

FAST FUEL

Designed for light, fast satisfaction

Energy Bites GF DF

Selection of 3

- 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

€5.50

(3 pcs)

House Protein Bars P GF DF

Selection of 4

- 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

€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 P

(toasted & warm)

- Seed Crackers & Preserved Lemon Tahini Hummus - bright, creamy and citrus-lifted
- Seed Crackers & Avocado Smash – smooth, fresh and naturally satisfying
- 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 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 GF DF PB

€12.75

heartly, balanced and satisfying with slow-release energy

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

Tofu & Kimchi Power GF DF PB G

€13.50

Bowl

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 GF DF PB

€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 GFO

Simple, satisfying, made fresh

Avocado & Sprout Sourdough GF DF PB

€14.50

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

Grilled Chicken & Herb Yogurt D

€14.50

Sandwich

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

Roasted Mediterranean €14.25

Vegetable Sourdough

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

WHOLEWHEAT WRAPS GFO

Fresh, fast and satisfying

Grilled Chicken & Avocado DF GF

€15.50

Wrap

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

Smoky Chickpea & Seitan Wrap DF PB

€15.25

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

Spiced Mushroom & Hummus PB DF

€15.25

Wrap

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, Toasted Coconut

SWEET TREATS

Naturally indulgent, made to satisfy

Raw Dark Chocolate Tart GF DF

€5.65

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

Matcha Coconut Slice GF DF

€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

ORGANIC SHOTS

per shot € 3.50

*Acai Liqueur
CaféLiqueur
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

D Dairy

GF Gluten Free

DF Dairy Free

GFO Gluten Free Option Available

G Gut Health

PB Plant Based

P Protein Boost

N Nuts

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
CaféLatte	€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 fee 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

Caffè 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 whiskey 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	€5.95
Energizer	
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	€2.25
250ml	
Local Still Water	€3.75
750ml	
Local Sparkling Water	€2.50
250ml	
Local Sparkling Water	€3.70
750ml	
Coconut Water	€4.00
Soft Drinks	€2.90
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	€5.50
gluten free	
Brunehaut Blonde	€5.50
gluten free	

WINE

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

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.