95
Roast Irish Butternut Squash, Feta Cheese, House Made Spicy Peanut Rayu, Coriander	
<b>ADD PLANT-BASED FETA</b>	€0.50
<b>SMALL GREEN BOWL</b> 155cal  	€4.95
Irish Seasonal Leaves, Pickled Red Onion, Irish Nori Cucumber, Miso Dressing, Sesame Chili Salt	
<b>CORN ON THE COB</b> 153cal  	€4.95
Corn on the Cob, Plant-Based Sriracha Mayo, Plant-Based Coconut Bacon, Coriander	
<b>BLACK BEANS &amp; RICE</b> 254cal 	€4.95
Black Beans, Black Rice, Coriander, Sesame Chili Salt	
<b>ASADA &amp; GUASACACA</b> 201cal  	€4.95
Portobello Mushroom Asada, Guasacaca, Plant-Based Parmesan, Sesame Chili Salt	

 <b>THE BROTH</b> 138cal  	€4.95
Vegetable Based Broth, Black Beluga Lentils, Irish Pak Choi, Lime Squeeze, Coriander, Sesame Chili Salt	
<b>ADD MISO + SPICY PEANUT RAYU</b>  	€2.50
<b>ADD KIMCHI</b> 	€1.95
<b>MEAL DEAL (ADD TO ANY BOWL)</b>	€3.50



## WARM BOWLS

UPGRADE any BOWL TO BLACK RICE FOR €1.00

<b>RAINBOW PAD THAI</b> 458cal   	€14.50
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	
<b>Chef Recommends: Jerk Jackfruit</b>	
<b>Chef Recommends: Add Kimchi</b> 	€1.95
<b>MUCHO VEGANO</b> 399cal (Cashews)  	€14.95
Brown Rice, Black Beans, Pico de Gallo, Pickled Irish Red Cabbage, Guacamole, Cashew Cream, Coriander, Sesame Chili Salt + Protein	
<b>Chef Recommends: Plant-Based Chorizo Mince</b>	
<b>Chef Recommends: Add Pickled Red Onion</b> 	€1.50
<b>MEXICAN BOWL</b> 650cal  	€14.95
Brown Rice, Black Beluga Lentils, Coconut & Peanut Sauce, Pico de Gallo, Avocado, Hot Sweet Potato, Pickled Red Onion, Sesame Chili Salt + Protein	
<b>Chef Recommends: Seasoned Chicken</b>	
<b>Chef Recommends: Add Cashew Cream</b>  	€1.95
<b>SUPER BOWL</b> 521cal  	€14.50
Brown Rice, Coconut & Peanut Sauce, Black Beans, Hot Sweet Potato, Guacamole, Mixed Peppers, Pickled Red Onion, Plant-Based Coconut Bacon, Sesame Seeds + Protein	
<b>Chef Recommends: Seasoned Chicken</b>	
<b>Chef Recommends: Add Pico De Gallo</b>	€1.50

## HOT BOWLS

<b>THE NUTBUTTER PHO</b> 122cal  	€15.95
Hanoi Style Broth, Konjac Noodles, Lime Squeeze, Baby Corn, Organic Irish Shiitake, Irish Pak Choi, Bean Sprouts, Coriander, Pickled Shimeji, Red Chili, Scallions, Furikake + Protein	
<b>Chef Recommends: Seasoned Chicken</b>	
<b>Chef Recommends: Add Kimchi</b> 	€1.95
<b>PANANG BOWL</b> 733cal  	€16.50
Brown Rice, Black Beluga Lentils, Panang Curry, Sweet Potato, Baby Corn, Organic Irish Shiitake, Bean Sprouts, Coriander, Pickled Shimeji, Red Chili, Scallions, Sesame Chili Salt + Protein	
<b>Chef Recommends: Seasoned Chicken</b>	
<b>Chef Recommends: Add Roast Irish Cauliflower</b>  	€1.50

## SEASONALS

<b>WINTER GREENS</b> 296cal (Cashews)  	€13.50
Seasonal Irish Leaves, Smoked Irish Brussel Sprouts, Roast Irish Cauliflower, Pickled Irish Red Cabbage, Pickled Irish Red Onion, Coconut Bacon, Plant Based Parmesan Cheese, Immunity Cashew Dressing, Tamari Pepitas, Furikake + Protein	
<b>Chef Recommends: Seasoned Chicken</b>	
<b>Chef Recommends: Add Half Avocado</b>	€2.50
<b>WARM WINTER SEASONAL BOWL</b> 453cal (Cashews)  	€13.50
Brown Rice, Smoked Irish Brussel Sprouts, Roast Irish Cauliflower, Pickled Irish Red Cabbage, Pickled Irish Carrot, Immunity Cashew Dressing, Sesame Chili Salt + Protein	
<b>Chef Recommends: Plant Based Chorizo Mince</b>	
<b>Chef Recommends: Add Kimchi</b> 	€1.95

## PROTEINS

ALL BOWLS INCLUDE A PROTEIN OF YOUR CHOICE

<b>JERK JACKFRUIT</b> 75cal  	
<b>SEASONED CHICKEN</b> 130cal	
<b>PLANT-BASED CHORIZO MINCE</b> 87cal 	
<b>MARINATED TUNA SASHIMI</b> 86cal (+€2)  	
<b>SLOW COOKED GRASS FED IRISH BRISKET</b> 178cal  	
<b>PORTOBELLO MUSHROOM ASADA</b> 48cal	
<b>PLANT BASED CHILI</b> 75cal (Wheat)  	
<b>MARINATED SALMON CRUDO</b> 149cal (+€1)  	

## POKE

UPGRADE any POKE TO BLACK RICE FOR €1.00

<b>CLASSIC POKE</b> 527cal  	€14.95
Marinated Salmon Crudo, Brown Rice, Miso Dressing, Baby Kale, Irish Pickled Red Cabbage, Irish Nori Cucumber, Pineapple, Wasabi Caviar, Plant-Based Sriracha, Mayo, Furikake	
<b>Upgrade To: Marinated Tuna Sashimi</b>  	€2.00
<b>Chef Recommends: Add Half Hass Avocado</b>	€2.50
<b>PLANT POKE</b> 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	
<b>Chef Recommends: Add Half Hass Avocado</b>	€2.50