



## 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

**8.50**

### Gubbeen Chorizo

Herby wholemeal couscous,  
feta, confit tomatoes  
— Homemade red pepper  
and tomato pesto

**8.50**

### Korean Chicken

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

**8.50**

### Bombay Bowl

Chickpeas in tahini yoghurt, za'atar roasted  
cauliflower, cucumber & pomegranate

— Tangy dressing

**8.50**

### Spiced Turkey

Pickled red onion, crispy bacon &  
steamed broccoli

— Sriracha yoghurt dressing

**8.50**

### Baked Flaked Salmon

Miso kale slaw with carrots & apple

— Asian dressing

**9.50**

### Veggie Option

Switch any protein for our marinated tofu or falafel

## 2. Choose Your Bases

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 | Falafel

**3.00**

Salmon | Chorizo

**3.50**

## Extras

Salmon | Chorizo

**3.50**

Chicken | Turkey

**3.00**

Tofu

**2.00**

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](http://www.cocu.ie)

**Good Afternoon**