

## WRAPS & SALADS

### CHICKEN CAESAR WRAP €7.50 | SALAD €9.95

Iceberg lettuce, fresh chicken, smoked bacon, cherry tomatoes, aged parmesan shavings, artisan croutons with creamy caesar dressing

### CHICKEN PASTA SALAD SALAD €9.50

Penne, fresh chicken, homemade pesto, parmesan shavings, cherry tomatoes, drizzled with olive oil

### CRISPY CHICKEN BACON TWIST WRAP €7.50 | SALAD €10.50

Iceberg lettuce, couscous, crispy chicken, tomatoes, red onion, bacon, parmesan shavings & k&c dressing

### ENERGY BEEF BOOSTER WRAP €7.50 | SALAD €10.50

Iceberg lettuce, couscous, slow-cooked beef, sweet corn, red cabbage, crispy carrots, fresh peppers, caramelized onions, crumbled cashews with oyster sauce

### AVO-LOVER WRAP €7.50 | SALAD €9.50

Iceberg lettuce, couscous, avocado, tomatoes, sweet corn, shredded carrots, boiled egg, parmesan shavings & mayo

### SALMON LOVIN' WRAP €7.95 | SALAD €10.95

Iceberg lettuce, rice, sliced egg, smoked salmon, cherry tomatoes, red onion, cucumber & herb mayo

### TUNA SENSATION WRAP €6.95 | SALAD €9.50

Iceberg lettuce, couscous, tuna chunks, sweet corn, tomatoes, shredded carrots, red onions, olives & herb mayo

### SUPERFOOD TOFU (vg) (v) WRAP €7.50 | SALAD €9.50

Iceberg lettuce, rice, crispy tofu, cherry tomatoes, sweet corn, onions & tzatziki sauce

### HOMEMADE FALAFEL (vg) (v) WRAP €7.50 | SALAD €9.95

Iceberg lettuce, quinoa, falafel, tomatoes, cucumbers, red onion, shredded cabbage & tzatziki sauce

Gluten free pasta and wraps are available at an extra charge



# kale & crumble

RESTAURANT | CATERING | WORKSPACES

Served with jasmine rice or egg/rice noodles

### KOREAN BEEF €11.95

Beef strips, carrots, cabbage, bell peppers & mushrooms, served with homemade amai sauce, crispy onions & sesame seeds

### AMAI CHICKEN €10.95

Marinated chicken, green beans, carrots, fried egg, bell peppers, onions, garlic & ginger served with homemade amai sauce sprinkled with crumbled peanuts

### SWEET & SOUR CHICKEN €10.95

Chicken, bell peppers, cherry tomatoes, pineapple, onions, garlic & ginger, served with homemade sweet & sour sauce and sprinkled with crumbled peanuts

### CHICKEN CURRY €10.95

Fresh chicken and vegetables simmered in a creamy sauce flavoured with a blend of spices

### TEPPANYAKI CHICKEN €10.95

Teppanyaki style chicken, bell peppers, carrots, onions and ginger served with homemade sweet soya sauce garnished with fried onions & sesame seeds

### CHICKEN TIKKA MASALA €10.95

Grilled chicken with spices, crumbled cashews, bell peppers, onions, carrots, butter masala garnished with fried onions & fried carrots

### PEKING DUCK €11.95

Slow cooked peking duck breast, bell peppers, onions, carrots, served with bulgogi sauce & garnished with spicy onions & carrots

### CRISPY SWEET CHILLI TOFU (vg) (v) €10.50

Crispy tofu, fried broccoli, bell peppers, onions, green beans, shredded carrots & mushrooms coated with sweet chilli

### BUILD YOUR OWN

Please speak to our team for more information about the available options

## BAO BUNS

All served with prawn crackers

### KOREAN CRISPY CHICKEN €8.50

Two soft and fluffy bao buns, succulent pieces of crispy chicken, Asian veggies, crispy onions & sweet chilli sauce

### TERIYAKI BEEF €8.95

Two soft and fluffy bao buns, tender beef strips infused in teriyaki sauce, Asian slaw, crispy onions & crumbled peanuts

### CRUMBLLED THAI TOFU (vg) (v) €8.95

Two soft and fluffy bao buns, crispy tofu, Asian slaw, crispy onions, drizzled with sweet chilli sauce

### TERIYAKI SALMON €9.95

Two soft and fluffy bao buns, fresh salmon, crunchy Asian slaw, crumbled peanuts, teriyaki dressing & sesame seeds

### VOLCANO PRAWNS €8.95

Two soft and fluffy bao buns, prawns, siracha sauce, Asian slaw & fried onions

### BULGOGI DUCK €9.50

Two soft and fluffy bao buns, slow cooked duck breast, Asian slaw & bulgogi sauce garnished with sesame seeds

### SWEET & SOUR CHICKEN €8.50

Two soft and fluffy bao buns, chicken, Asian slaw cooked with sweet & sour sauce garnished with sesame seeds

### PULLED PORK €8.95

Two soft and fluffy bao buns, pulled pork, Asian slaw, crispy onions & BBQ sauce

## HOMEMADE SOUP

### SOUP OF THE DAY (vg) (v) €4.95

### SOUP WITH PARMESAN & FOCACCIA (vg) (v) €6.50

Soup of the day served with parmesan cheese & buttered homemade focaccia

## WARM BOWLS

### PROTEIN PUNCH €10.50

Rice, fresh chicken, grilled vegetables, onions, sweet corn, cherry tomatoes, avocado, herb oil & crispy onions

### PROTEIN KING €10.95

Rice, fresh chicken, sweet potatoes, broccoli, avocado, carrots & boiled egg drizzled with homemade pesto

### DYNAMITE BEEF €11.50

Rice, teriyaki slow cooked beef, shredded carrots, grilled vegetables, kale, sweet potato, caramelised onions, crumbled peanuts & teriyaki sauce

### LOW CALORIE €10.50

Rice, crispy tofu, green beans, bell peppers, sweet potatoes, kale, mushrooms & homemade pesto dressing



### FRIES, RICE, QUINOA, COUSCOUS €2.50

### SWEET POTATO FRIES OR WEDGES €3.95

## PASTA

### SPAGHETTI AL POMODORO €8.95

Homemade tomato sauce, parmesan shavings, drizzled with herb oil & basil

### MAC & CHEESE €9.00

Medley of cheese sauce with crispy onion gratinated with parmesan cheese

### PENNE BEEF STROGONOFF €10.95

Beef strips, sliced mushrooms, garlic, onions, parsley & cream sauce

### PENNE AL SALMONE €11.95

Fresh salmon, cherry tomatoes, garlic, white wine, parsley, touch of tomato sauce & cream

### PENNE CHICKEN €10.50

Sautéed chicken breast, bacon, kale, onions, mushrooms & cream sauce

### SPAGHETTI PRAWNS €12.95

Prawns, cream, parmesan, Nduja & local seasoning sprinkled with crispy onions

Gluten free penne pasta available at an extra charge of €1.50

## PIZZA

### MARGHERITA (v) €8.95

Tomato sauce, mozzarella & oregano

### AL TONNO €9.95

Homemade tomato sauce, mozzarella, tuna, onions, sliced olives & oregano

### FUNGHI (v) €9.95

Homemade tomato sauce, mozzarella covered with local mushrooms & oregano

### PEPPERONI €9.95

Homemade tomato sauce, mozzarella covered with pepperoni & oregano

### CAPRICCIOSA €9.95

Homemade tomato sauce, mozzarella, olives, eggs, mushrooms, ham & oregano

## BURGERS & MORE

All burgers are homemade and served with French fries

### CLASSIC BURGER €9.95

Brioche bun, 100% pure beef patty, lettuce, tomatoes, cheese, onions, ketchup & mayo

### BACON BURGER €11.95

Brioche bun, beef, 100% pure beef patty, lettuce, tomatoes, grilled bacon, caramelized onions, smoked cheese & BBQ sauce

### CRISPY CHICKEN THAI BURGER €10.50

Brioche bun, homemade crunchy chicken, iceberg lettuce, tomatoes, raw onions & thai chilli dressing

### HOMEMADE FALAFEL BURGER (v) (vg) €10.95

Sesame bun, homemade falafel patty, lettuce, tomatoes, caramelised onions & smashed avocado

### CRUNCHY CHICKEN NUGGETS €8.95

Crunchy & juicy homemade nuggets served with k&c dipping sauce & French fries

Gluten free bun available at extra charge of €1.50

## ARTISAN BREADS

### FTIRA "BIZ-ZEJT" €5.50

Ftira, tuna chunks, iceberg lettuce, tomatoes, red onions, olives, capers, olive oil, mint & tomato paste

### PULLED PORK €7.50

Ciabatta, in house slow cooked pork shoulder, lettuce, slaw, crispy onions & BBQ sauce

### CHICKEN & BACON €7.95

Ciabatta, homemade crispy chicken, bacon, aged cheese, lettuce, caramelized onions & BBQ sauce

### MORTADELLA & MOZZARELLA €7.95

Ciabatta, mortadella, rucola, mozzarella, crumbled pistacchio, crispy onions & homemade pesto

## FOCACCIA NAPOLETANA

### MORTADELLA DELIGHT €6.95

Mortadella, crumbled pistachios, bufala mozzarella, baby rucola and homemade pesto

### SMOKED SALMON €7.50

Smoked salmon, rucola, cherry tomatoes, boiled egg & cream cheese

### PROTEIN BEEF €6.95

Slow cooked beef, Asian stir fry, rucola, caramelized onions & teriyaki sauce

### CRISPY TOFU €6.95

Crispy tofu, lettuce, avocado, caramelized onions, sweet potatoes & BBQ sauce

### CAPRESE CHICKEN €6.95

Fresh chicken, bufala mozzarella, homemade pesto, tomatoes, crispy onions & lettuce

### WHAM, CHEESE & EGG €6.50

Cooked ham, cheese & sliced boiled egg

### FULL ENGLISH €6.95

Smokey grilled bacon, boiled egg, aged cheese, mushrooms, tomatoes & ketchup

# BUNS, TOASTS & CROISSANTS

<b>SUPER BREAKFAST BUN</b> Soft brioche bun, smoky grilled bacon, fried egg, sausage, crispy onions, mature cheese & k&c mayo	€7.95
<b>SMOKED SALMON BUN</b> Soft brioche bun, lettuce, scrambled egg, smoked salmon & cream cheese	€8.95
<b>AVOBACON BUN</b> Soft brioche bun, avocado, grilled bacon, cheese, tomatoes, lettuce & k&c sauce	€7.95
<b>CRISPY TOFU BUN (v) (vg)</b> Crispy tofu, tomatoes, sautéed mushrooms, lettuce, crispy onions & k&c sauce	€7.50
<b>HAM &amp; CHEESE TOAST</b> Cooked ham & mature cheese in toasted bread	€4.95
<b>FRESHLY BAKED CROISSANTS</b>	
Plain	€2.00
Chocolate	€2.75
Pistachio	€3.00

## ROYAL CLASSICS

<b>CLASSIC ENGLISH BREAKFAST</b> Two fried eggs, two sausages, grilled smoky bacon, grilled tomatoes, mushrooms, baked beans & toasted bread	€9.95
<b>EGGS BENEDICT</b> Homemade focaccia, smoky grilled bacon, two poached eggs & hollandaise sauce	€8.95
<b>EGGS ROYALE</b> Homemade focaccia, smoked salmon, two poached eggs & hollandaise sauce sprinkled with kale	€9.95

## TRIPLE STACK PANCAKES

<b>NUTELLA</b> Sprinkled with crushed cookies	€6.95
<b>BANANA &amp; CARAMEL</b> Drizzled with maple syrup	€6.95
<b>SICILIAN PISTACCHIO &amp; BERRY COMPOTE</b> Drizzled with hazelnut syrup	€6.95

## YOGHURT POTS

<b>BANANA &amp; CARAMEL (v)</b> Yoghurt topped with sliced banana, caramel syrup & homemade granola	€3.95
<b>BERRY CRUMBLE (v)</b> Yoghurt topped with mixed berry compote & homemade granola	€3.95
<b>RISE &amp; SHINE</b> Strawberry yoghurt mixed with honey infused homemade granola	€3.95
<b>FRESH FRUIT SALAD (vg) (v)</b> Mixed seasonal fresh fruit	€3.50

## SMOOTHIES

<b>TROPICAL SUNSHINE (v)</b> Mango, pineapple, papaya, apple juice & yoghurt	€5.50
<b>STRAWBERRY MANIA (v)</b> Strawberries, banana, apple juice & yoghurt	€5.50
<b>TRIPLE BERRY (v)</b> Blackberry, raspberry, strawberry, apple juice & yoghurt	€5.50
<b>HIGH PROTEIN SHAKE BOOSTER (v)</b> Vanilla whey protein powder, banana, organic peanut butter & oat milk	€6.50
<b>ENERGY PROTEIN BOOSTER (v)</b> Vanilla whey protein powder, banana, peanut butter, espresso & chia seeds sprinkled with crumbled peanuts	€6.50

# kale & crumble

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	Reg   Large
ESPRESSO	€1.30   €1.80
ESPRESSO MACCHIATO	€1.50
ESPRESSO CON PANNA	€1.95
CAPPUCCINO	€2.00   €2.50
AMERICANO	€1.50   €1.80
CAFE MOCHA	€2.95   €3.25
CAFE LATTE	€2.80   €3.20
ASSORTMENT OF TEAS	€2.50
HOT CHOCOLATE	€3.00

+ Decaffeinated coffee available  
+ Add syrup to your coffee pistachio, hazelnut, vanilla or caramel

## ICED DRINKS

ICED VANILLA ESPRESSO	€3.95
ICED LATTE	€2.95
ICED AMERICANO	€2.50
ICED CHAI LATTE	€3.95

## MILKSHAKES

VANILLA	€4.50
STRAWBERRY	€4.50
CHOCOLATE	€4.50
NUTELLA	€4.95

+ Add whipped cream to your milkshake for € 1.00

## HOMEMADE DRINKS

LEMONADE	€3.50
PEACH ICED TEA	€3.50
STRAWBERRY ICED TEA	€3.50
ICED LEMON MINT	€3.95
FRESH ORANGE JUICE	€4.95

### What we do

**Event/Private Catering**  
For any event at home or at work, be at a launch party or any type of staff event

### Group Orders

Choose from our restaurant menu, shared boxes or from our selection of homemade finger food. Food can also be made to order

### Event Hosting

Ideal for hosting private and corporate functions

### Cooking workshops & wine tasting sessions

### Meeting rooms

For training sessions or brainstorming sessions

### Kids' birthday parties & cooking sessions

### Contact us

☎ 99996566  
✉ info@kaleandcrumble.com  
📍 kaleandcrumble



## BEVERAGES

WATER	€1.50   €3.20
TONIC WATER	€1.95
SOFT DRINKS	€2.25
FRUIT JUICES	€1.75
ICED TEA	€2.40
BITTER LEMON	€1.95
LOCAL BEER	€2.95
FOREIGN BEER	€3.00
RED BULL	€2.95
GO & FUN	€2.95

## WINE

<b>WHITE 75cl</b>	
Grillo (Sicily)	€16.95
Pinot Grigio (Veneto)	€19.50
<b>ROSÉ 75cl</b>	
Pinot Grigio	€15.95
<b>RED 75cl</b>	
Freschello	€15.95
Cabernet Veneto	€16.95
<b>PROSECO 75cl</b>	€15.95

## COCKTAILS

APEROL SPRITZ	€6.50
CAMPARI SPRITZ	€6.50
VODKA COKE	€6.50
NEGRONI	€6.95
CUBA LIBRE	€6.50
GIN & TONIC	€5.95

## SPIRITS & MORE

WHISKEY	€3.00	MARTINI BIANCO/ROSSO	€2.50
SINGLE MALT WHISKEY	€3.80	RUM	€3.80
BLACK LABEL	€3.95	DIGESTIVES	€2.95
RED LABEL	€2.95	LIQUEURS	€2.95
VODKA	€2.95	GIN	€2.95

## DESSERTS

<b>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 pistachios	€1.50
<b>CHOCOLATE FILLED CHURROS</b> 2 churros filled with chocolate, drizzled with chocolate sauce and sprinkled with peanut crumbs	€4.95
<b>SELECTION OF ICE CREAM &amp; SORBETS</b>	€1.20
<b>OTHER SWEETS AVAILABLE ON DISPLAY</b>	

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