

# Signature SALAD BOWLS

WYLDE

## 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  
**€14.50**

## 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

## 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

## ROMAINE CALM (IT'S A CAESAR SALAD)

- CRISP ROMAINE LETTUCE
- ROASTED CHICKEN
- EGGS
- KYLEMORE CHEESE
- CREAMY CAESAR DRESSING
- HERB CROUTONS

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

CROÍ Bowl  
**€13.50**

**CROÍ**  
Fighting Heart Disease & Stroke

## NAMASTE WYLDE

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

Cold Bowl  
**€13.50**

## PULL HARD

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

9,10,12,GF

## NACHO'AVERAGE SALAD

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

1w,7,9,10,12

## 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  
**€13.50**

# Signature SANDWICHES

WYLDE

## HANG SANDWICH

- WYLDE SALAD GREENS
- DUBLINER CHEDDAR
- DIJONAISSÉ
- PICKLED ONIONS
- HONEY ROASTED HAM
- WARM SOURDOUGH BAGUETTE

1w,3,7,10,14

## WYLDE YOKE

- 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  
**€9.50**

# Superfood AÇAÍ 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

Açaí Bowls  
granola + 4 toppings  
extra toppings 40c  
SM **€7.50**  
REG **€8.50**  
LRG **€10.50**

# Superfood AÇAÍ 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

Açaí Smoothies  
REG **€6.20**  
LRG **€7.80**

# Coffee & MORE

THE DOCK

## ESPRESSO.... SGL. €3.00 DBL. €3.50

A SHORT INTENSE SHOT OF HAND ROASTED COFFEE

## AMERICANO..... €3.60

DOUBLE SHOT OF ESPRESSO, TOPPED WITH HOT WATER

## LATTE ..... €4.00

A COMFORTING MILKY COFFEE MADE WITH ESPRESSO AND STEAMED MILK

## CAPPUCCINO ..... €3.90

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

## FLAT WHITE ..... €3.90

LESS MILK. LESS FROTH. MORE COFFEE

## MACCHIATO..... €3.60

DOUBLE SHOT ESPRESSO AND FOAMED MILK

## MOCHA..... €4.20

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..... €4.00

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