

Kofi & Kale



MENU

Made to feel good

At Kofi&Kale, food is made to restore, not overwhelm.
We focus on whole ingredients, honest preparation, and flavours
that feel clean, balanced and satisfying.

Our menu is built around how people actually eat: bowls that
ground, smoothies that lift, ferments that add depth, and treats
that satisfy without excess.

Everything we serve has a purpose, but nothing feels forced.

Kofi & Kale is not about perfection.

It is about feeling good, eating well, and coming back for it
again.

FAST FUEL

Designed for light, fast satisfaction

Energy Bites– Selection of 3 GF DF V €5.50

- Cacao & Almond – deep cocoa hit, clean energy lift
- Coconut Matcha – smooth, steady lift with a calm, focused edge
- Date, Tahini & Sesame – rich, nutty sweetness with slow, lasting energy

(3 pcs)

House Protein Bars– Selection of 4 GF DF V P

- Chocolate Plant Protein – rich chocolate, steady recovery fuel
- Vanilla Almond – smooth, balanced energy with a nutty finish
- Espresso Cacao – bold coffee lift with a cocoa edge
- Berry Oat – lightly sweet, steady energy with a fresh berry note

€4.50

€4.50

€4.80

€4.80

Warm & Craveable

Warm Banana Oat Square GF DF V €5.25

soft, naturally sweet, comforting without heaviness

Protein Pancake Bites GF DF P €6.50

warm, fluffy bites with almond yogurt and berry compote

Seed Crackers & House Dips GF DF V P (toasted & warm)

- Seed Crackers & Preserved Lemon Tahini Hummus bright, creamy and citrus-lifted
- Seed Crackers & Avocado Smash – smooth, fresh and naturally satisfying Espresso Cacao – bold coffee lift with a cocoa edge
- Seed Crackers & Beetroot–Cashew Cream – earthy, smooth with a naturally sweet finish

€7.75

€8.25

€7.75

BOWLS & SALADS

Light, complete, made to restore

Fresh & Light

Green Balance Bowl (GF) (DF) (PB) €11.50

fresh, crisp greens with a clean, hydrating finish

Baby greens, Kale, Avocado, Cucumber, Sprouts, Pumpkin Seeds, Green Apple, Peas & Shoots, Miso–sesame dressing

Mediterranean Chopped Salad (GF) (DF) (PB) €10.75

bright, crunchy and vibrant with a light citrus lift

Radicchio, Lettuce, Red onion, Rainbow Cherry Tomatoes, Chickpea, Mozzarella, Yellow Pickled Capsicum, Oregano, Lemon Vinaigrette

Protein & Power

Quinoa Power Bowl (V) (GF) (DF) (PB) €12.75

hearty, balanced and satisfying with slow-release energy

Seasonal vegetables, Quinoa, Fresh Herbs, Citrus Vinaigrette & Green Goddess Dressing

Tofu & Kimchi Power Bowl (GF) (DF) (PB) (G) (V) €13.50

bold, savoury and punchy with a fermented kick

Grilled Tofu, Soba Noodles, Fermented Kimchi, Greens, Roasted Sesame Dressing

Kofi & Kale Bowl (GF) (DF) (PB) (G) €13.75

fresh, vibrant and deeply satisfying with layers of texture

Kale, Chickpea, Shredded Beets, Avocado, Mixed Seeds, Marinated Aged Tofu, Carrot Ginger Citrus Vinaigrette

Warm & Comfort

Warm Harvest Bowl (DF) (PB) (GF) €13.50

warm, comforting and grounding with a soft, nourishing finish

Quinoa, Roasted Sweet Potato, Avocado, Greens, Tahini Miso Dressing

Golden Miso Bowl



€13.75

Warm, vibrant and deeply nourishing with fermented umami notes
Wild Rice, Roasted Cauliflower, Broccoli, Sesame Tofu, Wilted Spinach, Pickled Carrot, Golden Miso- Ginger Dressing

OPEN SANDWICHES

Simple, satisfying, made fresh

Avocado & Sprout Sourdough



€14.50

Natural Sourdough, Smashed Avocado, Nutritional Yeast, Mixed Sprouts, Black Garlic
Benefit: Healthy Fats, Fibre, gentle sustained energy

Grilled Chicken & Herb Yogurt Sandwich



€14.50

Wholegrain Bread, Grilled free-range Chicken, Fresh Herbs, Light Yogurt Sauce
Benefit: Lean Protein, Muscle Recovery, satisfying yet light

Roasted Mediterranean Vegetable Sourdough

€14.25

Multi Seeded Sourdough, Capsicum, Nutritional Yeast, Grilled Vegetables, Walnut
Benefit: Antioxidant-rich, Plant-powered nourishment

WHOLEWHEAT WRAPS

Fresh, fast and satisfying

Grilled Chicken & Avocado Wrap



€15.50

Whole Wheat Wrap, Avocado, Basil Pesto, Pulled Chicken, Baby Spinach

Smoky Chickpea & Seitan Wrap



€15.25

Seitan, Red Onion, Chipotle, Chickpeas, Lime, Guacamole

Spiced Mushroom & Hummus Wrap (PB) (DF) €15.25

Champignons, Oyster Mushrooms, Hummus, Avocado, Pico de Gallo, Fajita Spice, Gem Lettuce

KEFIR & FERMENTS

Fresh, living and naturally balanced
served chilled

House Kefir (GF) (G) €4.25

light, tangy and naturally refreshing.
Naturally fermented milk kefir

Berry Kefir Boost (GF) (G) €5.25

cool, lightly tart with a fresh berry lift.
House Kefir, Seasonal Berries

Turmeric & Honey Kefir (GF) (G) €4.75

golden, smooth and gently spiced with natural sweetness.
Kefir, Turmeric, Raw Honey

YOGURT & BREAKFAST POTS

Light, comforting and made fresh

House Granola & Greek Yogurt Pot (GF) €4.50

creamy yogurt with toasted seeds, nuts and a touch of honey
Toasted Seeds, Nuts, Light Honey

Berry Chia Yogurt Pot (GF) (G) €5.25

thick yogurt with berries and chia for a fresh, satisfying bite
Greek Yogurt, Chia Seeds, Berries

Tropical Coconut Yogurt Pot (GF) (DF) (G) €5.25

light and refreshing
Coconut Yogurt, Mango, Yoasted Coconut

SWEET TREATS

Naturally indulgent, made to satisfy

Raw Dark Chocolate Tart (GF) (DF) (V) €5.65

rich cacao filling on a nut base, smooth and deeply satisfying
Cacao, Nut base, Naturally sweetened

Matcha Coconut Slice (GF) (DF) (V) €5.50

soft coconut with a gentle matcha note, light and balanced
Coconut, Almond, Ceremonial Matcha

Chia Coconut Pudding (GF) (DF) (PB) (G) €5.50

coconut chia with seasonal fruit, light, fresh and naturally sweet
Chia Seeds, Coconut Milk, Seasonal Fruit

Protein Brownie Bite (GF) (DF) (PB) (P) €5.25

dense, chocolatey and satisfying with a clean finish
Plant Protein, Almond Flour, Cacao

Date & Almond Energy Cake (GF) (DF) (PB) €5.75

soft, naturally sweet with a warm citrus note
Dates, Almond Meal, Citrus Zest

Sourdough & Sweetened Ricotta (G) (GFO) (N) (D) €7.50

indulgent yet healthy
Seasonal Fruits, Sheep Milk Ricotta, Warm Honey

(D) Dairy

(G) Gut Health

(V) Vegan

(GF) Gluten Free

(PB) Plant Based

(N) Nuts

(DF) Dairy Free

(GFO) Gluten Free Option Available

(P) Protein Boost

HOT BEVERAGES & DRINKS

Coffee Ristretto	€1.95
Espresso	€2.25
Lungo	€2.25
Doppio	€2.45
Espresso Nutella	€2.95
Americano	€2.25
Latte Macchiato	€2.55
Cappuccino	€2.55
Cafe Latte	€2.55
Skinny Latte	€2.55
Flat White	€3.20
Tea	€2.35
Herbal Tea	€2.55

SPECIAL COFFEES €4.65

Irish

Freshly brewed coffee mixed with a dash of Irish Whiskey

Maltese

Hot beverage made by mixing coffee with a shot of Bajtra (Maltese prickly pear liqueur)

Calypso

Freshly brewed coffee mixed with a dash of Tia Maria coffee mixed with a dash of Irish Whiskey

The Jamaican

Freshly brewed coffee mixed with a dash of Rum and topped with cream

The other Milk options

Soy Milk €0.30
Almond €0.30
Coconut Milk €0.30

FLAVOURED COFFEES

Hot Mocha €2.95

Espresso Con Panna €2.45

Single shot of espresso topped with whipped cream

Affogato €3.70

Our signature blend of double shot coffee with a scoop of vanilla ice cream

Cookie Mocha €3.75

Mocha coffee complemented with Chocolate Cookie syrup

Ginger Latte €4.15

(no gluten, vegan)

Perfect for slow mornings or a lazy weekend

Chai Latte €4.15

Ideal combination of black tea, milk (dairy or alternative) and spices

Flavoured Latte €3.15

Café Latte served with your favourite flavour Monin syrup (Caramel, Cinnamon, Chocolate, Hazelnut, Tiramisu, Vanilla, Almond, Popcorn)

Extras

Panna €0.50

Agave €0.95

Marshmallow €0.50

Honey €0.75

Oreo biscuit €0.30

Baci €0.60

Bounty bar €0.70

Nutella €0.95

Liqueur €1.25

Syrup €0.75

(Caramel, Cinnamon, Chocolate, Hazelnut, Tiramisu, Vanilla, Almond, Popcorn)

HOT CHOCOLATE

Hot Chocolate €2.50

Thick Hot Chocolate €3.10

Steamer €2.30

Warm frothed milk with honey or your favourite Monin flavour

Flavoured Hot Chocolate €3.15

Hot Chocolate served with your favourite flavour Monin syrup: (Tiramisu, Raspberry, Hazelnut, Vanilla)

COLD BEVERAGES

ICE COFFEES

Caffe Shakerato €2.55

An iced coffee drink featuring freshly ground espresso shaken over ice and poured into a martini glass

Iced Irish Coffee €4.55

Iced espresso shake topped with whisky and panna

Flavoured Ice Latte €3.15

Caramel / Cinnamon / Chocolate / Vanilla / Almond / Popcorn / Hazelnut / Tiramisu

OJ Express €3.25

Glass of pressed orange juice topped with hot espresso

Iced Latte €2.50

Coffee drink made by pouring a fresh shot of espresso over chilled milk in a glass with ice

Espresso Tonic €4.25

Fever Tree Premium Indian Tonic Water over ice topped with a shot of espresso

FRESH SMOOTHIES

Mango Four €5.95

Banana, strawberry, mango, apple juice

Sunken Passion €5.95

Banana, strawberry, pear, lime, honey, apple juice

Summer Fruit Sorbie €5.95

Mixed red berries, orange juice

Peach Mango €5.95

Banana, peach, mango, orange juice, turmeric, ginger

Gingerlicious €5.95

Banana, spinach, ginger, apple, almond milk

Strawberry Chia Energizer €5.95

Banana, strawberry, chia seeds, full fat or lactose free milk

Tropical Hint €5.95

Banana, pineapple, kiwi, apple juice

SOFT DRINKS & MINERALS

Local Still Water 250ml	€2.25
Local Still Water 750ml	€3.75
Local Sparkling Water 250ml	€2.50
Local Sparkling Water 750ml	€3.70
Coconut Water	€4.00
Soft Drinks	€2.90
Öun Organic Beverages	
Cans Organic Selection	€4.50
Bottle Organic Selection	€5.50

PURE FRESH FRUIT JUICES

Fresh Fruit Juice	€4.50
Orange	
Apple	
Carrot	
Strawberry, Apple and Orange	
Apple & Orange	
Apple, Carrot and Ginger	
Pear, Apple and Strawberry	
Orange, Pineapple and Ginger	
Apple, Basil and Lime	
Watermelon	
Watermelon Mint	

Custom Fruit Juice	€4.00
Choose 5 ingredients with a base of orange OR apple juice and make your own juice combination	
Ginger Shot	€2.20

BEER

Brunehaut Ambree gluten free	€5.50
Brunehaut Blonde gluten free	€5.50

WINE

Wild Nature, Organic, Biodynamic Certified

Organic Doc Spumante Glass	€6.50
Bottle	€33.00
Veneto Bianco IGT Glass	€6.00
Bottle	€28.00
Veneto Rosso IGT Glass	€6.00
Bottle	€28.00

ORGANIC SHOTS

per shot	€ 3.50
Acai Liqueur	
Cafe Liqueur	
Chipotle Liqueur	
Kumquat Liqueur	
Coconut Liqueur	
Cucumber Liqueur	
Elderflower Liqueur	
Passionfruit Liqueur	
per shot	€ 4.00
Quinoa Vodka	
Gin Classic Organic	
Rum XO Belize	
per shot	€ 4.50
Oaxaca Whiskey	
Ancient Blue Corn	

Kombucha is available	€6.00
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