









HOUSE MADE TREATS + *Desserts*

PLANT-BASED CHOC MOUSSE 422cal (Hazelnuts) 	€6.95
Plant-Based Chocolate Mousse, Hazelnuts, Zero Waste Plant-based Marshmallows	
MISO PANNA COTTA 544cal (Cashews)   	€6.95
Miso Panna Cotta, Caramelised Pineapple, Burnt White Chocolate	
CHOCOLATE TORTE JAR 613cal (Hazelnuts, Almonds) 	€6.95
Hazelnut & Cacao Butter, Avocado, Dates, Dark Chocolate, Sea Salt	
THE MATCHA BAR 388cal (Cashews)   	€4.50
Oat Nougat, Matcha, Cashews & Coconut Butter, White Chocolate	
THE NUTBUTTER BAR 399cal  	€4.50
Oat Nougat, Raspberry & Coconut, Spanish Peanuts, Dark Chocolate	
PROTEIN BAR 454cal (Peanuts) 	€3.95
Oats, House Made Peanut Butter, Seeds, Cranberries	
BANANA MUFFIN 215cal 	€3.50
Banana, Dark Chocolate, Oats	

BEER & WINE

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

COLD DRINKS

WB YEATS STILL OR SPARKLING WATER	€3.10
PARACHUTE CBD	€4.10
SISU COLD PRESSED JUICES	€4.95
Fresh Orange Juice or Daily Green Juice or Orchard Blend	
SISU KOMBUCHA	€4.95
Ginger & Lemongrass or Elderflower, Apple & Mint or Blueberry & Blackcurrant	
SAN PELLEGRINO	€3.30
Lemon or Orange	
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

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.



NUTBUTTER
Menu

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 Seasonal Squash + Rayu side 169cal €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

- SEASONAL SQUASH & RAYU** 169cal €4.95
Roast Irish Butternut Squash, Feta Cheese, House made Spicy Peanut Rayu, Coriander
- 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

- WINTER GREENS** 535cal €13.50
Seasonal Irish Leaves, Roast Irish Cauliflower, Roast Irish Butternut Squash, Roast Irish Brussel Sprouts, Pickled Irish Red Cabbage, Coconut Bacon, Parmesan Cheese, Miso & Black Garlic 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)

