



URBAN HEALTH

Your destination for healthy living and eating in Dublin.

ALL DAY BRUNCH

Tartine Bakery toasted Multigrain Sourdough

€3.95

Served with butter (**gluten** (wheat) and **dairy** (butter))

Homemade Vegan Granola

€7.99

Served with vegan yogurt (**soy**), coconut flakes, fresh berries, mixed berry compote (**gluten** (oats) & **soy**)

Organic Porridge

€7.50

Oat milk, fresh berries, mixed seeds, and agave.

Add on: peanut butter (**peanuts**) €1.50, almond butter (**almonds**) €1.80

Urban Proats

€8.50

Organic oats, vanilla whey protein powder, oat milk, fresh berries, mixed seeds & agave (**gluten** (oats), **dairy** (milk)).

*vegan protein 50c

add: homemade peanut butter (**peanuts**) €1.50

Açaí Bowl (vegan)

€9

frozen berries, banana & açai topped w/ kiwi, coconut, granola, chia seeds & fresh berries

(**gluten** - oat)

Brekkie Wrap

€9.50

Mixed leaves, cherry tomatoes, scrambled egg, smashed avocado, sun-dried tomato pesto in a toasted tomato base wrap (**gluten** (wheat), **egg**, almonds)

Vegan Brekkie Wrap

€9.99

Mixed leaves, cherry tomatoes, tofu, smashed avocado sun-dried tomato pesto in a toasted tomato base wrap (**gluten** (wheat), **soy**, almonds)

Brunch Wrap

€11.50

Hot Smoked salmon, mixed leaves, smashed avocado, cherry tomato, scrambled egg & sun dried tomato pesto (**fish**, **gluten** (wheat), **egg**, **nuts** (almonds))

Warm Chicken Salad

€13.50

Brown rice, red lentil & mixed quinoa salad; warm paprika chicken, pomegranate seeds & toasted mixed nuts. Chimichurri dressing (**peanut**, **hazelnut** & **cashew**)

Urban Smashed Avocado Toast

€9.50

Firehouse Bakery multigrain sourdough, smashed avocado, mixed seeds.

Add: Poached egg (**egg**) €2.50

Scrambled Egg (**egg**) €2.95

Scrambled Tofu (**gluten** (soy), **nuts** (almonds), **soy**, **sesame**) €3.50 (may contain **celery**, **mustard**)

Feta (**dairy**) €2.95

Hot smoked salmon (**fish**) €3.50

Bacon (**meat**) €3.50

French Toast

€12.99

Firehouse Bakery Brioche dipped in a rich egg batter, served golden-brown w/ honey, mixed berry compote, greek yoghurt, fresh berries & almonds mixed nuts. (**egg**, **gluten**, **dairy** (milk & butter), mixed **nuts**)

Urban Eggs

€12.99

free range scrambled eggs, on multigrain sourdough, basil pesto, mixed leaves, chilli butter (egg, milk, gluten (wheat), nuts (cashew))

Add: Feta (**dairy**) €2.95

Hot smoked salmon (**fish**) €3.50

Bacon (**meat**) €3.50

Scrambled Tofu

€12.99

Scrambled silken tofu, multigrain sourdough, basil pesto, mixed leaves, vegan chilli butter.

(**gluten** (soy & wheat), **Soya**) **Nuts** (cashew nuts)

*Vegan

Weekly Specials

Check Specials Board.



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PANCAKES

Sweet Cheeks €11.50

Protein pancakes, honey, fresh berries, lightly dusted w/ icing sugar
(**dairy** (milk,) **gluten** (wheat), **egg**)

The Urban €13.50

Protein pancakes, Greek Yoghourt, berry compote, toasted nuts,
honey, fresh berries, lightly dusted with icing sugar (**dairy** (milk),
gluten (wheat), **nuts** (mixed nuts, almond, peanuts, cashews, hazelnuts
, **egg**)

Hazlenut Heaven €13.50

Protein pancakes, dark chocolate sauce, fresh seasonal berries, lightly
dusted w/ icing sugar. (**dairy**, (milk) , **soy**, **gluten** (wheat) , **egg**)

VEGAN PANCAKES

Carrot and Walnut Pancakes €13.50

W/ vegan citrus curd, mixed seasonal berries, banana & a tangy
orange syrup.
add: bacon €3.50. **nuts** (almonds), **gluten** (wheat & oat,)

TOASTIES

The Classic €7.99

cheddar cheese, caramelised onion, tomato on
multi-seed sourdough (**gluten** (wheat), **dairy** (milk &
cheese)

The Spicy €8.99

chicken chipotle, cheddar on multi-seed sourdough.
(**gluten** (wheat), **dairy** (milk & cheese), egg, mustard
)

Tuna Melt €8.99

Tuna mayo, spring onion, mixed leaves & mozzarella
cheese, on ciabatta bread

Ham-Tastic €8.99

Mustard honey ham, mixed leaves, melted cheese
and homemade apple chutney (**gluten** (wheat), **dairy**
(milk & cheese)

Veggie out (Vegan) €8.99

Roasted aubergine, pickles courgette,
tomato, mixed leaves & basil pesto (**gluten**
(wheat), **nuts** (cashew))

Add Cheese/Vegan Cheese €1/1.50

Gluten Free Bread €1.00

WAFFLES

Sweet Potato Waffles €13.99

Smashed avocado, poached egg &
homemade rayu. (**egg**, **peanuts**,
almonds, **soya**, **sesame**, **gluten**).

Add: Feta (**dairy**) €2.95
Smoked Salmon (**fish**) €3.30

Vegan Sweet Potato Waffles €13.99

Smashed avocado, grilled tofu &
homemade rayu. (**peanuts**, **almonds**,
soya, **sesame**, **gluten**)

SOUPS & COMBOS

Soup €6.50

Served with toasted multi sided
sourdough 6.50
Bread contains gluten (wheat)
(see counter for daily options)

Soup & Toastie Combo €12

Soup & Wrap Combo €12

Choose wrap from fridge

**Daily fresh pastries / juices / salads /
wraps / vegan treats are available at
counter or from our fridge within the store**

We are a 99% general waste free business. 95% of our packaging
is compostable. What isn't compostable is recyclable.

Due to the high amounts of nuts in the kitchen, all dishes may
contain traces of nuts.



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ORGANIC COFFEE

	<i>sml</i>	<i>lg</i>
Espresso	2.20	2.70
Americano	2.70	2.90
White Americano	2.80	3.00
Cappuccino	2.95	3.30
Latte	2.95	3.30
Flat White	3.00	--
Mocha	3.10	3.45

SPECIALTY COFFEE / ALTERNATIVES

Bulletproof	--	4.00
Protein Coffee	--	4.00
Matcha Latte	3.60	4.00
Chai Latte	3.60	4.00
Dirty Chai Latte	3.90	4.30
Turmeric Latte	3.60	4.00
Maca Latte	3.60	4.00
<i>coconut milk, maca, vanilla extract, agave</i>		
Hot Chocolate	2.50	3.00
Breakfast tea	2.00	2.50
Herbal tea	2.20	2.70

ALTERNATIVE MILKS

Oat / Coconut / Hazlenut / Almond / Soy

ICED COFFEES

+ 30c

SIGNATURE JUICES

	<i>sml</i>	<i>lg</i>
Green Machine <i>spinach, lime, ginger, apple, cucumber</i>		
Energy Boost <i>orange, lemon, apple, carrot</i>	5.50	5.99
Beet Supreme <i>ginger, orange, beetroot, carrot</i>		
G.L.O. <i>seasonal leafy greens, lemon, orange, pink grapefruit, apple</i>		

SPECIALTY JUICES

	<i>sml</i>	<i>lg</i>
Le Detox <i>spinach, lemon, orange, apple, cucumber, charcoal powder (coconut)</i>	6.00	6.50
Supergreen (veg only) <i>lemon, lime, spinach, cucumber, avocado</i>		

IMMUNE BOOSTING JUICES

	<i>sml</i>	<i>lg</i>
Dr. C <i>orange, lemon, ginger</i>		
Tumericlicious <i>carrot, lemon, ginger, turmeric powder</i>	5.50	5.99
Flu Fighter Cold <i>orange, lemon & ginger, cayenne pepper</i>		
Flu Fighter Hot <i>orange, lemon & ginger, cayenne pepper, hot water</i>		

SHOTS

Fireball <i>lemon, cayenne pepper</i>	3.50
Bitter Sweet <i>lemon, ginger, honey</i>	
Immune Boost <i>lemon, pineapple, cayenne pepper</i>	
Green Tonic <i>celery, apple, wheatgrass</i>	3.99
Dirty Detox <i>lemon, ginger, charcoal powder (coconut)</i>	

DETOX PACKAGES

We offer 3/5 day detox packages and healthy eating plans.
 Choices from Juice Only / Soup & Juice / Salad & Juice
 For more information visit urbanhealth.ie or call 087 9153033



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WINE & COCKTAILS

Mimosa	8
<i>Prosecco, freshly squeezed OJ</i>	
Aperol Spritz	8
<i>Prosecco, Aperol, Soda Water</i>	
Hugo	8.95
<i>Prosecco, Elderflower Cordial, Mint, Lime</i>	
Glass of Prosecco	8

DETOX PACKAGES

Juice Only Cleanse	89.50	149.50
<i>5 juices a day for 3 / 5 days</i>		
Soup & Juice Cleanse	83.50	139.50
<i>3 juices & 2 soups a day for 3 / 5 days</i>		
Veg Only Cleanse	97.00	160.00
<i>5 veg only juices a day for 3 / 5 days</i>		
Urban Salad Plan	90.00	150.00
<i>2 juices & 2 salads a day for 3 / 5 days</i>		
Weekly Juice Package		59.00
<i>10 juices per week (2 per day over 5 days)</i>		
Weekly Juice & Soup Package		59.00
<i>5 juices & 5 soups per week</i>		

SIGNATURE SMOOTHIES

	<i>sml</i>	<i>lg</i>
Strazzler Dazzler <i>strawberry, orange, banana, coconut milk</i>	5.50	5.99
Pineapple Express <i>pineapple, orange, banana, coconut milk</i>		
Protein Power <i>vanilla whey protein, orange, banana, coconut milk (*contains dairy)</i>		
Matcha Magic <i>matcha powder, orange, banana, coconut milk</i>		

SPECIALTY SMOOTHIES

	<i>sml</i>	<i>lg</i>
Caffeine Kick <i>espresso, chocolate whey protein powder, banana, hazelnut milk (*contains dairy & nuts)</i>	6.00	6.50
Choco Love <i>raw cacao powder, banana, agave, hazelnut milk (*contains nuts)</i>		
Vanilla Sky <i>Peanut butter, banana, vanilla whey protein, coconut milk (*contains dairy)</i>		

PREMIUM SMOOTHIES

	<i>sml</i>	<i>lg</i>
Brekkie Boost <i>vegan granola, banana, orange, strawberry, peanut butter, coconut milk *(contains gluten - oat)</i>	6.50	6.99
Berry Beautiful <i>mixed berry acai, orange, greek yogurt, banana, peanut butter & coconut milk (*contains peanuts & dairy)</i>		
Iron Man <i>spinach, orange, banana, wheatgrass powder, chlorella, peanut butter, almond milk (*contains nuts - peanuts & almonds)</i>		

LET'S GET SOCIAL

Follow us on Instagram and TikTok @UrbanHealth_ie and be sure tag us in your brunch photos for a chance to win a free juice or smoothie!