

# kale & crumble

Restaurant | Catering | Workspaces

## WRAPS & SALADS

**CHICKEN CAESAR** WRAP €6.95 | SALAD €9.50  
Iceberg lettuce, fresh chicken, smoked bacon, cherry tomatoes, aged parmesan, artisan croutons with creamy caesar dressing

**CHICKEN PASTA** SALAD €8.95  
Fresh chicken, penne, rucola & kale pesto, cherry tomatoes, parmesan, drizzle of olive oil, crumbled kale

**ENERGY BEEF BOOSTER** WRAP €7.50 | SALAD €9.95  
Iceberg lettuce, couscous, slow-cooked beef, sweet corn, red cabbage, crispy carrots, fresh peppers, caramelized onions, cashew crumbles with oyster sauce

**AVO-LOVER** WRAP €7.50 | SALAD €9.50  
Iceberg lettuce, kale leaves, avocado, cherry tomatoes, sweet corn, shredded carrots, boiled egg, parmesan shavings with creamy caesar dressing

**HIGH PROTEIN** WRAP €7.50 | SALAD €9.95  
Iceberg lettuce, turmeric rice, smoked salmon, cherry tomatoes, red onion, boiled egg, chickpeas & herb mayo

**TUNA SENSATION** WRAP €6.50 | SALAD €7.95  
Iceberg lettuce, couscous, tuna chunks, sweet corn, tomatoes, shredded carrots, red onions, olives & herb mayo

**SUPERFOOD TOFU** (VG, V) WRAP €6.95 | SALAD €8.95  
Iceberg lettuce, turmeric rice, crumbled tofu, cherry tomatoes, bell peppers, sweet corn, onions, rucola & kale pesto

**VEGAN FALAFEL** (VG, V) WRAP €6.95 | SALAD €8.50  
Iceberg lettuce, quinoa, falafel, cherry tomatoes, cucumbers, red onions, roasted sweet potatoes & sweet chili

Gluten free pasta and wraps are available at an extra charge.

## WARM BOWLS

**PROTEIN PUNCH** €9.95  
Turmeric rice, fresh chicken, grilled vegetables, onions, sweet corn, cherry tomatoes, avocado & herb oil

**LOW CALORIE BOWL** (VG, V, GF) €9.95  
Turmeric rice, tofu, green beans, bell peppers, sweet potatoes, kale, mushrooms & kale rucola pesto dressing

**DYNAMITE BEEF BOWL** €10.95  
Turmeric rice, teriyaki slow cooked beef, shredded carrots, grilled vegetables, kale, sweet potato, crushed peanuts & teriyaki sauce

## SIDES

**FRIES, RICE, QUINOA, COUSCOUS** €2.50

**SALAD OR WEDGES** €3.50

**SWEET POTATO FRIES OR GRILLED VEGETABLES** €3.95

## ARTISAN BREADS

**FTIRA "BIZ-ZEJT"** €4.50  
Tuna chunks, iceberg lettuce, tomatoes, red onions, olives, capers, olive oil, mint & tomato paste

**FTIRA "BAJD U BACON"** €6.95  
Smokey grilled bacon, fried egg, avocado, lettuce & tomatoes

## FOCACCIA NAPOLETANA

**MORTADELLA DELIGHT** €5.95  
Mortadella, crushed pistachios, mozzarella, baby rucola, kale & rucola pesto

**SMOKED SALMON** €5.95  
Smoked salmon, baby rucola, cherry tomatoes, boiled egg & cream cheese

**PROTEIN BEEF** €6.50  
Slow cooked beef, asian stirfry, rucola, caramelized onions & truffle mayo

**CHICKEN BBQ** €6.50  
Fresh chicken, iceberg lettuce, sweet corn, green peppers, fresh onion & bbq sauce

**THAI TOFU** (VG, V) €5.95  
Crumbled tofu, iceberg lettuce, turmeric rice, asian stir fry, crispy onions & sweet chili sauce

**CHICKEN PESTO** €8.50  
Fresh chicken, pistachio pesto, cherry tomatoes, mozzarella & baby rucola served with french fries

**HANGOVER** €7.50  
Smokey grilled bacon, boiled egg, iceberg lettuce, tomatoes, onions & sweet corn served with french fries

All our focaccias are vegan, gluten free options are also available.

## BURGERS & MORE

All burgers are served with french fries

**CLASSIC BURGER** €9.95  
Brioche bun, 100% pure beef patty, lettuce, tomato, cheese, ketchup & mayonnaise

**STICKY BACON BURGER** €10.95  
Brioche bun, 100% pure beef patty, lettuce, tomato, grilled bacon, onion marmalade & double smoked cheese

**CRISPY CHICKEN THAI BURGER** €9.95  
Brioche bun, homemade crunchy chicken, iceberg lettuce, tomatoes, raw onion & thai chilli dressing

**THE CHICKEN CRUMBLE BURGER** €9.95  
Brioche bun, grilled chicken breast, iceberg lettuce, tomatoes, crispy onions & smoked cheese drizzled with bbq sauce

**FALAFEL TOWER BURGER** (VG, V) €10.95  
Sesame bun, homemade falafel patty, iceberg lettuce, caramelised onions, tomatoes & guacamole sauce

**CLASSIC HOT DOG "TAL-FESTA"** €7.50  
Hot dog bun, grilled sausage, caramelized onions & ketchup

**CRUNCHY CHICKEN DIPPERS** €8.95  
Crunchy & juicy homemade dippers, K&C dipping sauce served with french fries

**FALAFEL KOFTAS** (V) €6.95  
Five homemade falafel koftas served with tzaziki dressing

Gluten free bun available at extra charge of €1.50

## PASTA

**TAGLIATELLE BEEF** €9.95  
Beef strips, sliced mushrooms, garlic, onions, parsley & cream sauce

**PENNE AL SALMONE** €10.95  
Fresh salmon, cherry tomatoes, garlic, white wine, parsley, touch of tomato sauce & cream

**MAC & CHEESE** (V) €8.50  
Medley of cheese sauce with crispy onion gratinated with parmesan cheese

**PENNE CHICKEN** €9.95  
Sautee chicken breast, bacon, kale, onions, mushroom & cream sauce

**SPAGHETTI AL POMODORO** (V) €8.00  
Homemade tomato sauce, parmesan shavings, drizzled with herb oil & basil

**CHICKEN PESTO** €9.95  
Fresh chicken breast, kale & rucola pesto, parmesan shavings & cherry tomatoes, drizzled with olive oil

Gluten free pasta available at extra charge of €1.50

## PIZZA

**MARGHERITA** (V) €7.95  
Tomato sauce, mozzarella & oregano

**AL TONNO** €9.95  
Homemade tomato sauce, mozzarella, tuna, anchovies, onion, sliced black olives & oregano

**CAPRICCIOSA** €9.95  
Homemade tomato sauce, mozzarella, sliced black olives, boiled egg, mushrooms, ham & oregano

**FUNGHI** (V) €9.95  
Homemade tomato sauce, mozzarella, mushrooms & oregano

**PEPPERONI** €9.95  
Homemade tomato sauce, mozzarella, spicy pepperoni sausage & oregano

**CHICKEN BBQ** €10.95  
Homemade tomato sauce, mozzarella, chicken fillets, sweet corn, green peppers, onion, BBQ sauce & oregano

**LA MIA FAVORITA** €11.95  
Mortadella, kale & rucola pesto, baby rocket leaves, mozzarella di bufala & pistachio crumbs

Gluten free pizza dough option available at extra charge of €2.00  
Vegan mozzarella option available at an extra charge of €1.50

## SOUP

**SOUP OF THE DAY** (VG, V, GF) €3.95

**SOUP & SALAD SPECIAL** (VG, V) €5.50  
Soup of the day, mixed salad and homemade focaccia

Gluten free focaccia option available at an extra charge of €1.50

kale & crumble treats allergies & intolerances seriously. If you suffer from any, please consult with our staff. Our products are made in an environment where fish, wheat flour, crustaceans, milk, molluscs, eggs, celery, sulphur dioxide, nuts, mustard, soya, seeds and lupin are present.

## FUSION BOWLS

Served with Jasmine rice, egg or rice noodles

**BUILD YOUR OWN**  
Please speak to our team for more information about the options available

**VEGGIE TOFU** (VG, V, GF) €9.95  
Crumbled tofu, fried broccoli, bell peppers, onions, green beans, shredded carrots & mushrooms coated with sweet chili

**KOREAN BEEF** €11.95  
Beef strips, carrots, cabbage, bell peppers, mushrooms, served with homemade amai sauce, crispy onions & sesame seeds

**CHICKEN BOOSTER** €10.95  
Marinated chicken, green beans, carrots, fried egg, bell peppers, onions, garlic, ginger served with homemade amai sauce sprinkled with peanut crumble

**STICKY SWEET & SOUR PORK** €9.95  
Crispy pork belly, bell peppers, pineapple, onions and cherry tomatoes tossed in a sticky & sweet & sour sauce

**CHICKEN KORMA** €9.95  
Fresh chicken and vegetables simmered in a creamy sauce flavoured with a blend of spice coriander, cumin, turmeric & garam masala

**THAI CHICKEN COCONUT CURRY** €9.95  
Fresh chicken breast, red curry paste, bell peppers, onions, shredded carrots, ginger & garlic flavoured with coconut chili cream

## BAO BUNS

**CRISPY CHICKEN** €7.95  
Two soft and fluffy bao buns, succulent pieces of crispy chicken, asian veggies, crispy onions & sweet chili sauce

**CHICKEN KORMA** €7.95  
Two soft and fluffy bao buns, crispy chicken, creamy aromatic korma sauce & crispy onions

**TERIYAKI BEEF** €8.95  
Two soft and fluffy bao buns, tender pulled beef infused in teriyaki, asian veggies, crispy onions, crunchy peanuts

**KOREAN CRISPY CHICKEN DELIGHT** €7.95  
Two soft and fluffy bao buns, crispy chicken, asian vegetables, black sesame seeds marinated in soy sauce, ginger & aromatic spices

**STICKY PORK BELLY** €8.95  
Two soft and fluffy bao buns, crispy pork belly, asian veggies, crispy onions marinated in soy sauce, ginger & aromatic spices

**CRUMBLed THAI TOFU** (VG, V) €8.95  
Two soft and fluffy bao buns, crumbled tofu, cherry tomatoes, turmeric, onions & parsley drizzled in sweet chili

**TERIYAKI SALMON** €9.95  
Two soft and fluffy bao buns, fresh salmon, crunchy asian slaw, crushed peanuts, teriyaki dressing & sesame seeds

## Events & Catering



Whether you are looking for the right location for your next staff party, kids party, corporate event, business meeting or even team building session - kale & crumble is your space.

info@kaleandcrumble.com (+356) 99996566

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BREAKFAST SERVED FROM 08.00AM TILL 11.00AM

## BUNS & TOASTS

<b>BREAKFAST BRIOCHE BUN</b> Soft brioche bun, smokey grilled bacon, fried egg, sausage, crispy onions & mature cheese	€6.50
<b>SMOKED SALMON BRIOCHE BUN</b> Soft brioche bun, scrambled egg, rucola & smoked salmon	€7.50
<b>PORK BELLY &amp; MUSHROOM BRIOCHE</b> Soft brioche bun, local pork belly, caramelized onions, mushrooms & melted cheese served with a drizzle of tangy BBQ sauce	€7.50
<b>AVOCADO &amp; BACON BRIOCHE</b> Soft brioche bun, avocado, smoky grilled bacon, cheese, tomatoes & rucola	€6.50
<b>SCRAMBLED TOFU ON FLATBREAD</b> <b>VG V</b> Tofu, cherry tomatoes, garlic, onions, cumin and parsley served on a homemade flatbread +Add Poached egg €1.50 +Add Hollandaise €1.00	€5.95
<b>CLASSIC HAM &amp; CHEESE TOAST</b> Cooked ham & mature cheese in toasted bread	€3.95
<b>LOW CALORIE TUNA TOASTIE</b> Local tomatoes, olives, flaked tuna, rucola & a touch of oregano served in an artisanal toasted bread	€4.95

## ROYAL CLASSICS

<b>CLASSIC ENGLISH BREAKFAST</b> Two fried eggs, two sausages, grilled smokey bacon, grilled tomatoes, mushrooms, baked beans & toasted bread	€9.50
<b>EGGS BENEDICT</b> Homemade flatbread, smokey grilled bacon, two poached eggs & hollandaise sauce sprinkled with crumbled kale	€8.50
<b>EGGS ROYALE</b> Homemade flatbread, smoked salmon, two poached eggs & hollandaise sauce sprinkled with crumbled kale	€8.95
<b>VEGAN BREAKFAST</b> <b>VG V</b> Savoury scrambled tofu, two falalel koftas, mushrooms, tomatoes, sweet potatoes and baked beans served with toasted bread	€8.95

**VG**

Vegan

**V**

Vegetarian

**GF**

Gluten-Free

## TRIPLE STACK PANCAKES

<b>NUTELLA &amp; COOKIE PANCAKES</b> <b>V</b> Nutella, crushed cookies & white chocolate sauce	€5.95
<b>BANOFFEE PANCAKES</b> <b>V</b> Banana slices, crushed biscuits, toffee syrup, cream & chocolate chips	€5.95
<b>BERRY PANCAKES</b> <b>V</b> Berry compote, white chocolate sauce & whipped cream	€5.95
<b>MAPLE &amp; WALNUT PANCAKES</b> <b>V</b> Chopped walnuts & maple syrup	€5.95

## YOGHURT POTS

<b>BANANA &amp; CARAMEL</b> <b>V</b> Yoghurt topped with sliced banana, caramel syrup & granola	€3.95
<b>BERRY CRUMBLE POT</b> <b>V</b> Yoghurt topped with mixed berry compote, dates & granola	€3.95
<b>CHIA SEEDS WITH FRUIT</b> <b>V</b> Yoghurt and chia seeds topped with fresh fruit	€3.95
<b>FRESH FRUIT SALAD</b> <b>VG V GF</b> Mixed seasonal fresh fruit	€3.00

## SMOOTHIES

<b>TROPICAL SUNSHINE</b> <b>V</b> Mango, pineapple, papaya, apple juice & yoghurt	€4.95
<b>STRAWBERRY MANIA</b> <b>V</b> Strawberries, banana, apple juice & yoghurt	€4.95
<b>TRIPLE BERRY</b> <b>V</b> Blackberry, raspberry, strawberry, apple juice & yoghurt	€4.95
<b>ESPRESSO POWER SMOOTHIE</b> <b>V</b> Banana, peanut butter, coffee, chia seeds & milk	€4.95
<b>PEANUT PROTEIN BOOSTER</b> <b>V</b> Whey protein powder, banana, organic peanut butter & oat milk	€5.95
<b>BODY BUILDER PROTEIN BOOSTER</b> <b>V</b> Whey protein powder, strawberries, banana, chia seeds, milk & yoghurt	€5.95
<b>ENERGY PROTEIN BOOSTER</b> <b>V</b> Whey protein powder, banana, peanut butter, coffee, dates & chia seeds sprinkled with peanut crumble	€5.95

## MILKSHAKES

<b>VANILLA MILKSHAKE</b>	€3.95
<b>STRAWBERRY MILKSHAKE</b>	€3.95
<b>CHOCOLATE MILKSHAKE</b>	€3.95
<b>OREO MILKSHAKE</b>	€4.95
<b>NUTELLA MILKSHAKE</b>	€4.95
+ Add whipped cream to your milkshake	€1.00

## HOMEMADE DRINKS

<b>LEMONADE</b>	€1.95
<b>PEACH ICED TEA</b>	€1.95
<b>STRAWBERRY ICED TEA</b>	€1.95
<b>FRESH APPLE JUICE</b>	€3.50

## INFUSED WATER

<b>ORANGE &amp; BASIL</b>	€1.80
<b>CUCUMBER, LEMON &amp; MINT</b>	€1.80
<b>CUCUMBER, THYME &amp; LIME</b>	€1.80

## COFFEE & TEA

<b>ESPRESSO</b>	€1.30   €1.80	<b>ICED MOCHA</b>	€3.95
<b>ESPRESSO MACCHIATO</b>	€1.50	<b>ICED LATTE</b>	€2.95
<b>CAPPUCCINO</b>	€2.00   €2.50	<b>ICED AMERICANO</b>	€2.50
<b>AMERICANO</b>	€1.50   €1.80	<b>ICED CHAI LATTE</b>	€3.95
<b>CAFÉ MOCHA</b>	€2.95   €3.25	<b>TEA</b>	€2.50
<b>CAFÉ LATTE</b>	€2.80   €3.20	<b>POT OF TEA</b>	€2.95
+ Add syrup to your coffee			€0.60
pistachio, hazlenut, vanilla or caramel			

## HOT CHOCOLATE

<b>REGULAR HOT CHOCOLATE</b>	€3.00
<b>THICK HOT CHOCOLATE</b> Different flavours available	€4.50
<b>BAILEY'S HOT CHOCOLATE</b>	€4.95
+ Add topping to your hot chocolate marshmallows, whipped cream	€1.00

## DESSERTS

<b>HOMEMADE APPLE CRUMBLE</b> Diced fresh apples cooked in cinnamon spices and raisins topped with sweet & buttery crumble	€3.95
<b>CHOCOLATE FONDANT</b> Small chocolate cake full of chocolatey & oozy goodness served with vanilla ice-cream	€4.95
<b>FRIED IMQARET</b> 2 fried Imqaret drizzled with honey & served with vanilla ice-cream	€3.75
<b>HOMEMADE PREMIUM CHOCOLATE BROWNIE</b> Fudgy tender brownies served warm & drizzled with chocolate sauce	€2.95
<b>MINI CANNOLI</b> Sicilian ricotta cannoli sprinkled with chopped pistachio	€1.50

## BEVERAGES

<b>WATER</b>	€1.50   €3.20	<b>BITTER LEMON</b>	€1.95
<b>TONIC WATER</b>	€1.95	<b>GINGER ALE</b>	€1.95
<b>SODA WATER</b>	€1.95	<b>BLUE LABEL</b>	€4.40
<b>SOFT DRINKS</b>	€1.95	<b>LOCAL BEER</b>	€2.95
<b>FRUIT JUICES</b>	€1.50	<b>FOREIGN BEER</b>	€3.00
<b>ICED TEA</b>	€2.00	<b>CIDER</b>	€3.90
<b>ENERGY DRINKS</b>	€2.60		

## COCKTAILS

<b>APEROL SPRITZ</b>	€6.50	<b>NEGRONI</b>	€5.95
<b>CAMPARI SPRITZ</b>	€6.50	<b>CUBA LIBRE</b>	€5.95
<b>LIMONCELLO SPRITZ</b>	€6.50	<b>GIN &amp; TONIC</b>	€5.95

## WINE

<b>WHITE 75cl</b>		<b>RED 75cl</b>	
Frascati (Lazio)	€23.00	Sangiovese Terre	€14.95
Grillo (Sicily)	€16.95	Nero d'Avola (Sicily)	€16.95
Pinot Grigio (Veneto)	€19.50	Negroamaro Monaci	€22.95
<b>ROSÉ 75cl</b>		<b>PROSECO 75cl</b>	
Pinot Grigio Blush	€15.95	Serena	€14.95

## SPIRITS & MORE

<b>WHISKEY</b>	€3.00	<b>MARTINI BIANCO/ROSSO</b>	€2.50
<b>SINGLE MALT WHISKEY</b>	€3.80	<b>RUM</b>	€3.80
<b>BLACK LABEL</b>	€4.20	<b>DIGESTIVES</b>	€2.95
<b>RED LABEL</b>	€2.95	<b>LIQUORS</b>	€2.95
<b>VODKA</b>	€2.95	<b>GIN</b>	€2.50

Catering | Kids Parties | Events



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