



VEG OUT



Wholesome food to eat
on-the-go or at home.

ORDERS: 00357 26221527

Free delivery on orders over €30.



ON-THE-GO

READY TO EAT

Burgers

V/GF AUTUMN ROAST VEGETABLE BURGER €6

A flavoursome patty made of chickpeas and roasted vegetables, layered with tomato and lettuce, topped with caramelised onions and our housemade Herb Garden hummus. ♡

V/GF SPICY CAJUN BURGER €6

Made with chickpeas, brown rice, healthy veggies, spices and chilli peppers, this burger, has a little kick. Layered with lettuce, tomato, vegan cheese, jalapenos and mayo. ♡ 🟡 🟢

Burgers are served in a brioche bun that is **not gluten free**. If a bun isn't for you, ask for a **non gluten free wrap**. For a gluten free option, please ask for one of our homemade wraps free of charge or for our **gluten free sesame seed toasted bun** add €1

EXTRA TOPPINGS - CHEESE / CHILLI SALSA €0.50 AVOCADO €1.00

HOMEMADE SAUCES - VEGAN MAYO / RANCH / TOMATO KETCHUP €0.30

HOT CHILLI SAUCE €0.50

Meals

V/GF AFRICAN PEANUT STEW €10

Hearty and packed with nutrients! Roasted sweet potato, tomatoes, peanut butter and spinach. Served with sesame seed broccoli and quinoa. (🟡 Peanuts)

V HERBY VEGGIE BALLS & SPAGHETTI €10

Our herby veggie balls are made of a delicious mix of chickpeas, onions, peppers, mushrooms and carrot served with our housemade tomato and basil sauce, topped with vegan parmesan. (🟡 Walnuts) ♡ 🟡

V BURRITO SAMOSA €7.50

A spicy samosa with a Mexican twist. A mix of potato, rice, beans, vegan cheese & spices, baked inside a tortilla. Served with avocado and chilli salsa. ♡

Light Bites

V/GF MERAKI SALAD €5.95

A nutritious mix of quinoa baby salad leaf, tomato, cucumber, red onion, olives, cabbage, avocado, pomegranate seeds, microgreens and a balsamic maple dressing.

V/GF WINTER GLOW POKE BOWL €8.50

The ultimate bowl of autumnal nutrition! A delicious mix of sweet potato, caramelised onions, orange marinated carrot and raisins, mixed baby leaves, warm spice and garlic kidney beans, lightly pickled cabbage and lemon tahini dip.

V/GF HERB GARDEN HUMMUS WRAP €4.95

Housemade Herb Garden Hummus with cucumber, spring onion, roasted onions & peppers and baby salad leaves, served in a wrap.

For gluten free, please ask for our homemade wrap.

V FARMHOUSE SANDWICH €4.95

Fresh wholemeal bread with chunky vegan cheese, grated carrot, pickled cucumber, red cabbage, red onion, lettuce and vegan mayo. 🟡 🟢 🟡

V/GF SPICY JACKFRUIT WRAP €5.50

Chunks of jack fruit in a housemade spicy bbq sauce, with lime and coriander slaw, cucumber and spring onion ribbons, avocado and lettuce. 🟡 🟢

For gluten free, please ask for our homemade wrap.

V/GF OPEN SMASHED CHICKPEA SANDWICH €4.95

Smashed chickpeas, spring onion, parsley, capers, sweetcorn and mayo. Served on wholemeal bread. 🟡 🟢

V/GF CAJUN SWEET POTATO WEDGES €3.50

V/GF SEA SALT FRIES €2.95

V/GF LOADED SEA SALT FRIES €3.50

Topped with ranch sauce & garnished with pomegranate seeds and parsley. 🟡 🟢

V/GF LOADED SEA SALT FRIES WITH SPICY JACKFRUIT €4.50

Topped with spicy jack fruit in bbq sauce and lime, carrot and coriander slaw. 🟡 🟢

V/GF HOUSE SIDE SALAD €3.50

Mixed baby leaf side salad with dried cranberries and pomegranate seeds, drizzled with maple and balsamic dressing.

