

## Juices

SML / MED / LRG	€2.95 / €3.95 / €4.95
1. REFRESHER: PEAR, PINEAPPLE, APPLE & LEMON	
2. GREEN JUICE: SPINACH, APPLE, CUCUMBER & GINGER	
3. CITRUS BURST: ORANGE, PINK-GRAPEFRUIT & LIME	
4. DETOX JUICE: CARROT, APPLE & GINGER	
5. VEG JUICE: CARROT, CELERY, CUCUMBER	
6. FRESH ORANGE JUICE	

## Smoothies

SML / MED / LRG	€3.20 / €4.10 / €5.00
7. BREAKFAST SMOOTHIE: BLUEBERRIES, OATS, BANANA, HONEY, YOGURT, MILK	
8. STRAWBERRY, MINT, PINEAPPLE & APPLE JUICE	
9. RASPBERRY, LOW-FAT PRO-BIOTIC YOGURT, ORANGE & BANANA	
10. AVOCADO, SPINACH, APPLE JUICE & LIME	

SUPPLEMENTS	€0.50 EACH
VITAMIN C	
ECHINACHEA	

## Shakes

11. WILD BERRY HEMP PROTEIN SHAKE	€4.90
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## Beverages

### PURO ORGANIC & FAIR-TRADE COFFEES

AMERICANO SML/LRG	€2.00/€2.50
CAPPUCCINO / DOUBLE LARGE CAPPUCCINO	€2.60/€3.00
LATTE/ DOUBLE LATTE	€2.70/€3.10
CHOCOLATE MOCHA	€2.90
HOT CHOCOLATE WITH MINI MARSHMALLOWS	€2.70
SPICED CHAI / VANILLA CHAI LATTE	€3.00
ADD FLAVOURED SYRUP (HAZELNUT, VANILLA, CARAMEL)	50C EXTRA

MADE WITH SOYA MILK 50C EXTRA

### Teas / Infusions

TEA	€1.50
HERBAL TEAS (CAMOMILE, PEPPERMINT, GREEN, WHITE, MIXED BERRY)	€1.70

### Drinks

WILD ORCHARD LEMONADES & SYNERCHI	€2.95
MINERALS	€1.80
MINERAL WATER SML/LRG	€1.30 / €1.50
VIT HIT / FRUICE	€2.00
SAN PELLIGRINO LEMONADES	€2.00
KIDS MINI JUICE CARTONS	€1.20



Delight Health Café  
The Kingfisher Club  
Remore Ave.  
Galway

Tel: 091 76 14 66

[www.delight.ie](http://www.delight.ie)

For lunch  
orders please  
call before  
12 Noon



## Salads

Take-away/ Eat-In

1. THAI BEEF SALAD. CRUNCHY ORIENTAL VEGETABLES & SHREDDED ROAST IRISH BEEF MARINATED IN A HOMEMADE THAI DRESSING WITH SOY CHILLI, GINGER, LIME & SESAME SEEDS ON A BED OF ORGANIC LEAVES.  
€9.90 / €10.80
2. CAJUN CHICKEN SALAD, RED & YELLOW PEPPERS, CHOPPED TOMATOES, RED ONION, MIXED LEAVES IN A CREAMY SMOKED PAPRIKA DRESSING SERVED WITH A SPRINKLE OF GRATED CHEDDAR CHEESE.  
€9.90 / €10.80
3. MEZZE PLATE: ORGANIC FALAFELS, LEMONY HUMMUS, BEETROOT HUMMUS, PICKLED CUCUMBER, ROASTED VEGETABLES, RED SLAW & A TOASTED WHOLEMEAL PITTA.  
€9.90 / €10.80  
ADD CHICKEN €1.50 EXTRA
4. TUNA SALAD: LEMON DRESSED ORGANIC LEAVES WITH TUNA CHUNKS, SEMI-SUNDRIED TOMATOES, GALWAY GOATS FETA STYLE CHEESE & RED ONION.  
€9.90 / €10.80
5. RAW POWER SALAD: SHREDDED CARROT, RED ONION, STRAWBERRIES, ORANGE, TOMATOES, POMEGRANATE, RED CABBAGE, PEPPERS, MIXED SEEDS, ROCKET AND BABY SPINACH TOSSED IN A HOMEMADE BALSAMIC VINAIGRETTE.  
€9.90 / €10.80  
ADD ANY MEAT OR FALAFELS €1.50 EXTRA
6. WARM GOATS CHEESE SALAD: GALWAY GOATS CHEESE TOASTED ON SOURDOUGH BREAD, SERVED ON BALSAMIC DRESSED LEAVES WITH BEETROOT CUBES AND SPRINKLED WITH HOMEMADE TOMATO SALSA.  
€9.90 / €10.80
7. HUNTER SALAD: ROAST TURKEY BREAST, HOMEMADE SAGE & ONION STUFFING, BAKED HAM, EGG SALAD, CHEDDAR CHEESE & COUNTRY TOMATO RELISH, ON A BED OF LEAVES WITH FRESH TOMATO, RED ONION AND SERVED WITH BROWN BREAD.  
€10.90 / €11.90
8. BROWN BREAD WITH SMASHED AVOCADO, SMOKED IRISH SALMON & CRACKED PEPPER, SERVED WITH A ZESTY SIDE SALAD (LETTUCE, PICKLED CUCUMBER, RED ONION & TOMATO)  
€9.90 / €10.80

## Sandwiches & Wraps

Take-away/ Eat-In

9. PUMPKIN & CHIA SEED CIABATTA, BAKED HAM, SLICED TOMATO, PICKLED CUCUMBER, SPINACH & ROCKET LEAVES AND A SMEAR OF SMOKED PAPRIKA MAYO.  
€6.95 / €7.55
10. GALWAY GOATS CHEESE, SLICED CHICKEN BREAST, BASIL PESTO, SEMI-SUNDRIED TOMATOES ALL TOASTED ON A FOCACCIA BREAD.  
€6.95 / €7.55
11. HEALTHY CHICKEN WRAP: BEETROOT HUMMUS, SLICED CHICKEN BREAST, SHREDDED CARROT, PEPPERS, TOMATO, TOASTED SEEDS AND BALSAMIC DRESSED LEAVES IN A WHOLEMEAL OR SPINACH WRAP  
€6.95 / €7.55
12. ROAST TURKEY BREAST, CRISPY BACON, SAGE & ONION STUFFING WITH CRANBERRY SAUCE AND MAYONNAISE ON A BROWN SEEDED BAGUETTE.  
€6.95 / €7.55  
ADD MELTED CHEESE €0.75 EXTRA
13. CAJUN CHICKEN BREAST, SLICED TOMATO, MELTED CHEDDAR CHEESE WITH A HOMEMADE GARLIC MAYO ON TOASTED SOURDOUGH BREAD.  
€6.95 / €7.55
14. ROAST IRISH BEEF MARINATED IN A CHILLI TOMATO CHUTNEY, RED ONION, SLICED TOMATO AND MELTED GALWAY FETA STYLE CHEESE ON A TOASTED FLAGETTA  
€6.95 / €7.55
15. WHOLEMEAL PITTA BREAD WITH ORGANIC FALAFELS, GARLIC DRESSING, CARROTS COUS COUS SALAD, LEAVES & RED SLAW  
€6.95 / €7.55
16. TOASTED PANINI WITH ROASTED MEDITERRANEAN VEGETABLES, HOMEMADE BASIL PESTO, SEEDS AND MELTED SWISS CHEESE.  
€6.95 / €7.55

All sandwiches are available on Gluten Free Bread

## Breakfast Menu

Take-away/ Eat-In

(AVAILABLE UNTIL NOON)

- FRUIT & NUT GRANOLA WITH SKIMMED MILK €3.20/ €3.50
- FRUIT & NUT GRANOLA WITH LOW-FAT YOGURT & FRESH FRUIT SALAD. €4.50/ €4.90
- HOME-MADE MUESLI WITH APPLE, BANANA, MAPLE SYRUP & SKIM MILK. €3.50/ €3.80
- FRESH FRUIT SALAD. €3.80  
WITH YOGURT €0.75 EXTRA
- MUFFINS, SCONES. €2.00  
(SERVED WITH BUTTER & JAM)
- TOASTED SEEDED OR CINNAMON & RAISIN BAGEL €2.00

## Toasted Bagels

Take-away/ Eat-In

- CAJUN CHICKEN BREAST, MELTED SWISS CHEESE, SEMI-SUNDRIED TOMATOES & SMOKED PAPRIKA MAYO. €5.95 / €6.50
- HUMMUS, FETA CHEESE, SEMI-SUNDRIED TOMATOES & ROCKET €5.95 / €6.50
- ROASTED VEGETABLES, MELTED BRIE, GARLIC DRESSING & LEAVES. €5.95 / €6.50
- CRISPY BACON OR BAKED HAM WITH IRISH COUNTRY RELISH, EGG MAYO & MELTED CHEDDAR CHEESE. €5.95 / €6.50
- CRISPY BACON, SLICED TOMATO, ORGANIC LEAVES WITH A SWEET CHILLI MAYO. €5.95 / €6.50
- TUNA, PICKLED CUCUMBER, RED ONION AND ORGANIC LEAVES WITH A LEMON MAYONNAISE €5.95 / €6.50
- IRISH SMOKED SALMON, EGG SALAD, TOMATO, RED ONION, AND LEAVES WITH A HOMEMADE LEMON VINAIGRETTE. €6.25 / €6.75