

HOUSE MADE TREATS

BANANA MUFFIN	€3.95
209cal 8g P 4g F (Peanuts)	
Banana, Dark Chocolate, Gluten Free Oats.	
PROTEIN BITE	€1.95
154cal 5g P 3g F (Peanuts)	
Gluten Free Oats, Housemade Peanut Butter, Seeds & Cranberries	
THE MATCHA BITE	€2.95
147cal 3g P 3g F (Cashews)	
Gluten Free Oat Nougat, Matcha, Cashew & Coconut Butter, White Chocolate	
THE NUTBUTTER BITE	€2.50
148cal 3g P 2g F (Peanuts)	
Gluten Free Oat Nougat, Raspberry & Coconut, Spanish Peanuts, Dark Chocolate	
CASHEW CARAMEL BITE	€2.50
192cal 3g P (Cashew)	
Cashew & White Chocolate Nougat, Cashew Caramel	
MILK CHOCOLATE PEANUT BITE	€1.95
153cal 3g P (Peanuts)	
Peanut Caramel, Milk Chocolate & Toasted Peanuts	

BEER & WINE

WHIPLASH NEVER DRINKING AGAIN Non Alcoholic IPA 330ML 0.5% ABV	€5.95
WHIPLASH BLUE GHOSTS PILSNER 330ML 5.2% ABV	€6.25
WHIPLASH ROLLOVER SESSION IPA 330ML 3.8% ABV	€6.25
WINE BY THE GLASS	
MERLOT, FRIULI, ITALY	€7.50
PINOT GRIGIO, FRIULI, ITALY	€7.50
WINE BY THE CARAFE BOTTLE 750ML	
TRULLO RED WINE 750ML	€29.95
TRULLO WHITE WINE 750ML	€29.95

COLD DRINKS

HOUSEMADE STRAWBERRY, HIBISCUS & MINT COOLER	€2.95
WB YEATS STILL OR SPARKLING WATER	€3.10
SAN PELLEGRINO	€3.75
Lemon or Orange	
VIT HIT RASPBERRY & WATERMELON	€4.10
SISU COLD PRESSED ORANGE JUICE	€4.95
SISU KOMBUCHA	€4.95
Ginger & Lemongrass or Elderflower, Apple & Mint	
BLYNK CALM	€4.95
Reishi, Blackberry & Lemon	
BLYNK ENERGY	€4.95
Ashwagandha, Orange & Mango	

Hot Drinks

TEA INFUSIONS	€3.60
AMERICANO	€3.90
DOUBLE ESPRESSO	€3.90
MACCHIATO	€3.90
FLAT WHITE	€4.10
CORTADO	€4.10
CAPPUCCINO	€4.30
LATTE	€4.30
ICED COFFEE	€4.95
HOUSE MADE HOT CHOCOLATE	€5.10
CEREMONIAL GRADE MATCHA	€5.50
HOUSE MADE MOCHA	€5.65
ADD PLANT-BASED MILK	€0.50
ADD SYRUP	€0.75

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

All Warm & Hot Bowls include a Protein of your choice
*All Bowls Protein Calculated using Seasoned Chicken



NUTBUTTER

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

The Bone Broth

75cal 13g P

Slow-Roasted Irish Chicken Bone Broth, Simmered For 12 Hours With Ginger, Garlic, Kombu & Apple Cider Vinegar. Deep, Restorative, Collagen Packed & Full of Flavour.
Chef Recommends: Add Seasoned Chicken 130cal€4.50
MEAL DEAL (ADD TO ANY BOWL)€3.95

WARM BOWLS

*All Bowls Protein is Calculated
using Seasoned Chicken

NUTRITION PER BOWL:

462cal 43g P 13g F
CALORIES PROTEIN FIBRE

Upgrade *any* Bowl
To Black Rice €1

THE RAINBOW€14.95

462cal 43g P 13g F (Peanuts)

Choose your Protein, Brown Rice, Coconut & Peanut Sauce, Irish Pak Choi, Welgro Farm Nori Cucumber, Irish Pickled Red Cabbage, Mixed Peppers, Iona Farm Pickled Carrot, Nutbutter's Spicy Peanut Rayu

CHEF RECOMMENDS: ADD Housemade Kimchi 71cal€1.95

THE CUBANO€14.95

693cal 42g P 17g F

Choose your Protein, Brown Rice, Black Beans, Mixed Peppers, Pickled Red Cabbage, Scorched Corn & Pineapple Salsa, Guasacaca, Lime Wedge, Sesame Chili Salt

CHEF RECOMMENDS: ADD Pico De Gallo 16cal€1.50

MEXICAN BOWL€14.95

623cal 48g P 17g F (Peanuts)

Choose your Protein, Brown Rice, Black Beluga Lentils, Coconut & Peanut Sauce, Pico De Gallo, Avocado, Hot Sweet Potato, Pickled Red Onion, Sesame Chili Salt

Chef Recommends: ADD Corn On The Cob 162cal€4.95

SUPER BOWL€15.50

600cal 48g P 23g F (Peanuts)

Choose your Protein, Brown Rice, Coconut & Peanut Sauce, Black Beans, Sweet Potato, Guacamole, Mixed Peppers, Pickled Red Onions, Plant-Based Coconut Bacon, Sesame Seeds

CHEF RECOMMENDS: ADD Pico De Gallo 16cal€1.50

CLASSIC POKE€15.95

499cal 23g P 9g F

Miso Lime Tiger Prawns, Brown Rice, Ponzu, Baby Kale, Irish Pickled Red Cabbage, Welgro Farm Nori Cucumber, Edamame, Scorched Corn & Pineapple Salsa, Sesame Sriracha Mayo, Furikake.

Upgrade To Marinated Tuna Sashimi 86cal€2.50

VIETNAMESE CÀ RI BOWL€16.95

774cal 49g P 15g F (Peanuts, Cashews)

Choose your Protein, Vietnamese Coconut Curry, Brown Rice, Edamame, Organic Mushroom, Sweet Potato, Lime Squeeze, Irish Pak Choi, Nutbutter's Spicy Peanut Rayu, Scallions, Sesame Chili Salt, Coriander



Choose Your Proteins

SEASONED CHICKEN 130cal 29g P

PLANT BASED CHORIZO MINCE 87cal 4g P 7g F

PORTOBELLO MUSHROOM ASADA 38cal 3g P 3g F

SLOW COOKED GRASS FED IRISH BRISKET 178cal (+€1) 27g P

CHILLED MISO LIME TIGER PRAWNS 85cal (+€1) 16g P

MARINATED TUNA SASHIMI 86cal (+€2.50) 20g P



*There are traces of Sesame seeds, nuts and peanuts in all dishes

SEASONALS

MISO - CASHEW CAESAR SALAD€14.50

548cal 12g F (Cashew)

Choose your Protein, Tossed Raw Irish Black Kale & Baby Gem Salad, Charred Broccoli, Guasacaca, Edamame, Pickled Red Onion, Miso-Cashew Dressing, Velvet Cloud Rockfield Cheese, Coconut Bacon.

Plant Based Feta Swap Available€0.50

CHEF RECOMMENDS: ADD Half Hass Avocado 124cal€2.50

RED PEPPER POZOLE€16.95

569cal 46g P 13g F

Choose your Protein, Brown Rice, Scorched Corn, Sweet Potato, Smoky Pozole Sauce, Avocado, Feta Cheese, Crispy Corn Tortilla Chips, Scallions, Radish, Coriander, Sesame Chili Salt.

Plant Based Feta Swap Available€0.50

CHEF RECOMMENDS: ADD Corn On The Cob 162cal€4.95



TACOS



(2 tacos per portion)

THE CLASSIC CHICKEN€13.50

425 cal 32g P 5g F

Seasoned Chicken Blue Corn Tortilla, Housemade Guacamole, Pico De Gallo, Sesame Sriracha Mayo, Coriander, Sesame Chilli salt.

CHEF RECOMMENDS: ADD Black Beans & Rice Side 254cal€4.95

PLANT BASED CHORIZO€11.95

383cal 11g P 12g F

Plant-Based Chorizo Mince, Blue Corn Tortilla, Irish Pickled Red Cabbage, Guasacaca, Pickled Red Onion, Sesame Chili Salt.

CHEF RECOMMENDS: ADD Black Beans & Rice Side 254cal€4.95

SMOKY MUSHROOM ASADA€11.95

423cal 8g P 10g F

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 162cal€4.95

NUTBUTTER CHICKEN TACO€13.50

357cal 33g P 7g F

Seasoned Chicken, Blue Corn Tortilla, Housemade Kimchi, Guasacaca, Pickled Red Onion, Sesame Chili Salt.

CHEF RECOMMENDS: ADD Black Beans & Rice Side 254cal€4.95

SLOW COOKED BRISKET€13.95

660cal 36g P 7g F (Peanuts)

Slow Cooked Grass-Fed Irish Brisket, Blue Corn Tortilla, Housemade Kimchi, Nutbutter's Spicy Peanut Rayu, Coriander.

CHEF RECOMMENDS: ADD Black Beans & Rice Side 254cal€4.95

TUNA SASHIMI€15.95

394cal 26g P 6g F

Marinated Pole-Caught Yellow Fin Tuna, Blue Corn Tortilla, Housemade Kimchi, Scorched Corn & Pineapple Salsa, Sesame Sriracha Mayo, Sesame Chili Salt

CHEF RECOMMENDS: ADD Black Beans & Rice Side 254cal€4.95

SHARE & SIDES

GUAC + CHIPS 376cal 6g P 7g F€6.95

Toasted Blanco Nino Tortilla Chips, Guacamole, Coriander

AVO-HUMMUS + PITA CHIPS€6.95

363cal 12g P 10g F (Pistachios) (Wheat)

Avocado & Chickpeas Hummus, Crispy Pita Chips, Extra Virgin Olive Oil, Pistachio.

BLACK BEANS & RICE 254cal 11g P 10g F€4.95

Black Beans, Black Rice, Coriander, Sesame Chili Salt

CORN ON THE COB 162cal 6g P 5g F€4.95

Corn On The Cob, Sesame Sriracha Mayo, Plant-Based Coconut Bacon, Coriander