

JUICES: €3.20/€4.10/€5.00

1. **REFRESHER:**
APPLE, PEAR, LEMON & PINEAPPLE
2. **GREEN:**
SPINACH, GINGER, CUCUMBER & APPLE
3. **CITRUS BURST:**
ORANGE, PINK GRAPEFRUIT, & LIME
4. **DETOX:**
CARROT, APPLE & GINGER
5. **VEGGIE:**
CUCUMBER, CELERY & CARROT
6. **FRESH PRESSED ORANGE**

SMOOTHIES: €3.20/€4.10/€5.00

7. **BREAKFAST:** BLUEBERRIES, OATS, BANANA, YOGURT, HONEY & LOWFAT MILK
8. **RASPBERRY, PINEAPPLE & APPLE JUICE**
9. **STRAWBERRY, BANANA, PROBIOTIC YOGURT & ORANGE JUICE**
10. **SPINACH, PINEAPPLE, MINT, LIME & APPLE JUICE**

PROTEIN SHAKE: €5.00

MIXED BERRIES, PEA OR HEMP PROTEIN POWDER, HONEY & LOWFAT MILK

BEVERAGES:

PURO ORGANIC & FAIR-TRADE COFFEES

AMERICANO	SML/ LRG	€2.20/ €2.60
CAPPUCCINO	SML /LRG	€2.60/ €3.00
FLAT WHITE		€2.90
LATTE		€2.80
DOUBLE LATTE		€3.20
CHOCOLATE MOCHA		€3.00

HOT CHOCOLATE WITH MINI MARSHMALLOWS	€2.90
MINT/HAZELNUT/CARAMEL HOT CHOCOLATE	€3.30
SPICED CHAI LATTE	€3.00

ADD ANY FLAVOURED SYRUP €0.50 EXTRA

MADE WITH AN ALTERNATIVE MILK €0.50 EXTRA

TEAS & INFUSIONS:

MUG OF BARRY'S TEA €1.70

'TEAPIGS' HERBAL INFUSIONS €2.00

SOFT DRINKS ETC:

WILD ORCHARD IRISH LEMONADES	€2.95
SYNERCHI KOMBUCHA	€2.95
MINERAL CANS (Coca Cola, Fanta, Sprite)	€1.90
MINERAL WATER SML/LRG	€1.30/€1.50
VITHIT	€2.00
SAN PELLIGRINO LEMONADES	€2.20
INNOCENT JUICE & SMOOTHY CARTONS	€1.25



delight

Delight Health Café
The Kingfisher Club
Renmore Ave.
Galway

Tel: 091 76 14 66

www.delight.ie



SALADS:

Takeaway/Eat-in

1. HUMMUS BRUSCHETTA; TOASTED SOURDOUGH WITH CHOPPED TOMATOES & HOMEMADE BASIL PESTO ON A BED OF BABY SPINACH & ROCKET SALAD
€8.50/€9.65
2. PESTO CHICKEN SALAD: CHICKEN BREAST WITH SEMI SUNDRIED TOMATOES; RED ONION SLIVERS, CUCUMBER, CRUNCHY CROUTONS & MIXED LEAVES ALL TOSSED IN A FRESH BASIL DRESSING
€9.50/ €10.80
ADD SWISS CHEESE €1.00 EXTRA
3. ROASTED MEDITERRANEAN VEGETABLES & TOASTED SEEDS ON MIXED LEAVES SERVED WITH A WHOLEMEAL PITTA STUFFED WITH A HUMMUS OF YOUR CHOICE.
€9.50/€10.80
ADD CHICKEN OR TUNA €1.50 EXTRA.
4. OMEGA SALAD; SMOKED SALMON OR TUNA FISH, TOSSED IN A SPINACH SALAD WITH BEETROOT, FETA, TOMATO, RED ONION, A HOMEMADE BALSAMIC VINGARETTE AND SPRINKLED WITH GROUND CONNEMARA SEAWEED.
€9.50/ €10.80
5. RAW POWER SALAD; CHOPPED TOMATO, RED PEPPERS, RED ONION, STRAWBERRY, ORANGE, CARROT, RED SLAW, CUCUMBER, TOASTED SEEDS AND SHREDDED LEAVES.
€9.50/ €10.80
ADD ANY MEAT OR FALAFEL €1.50 EXTRA
6. WARM CHORIZO AND GALWAY GOATS CHEESE ON A HERB CIABATTA, SERVED ON A CREAMY DRESSED SALAD WITH SWEET PEPPERS, TOMATO & ONION.
€9.50/ €10.80
7. HUNTER SALAD; ROAST TURKEY BREAST, SAGE & ONION STUFFING, SMOKED HAM, EGG MAYO, CHEDDAR CHEESE, COUNTRY RELISH, SLICED TOMATO AND RED ONION ON A BED OF DRESSED LEAVES; SERVED WITH BREAD.
€10.50/€11.90
8. ORIENTAL SALAD: RED PEPPERS, SPRING ONION, BABY CORN, MANGETOUT, CARROT AND LEAVES WITH A PEANUT & LIME DRESSING AND A CHOICE OF CHICKEN BREAST, SHREDDED TURKEY OR TUNA.
€9.50 / €10.80

SANDWICHES & WRAPS:

Takeaway/Eat-in

9. PLOUGHMAN; SHAVED HAM, COUNTRY RELISH, CHEDDAR CHEESE, SLICED TOMATO, RED ONION AND A SMEAR OF MAYO TOASTED ON SOURDOUGH BREAD.
€7.25/ €8.25
10. VEGGIE CIABATTA; GALWAY GOAT'S CHEESE, ROASTED MEDITERRANEAN VEGETABLES & SUNDRIED-TOMATO PASTE TOASTED ON A PESTO BREAD WITH SPINACH.
€7.25/ €8.25
ADD CHICKEN €1.00 EXTRA
11. HEALTHY ASIAN WRAP; ORIENTAL VEGETABLES, MIXED LEAVES AND A CHOICE OF CHICKEN OR TUNA DRIZZLED WITH A PEANUT AND LIME THAI DRESSING.
€7.25/ €8.25
12. ROAST TURKEY BREAST, CRISPY BACON, SAGE AND ONION STUFFING WITH CRANBERRY SAUCE & MAYO ON A SEEDED BAGUETTE.
€7.25/ €8.25
13. CAJUN CHICKEN BREAST, HOMEMADE SALSA, MELTED CHEDDAR CHEESE & A SMOKED PAPRIKA MAYO ALL TOASTED ON A FLAGETTA BREAD.
€7.25/ €8.25
14. SPANISH CHORIZO, SLICED CHICKEN BREAST, SWISS CHEESE, PEPPERS & RED ONION WITH A ZESTY GARLIC MAYO TOASTED ON FOCCACIA BREAD.
€7.25/ €8.25
15. ORGANIC FALAFEL WRAP WITH RED SLAW, CARROT, BEETROOT HUMMUS, A DRIZZLE OF GARLIC DRESSING AND MIXED LEAVES.
€7.25/ €8.25
16. EASTERN STYLE HUMMUS, FETA CHEESE, ROASTED PEPPERS, CUCUMBER, TOASTED SEEDS AND LETTUCE IN A WHOLEMEAL PITTA.
€6.60/ €7.50
ADD ANY MEAT €1.00 EXTRA

(ALL SANDWICHES AVAILABLE ON
GLUTEN FREE BREAD)

Takeaway and eat-in price difference
due to VAT rate at 13.5%

BREAKFAST MENU:

- HOMEMADE FRUIT & NUT GRANOLA SERVED WITH LOWFAT MILK €3.30/ €3.75
- FRUIT & NUT GRANOLA WITH PROBIOTIC YOGURT & FRESH FRUIT SALAD €4.85/ €5.50
- SUGAR FREE MUESLI WITH COCONUT, BANANA, GRATED APPLE & MAPLE SYRUP WITH MILK €3.70/ €4.20
- FRESH FRUIT SALAD €3.90
ADD YOGURT €0.75 Extra
- SCONES, OATY SCONES, MUFFINS €2.20 Each
- TOASTED BAGEL (PLAIN OR CINNAMON & RAISIN) €2.20
ADD CREAM CHEESE €1.00 Extra

TOASTED BAGELS:

- BASIL PESTO, SEMI SUNDRIED TOMATOES, LOWFAT CREAM CHEESE & ROCKET €5.95/ €6.75
ADD CHICKEN OR BACON €1.00 extra
- BEECHWOOD SMOKED HAM, SWISS CHEESE, EGG MAYO & ONION €6.35/ €7.20
- BACON, LETTUCE & TOMATO WITH A SWEET CHILLI MAYO DRESSING €6.35/ €7.20
- TUNA, SUNDRIED-TOMATO PASTE, MELTED CHEDDAR & RED ONION €6.35/ €7.20
- CHICKEN, GALWAY GOATS CHEESE, PESTO, ROASTED PEPPERS & SPINACH €6.35/ €7.20
- IRISH SMOKED SALMON, LOWFAT CREAM CHEESE, RED ONION, TOMATO & LEAVES €6.35/ €7.20

