

1. Create a Box

Our menu involves three simple steps:

Step 1 **Create a Box**, Step 2 **Choose a Base** and Step 3 **Add a Sprinkle**.

Middle Eastern Chicken

Roasted red peppers, avocado & feta
— Sumac dressing

€8.95

Moroccan Spiced Chickpeas

(Served Hot)

Herby couscous, cucumber,
pomegranate
— Minty yoghurt dressing

€8.95

Korean Chicken

Pickled cucumber, carrot,
spring onion, mango
— Peanut dressing

€8.95

Charred Irish Beef Flank

(Served Rare)

Quinoa, green beans, cherry tomatoes,
pickled red onion
— Chimichurri dressing

€9.50

Spiced Turkey

Pickled red onion, crispy bacon &
steamed broccoli
— Sriracha yoghurt dressing

€8.95

Baked Flaked Salmon

Miso kale slaw with carrots & apple
— Asian dressing

€9.95

Veggie Option

Switch any protein for our Middle Eastern Jack Fruit or Pea Fritters

2. Choose a Base

Pick **two** of the following:

Leafy Greens & Baby Spinach

Brown Rice

Cubed & Roasted Sweet Potato + €1

Fresh Slaw + 50c

3. Add a Sprinkle

Toasted Sesame & Linseeds

Mint & Parsley

Toasted Almonds & Cashews

Wraps

Wholemeal wraps with hummus,
fresh slaw & mixed leaves

Toasted to perfection

€4.50

Choose your dressing

Sriracha dressing | Yoghurt dressing

Choose your protein

Chicken | Turkey | Jack Fruit

€3.50

Salmon | Chorizo | Charred Beef

€3.95

Extras

Salmon | Chorizo | Charred Beef Flank

€3.95

Chicken | Turkey

€3.50

Jack Fruit | Pea Fritters

€2.50

Hummus | Extra Veg | Boiled Egg

€1.00

Quinoa Mix

€1.50

**Our menu has been nutritionally
assessed by dietitian Orla Walsh**

For all nutritional and allergen
information please ask a member of
staff or visit www.cocu.ie

Good Afternoon