Signature SALAD BOWLS

WYLDE

COLD

WYLDE ABOUT SALMON
- SOY & GINGER BROWN RICE
- MARINATED ASIAN LEAF
- BABY SPINACH
- PICKLED BEANSPROUTS
- CARROT & SUNFLOWER SEED
- TERIYAKI GLAZED SALMON
- GINGER & WASABI MAYO
- FURIKAKE SEASONING (SEAWEED & SESAME)

SALMON BOWL €12.90

4,6,9,11,12

ROMAINE CALM (IT'S A CAESAR SALAD)
- CRISP ROMAINE LETTUCE
- ROASTED CHICKEN
- MAD YOLK FARM EGGS
- KYLEMORE CHEESE
- CREAMY CAESAR DRESSING
- HERB CROUTONS

CROÍ BOWL €11.50

1w,3,4,7,10,12

CROÍ Fighting Heart Disease & Stroke

For each order of a Caesar salad, €1 will be donated to our Group chosen charity.

NAMASTE WYLDE
- SPICED QUINOA & PUY LENTIL
- ROASTED SWEET POTATO
- WYLDE SALAD GREENS
- HUMMUS
- PICKLED RED CABBAGE
- CRISPY CHICKPEAS
- LEMON TAHINI SAUCE
- DHUKKA SEASONING

BOWL €11.00

8h,10,11,12,VG, GF

WARM

NUTS ABOUT CHICKEN SALAD
- ROASTED MARINATED CHICKEN WITH SATAY SAUCE
- BROWN RICE
- WYLDE MIXED SALAD GREENS
- PICKLED VEGGIES
- ROASTED PEANUTS
- GINGER & SESAME DRESSING

5,6,11

NACHO'AVERAGE SALAD
- CHILLI BEEF
- BROWN RICE
- WYLDE SALAD GREENS
- CORN TORTILLA CHIPS
- ROASTED VEGETABLES
- GUACAMOLE
- SOUR CREAM

1w,7,9,10,12

PULL HARD
- PULLED SPICED BEEF
- CRISP ROMAINE LETTUCE
- BROWN RICE
- BLACK BEANS
- ROASTED PEPPERS
- SPRING ONION

9,10,12, GF

MISO VEGAN
- MISO GLAZED PORTOBELLO MUSHROOM
- TERIYAKI BROWN RICE
- SPICY TOFU
- ROASTED PEPPERS
- SHREDDED KALE
- CARROT & SUNFLOWER SEED
- PICKLED BEANSPROUTS
- FRESH CHILLI
- ROASTED SPICED CASHEW NUT
- GINGER & SESAME DRESSING

6,8c,10,11,12,VG,GF

EDGY VEGGIE
- ROASTED MARINATED AUBERGINE
- SATAY SAUCE
- ROASTED SPICED CAULIFLOWER
- BROWN RICE
- SPINACH
- SPRING ONION
- PICKLED VEG
- GINGER AND SESAME DRESSING
- SPICY PEANUTS

5,6,10,11,12,VG,GF

Warm Bowl **€11.00**

Signature SANDWICHES

WYLDE

HANG SANDWICH
- WYLDE SALAD GREENS
- DUBLINER CHEDDAR
- DIJONAISSE
- PICKLED ONIONS
- HONEY ROASTED HAM
- WARM SOURDOUGH BAGUETTE

1w,3,7,10,14

YE MAD YOKE
- MAD YOLK FARM EGGS
- WYLDE SALAD GREENS
- CHIVE MAYO
- CRISP LEAVES
- MUSTARD CRESS
- BROWN BREAD

1w,3,7,10,V

CHICKEN & NOTIONS
- MORROCAN SPICED CHICKEN
- ROASTED PEPPERS
- WYLDE SALAD GREENS
- MAPLE & CHILLI MAYO
- WARM SOURDOUGH BAGUETTE
- DHUKKA SEASONING

1w,3,8c,8h,8w,10,11,12

NUTS ABOUT WRAPS
- MARINATED CHICKEN
- MARINATED ASIAN LEAVES
- SPRING ONION
- SPICED PEANUTS
- SPICED RICE & PUY LENTIL
- SATAY DRESSING
- TORTILLA WRAP
- BROWN RICE

1w,6,7,8,10,11,12

Signature Sandwiches **€8.50**

Superfood AÇAI BOWLS

WYLDE

SIGNATURE BOWL
GRANOLA, FRESH BANANA, STRAWBERRIES, CHIA SEEDS

SUPER BERRY
GRANOLA, STRAWBERRIES, RASPBERRIES, BLUEBERRIES, CHIA SEEDS

TROPICAL TASTE
GRANOLA, MANGO, POMEGRANATE, COCONUT CHIPS

PEANUT BUTTER BERRY
GRANOLA, PEANUT BUTTER, STRAWBERRIES, BLUEBERRIES, COCOA NIBS

PEANUT BUTTER BANANA
GRANOLA, PEANUT BUTTER, FRESH BANANA, COCONUT CHIPS, COCOA NIBS

Açai Bowls
granola + 4 toppings
extra toppings 40c
SM €6.00
REG €7.80
LRG €9.50

Superfood AÇAI SMOOTHIES

SUPER BERRY
AÇAÍ, STRAWBERRIES, RASPBERRIES, BLUEBERRIES, ALMOND MILK

TROPICAL AÇAÍ
AÇAÍ, MANGO, POMEGRANATE, COCONUT MILK

ESPRESSO AÇAÍ
AÇAÍ, BANANA, OATS, ESPRESSO, OAT MILK

GREEN AÇAÍ
AÇAÍ, BANANA, SPINACH, KALE, CHIA SEEDS, COCONUT MILK

Açai Smoothies
MED €6.20
LRG €7.80

Coffee & MORE

THE DOCK

ESPRESSO.....SGL.€2.60 DBL. €3.10
A SHORT INTENSE SHOT OF HAND ROASTED COFFEE

AMERICANO.....€3.30
DOUBLE SHOT OF ESPRESSO, TOPPED WITH HOT WATER

NITRO COLD BREW.....€4.60
– ORIGINAL, VANILLA OR CARAMEL
COLD BREW COFFEE CHARGED WITH NITROGEN GAS, FLAVOURED TO YOUR LIKING

LATTE €3.50
A COMFORTING MILKY COFFEE MADE WITH ESPRESSO AND STEAMED MILK

CAPPUCCINO €3.50
DOUBLE SHOT OF ESPRESSO FOLLOWED BY EQUAL PARTS STEAMED AND FOAMED MILK

FLAT WHITE €3.50
LESS MILK. LESS FROTH. MORE COFFEE

MACCHIATO..... €3.10
DOUBLE SHOT ESPRESSO AND FOAMED MILK

MOCHA..... €4.00
ESPRESSO BASE MIXED WITH RICH CHOCOLATE AND STEAMED MILK

BREAKFAST TEA..... €2.80
A BLEND FROM THE BEST GARDENS IN NORTH- AND SOUTH INDIA

GREEN TEA.....€3.20
GREEN TEA WITH A WONDERFUL SOFT FLAVOUR AND A DELICATE SWEET AND TART NOTE

ROOIBUS VANILLA TEA.....€3.20
SOUTH AFRICAN ROOIBOS WITH VANILLA PIECES

CHAMOMILE TEA €3.20
SOOTHING PURE CHAMOMILE TEA

EARL GREY TEA.....€3.20
DARJEELING-CEYLON-CHINA BLEND WITH THE PIQUANT FLAVOURING OF THE FINEST BERGAMOT FRUITS

HOT CHOCOLATE.....€3.50
RICH CHOCOLATE AND STEAMED MILK

ALTERNATIVE MILKS €0.70
SOYA MILK, OAT MILK, ALMOND MILK, OR COCONUT MILK

SYRUPS .....€.0.50
VANILLA , SALTED CARAMEL, HAZELNUT OR WHITE CHOCOLATE

Many of our dishes can be adapted to be gluten free. Ask your server for more information.
allergens: 1(gluten w(wheat), 1o(oats), 1b(barley), 1r(rye) 2.crustacean 3.egg 4.fish 5.peanut 6.soybean 7.dairy
8.nuts 8a(almond), 8c(cashew), 8h(hazelnut), 8p(pine nuts), 8pst(pistachio), 8w(walnuts) 9.celery 10.mustard 11.sesame seeds 12.sulphur 13.lupin 14.molluscs
GF Gluten Free V Vegetarian VG Vegan