



## 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>CHOCOLATE TORTE JAR</b> 613cal (Hazelnuts, Almonds)                       | €6.95 |
| Hazelnut & Cacao Butter, Avocado, Dates, Dark Chocolate, Sea Salt            |       |
| <b>THE MATCHA BAR</b> 388cal (Cashews)                                       | €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)  | €3.95 |
| Oats, House Made Peanut Butter, Seeds, Cranberries                           |       |
| <b>BANANA MUFFIN</b> 215cal  | €3.50 |
| Banana, Dark Chocolate, Oats   |       |

### COLD DRINKS

|   |       |
|---|-------|
| WB YEATS STILL OR SPARKLING WATER                                 | €3.10 |
| PARACHUTE CBD   | €4.10 |
| SYNERCHI KOMBUCHA   | €4.95 |
| Ginger & Lemongrass or Raspberry & Rosehip or Coconut & Pineapple |       |
| CONNOLLYS JUICE   | €3.95 |
| Raspberry & Elderflower or Apple & Pear                           |       |
| GUNNA RASPBERRY LEMONADE  | €3.10 |
| LIMONATA  | €3.10 |
| VIT HIT RASPBERRY & WATERMELON                                    | €4.10 |

### *Hot Drinks*

|   |       |
|---|-------|
| AMERICANO                                     | €3.60 |
| DOUBLE ESPRESSO                               | €3.60 |
| MACCHIATO                                     | €3.60 |
| CAPPUCCINO                                    | €3.95 |
| LATTE   | €3.95 |
| FLAT WHITE                                    | €3.90 |
| CORTADO                                       | €3.90 |
| HOUSE MADE MOCHA                              | €5.50 |
| HOUSE MADE HOT CHOCOLATE                      | €4.95 |
| ICED COFFEE                                   | €4.95 |
| (Includes Choice of Syrup & Plant-Based Milk) |       |
| TEA INFUSIONS                                 | €3.30 |
| ADD PLANT-BASED MILK                          | €0.60 |
| ADD SYRUP                                     | €1.00 |

### BEER & WINE

|  |        |
|--|--------|
| <b>BREWDOG PUNK IPA</b> 330ML (Barley) | €5.95  |
| <b>ASAHI LARGER</b> 330ML (Barley)     | €5.95  |
| <b>TRULLO RED WINE</b> 750ML           | €29.95 |
| <b>TRULLO WHITE WINE</b> 750ML         | €29.95 |
| <b>WINE BY THE GLASS</b>               |        |
| MERLOT, FRIULI, ITALY 150ML            | €7.50  |
| PINOT GRIGIO, FRIULI, ITALY 150ML      | €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)

- PLANT-BASED CHORIZO TACOS** 331cal €11.50  
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 155cal €4.95
- IRISH BRISKET TACOS** 670cal (Wheat) €13.50  
Slow Cooked Grass-Fed Irish Brisket, Blue Corn Tortilla, Kimchi, House Made Spicy Peanut Rayu, Coriander  
Chef Recommends: Add Black Beans & Rice Side 254cal €4.95
- CHICKEN TACOS** 357cal (Wheat) €12.95  
Seasoned Chicken, Blue Corn Tortilla, Kimchi, Guasacaca, Pickled Red Onion, Sesame Chili Salt  
Chef Recommends: Add Asada & Guasacaca Side 201cal €4.95
- MUSHROOM ASADA TACOS** 317cal €11.50  
Portobello Mushroom Asada, Blue Corn Tortilla, Irish Pickled Red Cabbage, Guasacaca, Pickled Red Onion, Plant-Based Coconut Bacon, Sesame Chili Salt  
Chef Recommends: Add Corn on the Cob Side 153cal €4.95
- TUNA SASHIMI TACOS** 249cal (Wheat) €14.50  
Marinated Tuna Sashimi, Blue Corn Tortilla, Kimchi, Pineapple Salsa, Plant-Based Sriracha Mayo, Tamari Pepitas  
Chef Recommends: Add Small Green Bowl Side 155cal €4.95

## TOSTADAS

(2 tostadas per portion)

- CHICKEN TOSTADAS** 382cal €13.95  
Seasoned Chicken, Toasted Blue Corn Tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake  
Chef Recommends: Add Corn on the Cob Side 153cal €4.95
- TUNA TOSTADAS** 352cal €14.50  
Marinated Tuna Sashimi, Toasted Blue Corn Tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake  
Chef Recommends: Add Asada & Guasacaca Side 201cal €4.95
- SALMON TOSTADAS** 423cal (Wheat) €12.95  
Marinated Salmon Crudo, Toasted Blue Corn tortilla, Guacamole, Plant-Based Sriracha Mayo, Furikake  
Chef Recommends: Add Corn on the Cob Side 153cal €4.95

## SHARE & SIDES

- AVO-HUMMUS + PITA CHIPS** 382cal (Pistachios, Wheat) €6.95  
Avocado and Chickpeas Hummus, Crispy Pita Chip, Olive Oil Extra Virgin, Pistachio
- GUAC & CHIPS** 237cal €6.95  
Toasted Blue Corn Tortilla Chips, Guacamole, Coriander
- SMALL GREEN BOWL** 155cal €4.95  
Irish Seasonal Leaves, Pickled Red Onion, Irish Nori Cucumber, Miso Dressing, Sesame Chili Salt
- CORN ON THE COB** 153cal €4.95  
Corn on the Cob, Plant-Based Sriracha Mayo, Plant-Based Coconut Bacon, Coriander
- BLACK BEANS & RICE** 254cal €4.95  
Black Beans, Black Rice, Coriander, Sesame Chili Salt
- ASADA & GUASACACA** 201cal €4.95  
Portobello Mushroom Asada, Guasacaca, Plant-Based Parmesan, Sesame Chili Salt

## The Broth

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

## WARM BOWLS

UPGRADE any BOWL TO BLACK RICE FOR €1.00

- RAINBOW PAD THAI** 458cal €14.95  
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: Plant-Based Chorizo Mince 87cal €1.95  
Chef Recommends: Add Kimchi 17cal (Wheat) €1.95
- MUCHO VEGANO** 455cal (Cashews) €14.95  
Brown Rice, Black Beans, Pico de Gallo, Pickled Irish Red Cabbage, Guacamole, Cashew Cream, Coriander, Sesame Chili Salt + Protein  
Chef Recommends: Plant-Based Chorizo Mince 87cal €1.50  
Chef Recommends: Add Pickled Red Onion 12cal €1.50
- MEXICAN BOWL** 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  
Chef Recommends: Seasoned Chicken 130cal  
Chef Recommends: Add Cashew Cream 93cal €1.95
- SUPER BOWL** 600cal €14.95  
Brown Rice, Coconut & Peanut Sauce, Black Beans, Hot Sweet Potato, Guacamole, Mixed Peppers, Pickled Red Onion, Plant-Based Coconut Bacon, Sesame Seeds + Protein  
Chef Recommends: Seasoned Chicken 130cal  
Chef Recommends: Add Pico de Gallo 16cal €1.50
- CLASSIC POKE** 527cal (Wheat) €15.50  
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 86cal €2.00  
Chef Recommends: Add Half Hass Avocado 124cal €2.50

## HOT BOWLS



- THE NUTBUTTER PHO** 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  
Chef Recommends: Seasoned Chicken 130cal  
Chef Recommends: Add Kimchi 17cal (Wheat) €1.95
- RED PEPPER POZOLE** 717cal €16.95  
Brown rice, Black Beluga Lentils, Hot Sweet Potato, Pozole Sauce, Avocado, Feta Cheese, Crispy Corn Tortilla Chips, Scallions, Baby Radish, Coriander, Sesame Chili Salt  
Chef Recommends: Seasoned Chicken 130cal  
+ Plant Based Feta Swap Available  
Chef Recommends: Add Corn on the Cob Side 153cal €4.95
- PANANG BOWL** 733cal €16.95  
Brown Rice, Black Beluga Lentils, Panang Curry, Hot Sweet Potato, Baby Corn, Organic Irish Shiitake, Bean Sprouts, Coriander, Pickled Shimeji, Red Chili, Scallions, Sesame Chili Salt + Protein  
Chef Recommends: Seasoned Chicken 130cal  
Chef Recommends: Add Roast Cauliflower 41cal €1.95

## SEASONALS

- AUTUMN GREENS** 378cal €13.95  
Seasonal Irish Leaves, Nori Irish Cucumber, Roast Irish Cauliflower, Pickled Irish Red Cabbage, Coconut Bacon, Basil leaves, Parmesan Cheese, Miso dressing, Tamari Pepitas, Furikake + Protein  
+ Plant Based Parmesan Swap Available  
Chef Recommends: Seasoned Chicken 130cal  
Chef Recommends: Add Half Hass Avocado 124cal €2.50
- THE NUTBUTTER IRISH BEEF STEW** 535cal €16.50  
Vegetable Broth, Brown Rice, Irish Baby Potato, Irish Carrots, Irish Parsnip, Lime Squeeze, Parsley, Baby Radish, Sesame Chili Salt, Slow Cooked Irish Beef Brisket  
Chef Strongly Recommends: Keep it as it is  
Chef Recommends: Add Roast Cauliflower 41cal €1.95

## PROTEINS

ALL BOWLS INCLUDE A PROTEIN OF YOUR CHOICE

- SEASONED CHICKEN** 130cal
- PLANT-BASED CHORIZO MINCE** 87cal
- MARINATED TUNA SASHIMI** 86cal (+€ 2)
- SLOW COOKED GRASS FED IRISH BRISKET** 178cal
- PORTOBELLO MUSHROOM ASADA** 48cal
- MARINATED SALMON CRUDO** 149cal (+€ 1) (Wheat)

