

UNTIL 10:30
BREAKFAST
START YOUR DAY
THE KICKASS
WAY

FROM THE COUNTER

A Selection of Breads, Jams, Honey & Marmalades, Artisanal Cheeses, Granola & Grains, Sweet Treats, Cured Meats Seasonal & Dry Fruit, Coffee & Tea, Fresh Juices / 14

LIGHT

Yoghurt with Granola / 6
Yoghurt with Fresh Fruit / 6
Seasonal Fruit Salad / 5

TOASTED BREAD

Baked Beans / 4 ⑤
Two Eggs / 5 ⑤
Sausages / 6
Avocado / 7 ⑤
Mushrooms / 7 ⑤
Smoked Salmon / 7^s

ADDITIONAL TOPPINGS €2.
BAKED BEANS, MUSHROOMS,
SAUSAGES, SMOKED SALMON,
EGGS, AVOCADO

**ASK YOUR
SERVER FOR
KIDS MENU
AND
SPECIALS**

FOR ALLERGENS PLEASE TALK TO THE TEAM WHO WILL BE HAPPY TO EXPLAIN
MEAL PLAN - ALL FOOD ITEMS BELOW €11
⑤ - VEGETARIAN OPTIONS

SANDWICHES

EVERYDAY FROM 11:30 - 16:00

Roast Vegetables / 7 ⑤
Tomato Pesto Mozzarella / 7 ⑤
Weekly Toastas Special / 7
Roast Chicken / 7
Roast Beef Lettuce Pickles / 8
Salmon & Ricotta / 8

SOUPS

Roasted Tomato / 5 ⑤
Chicken & Butterbean / 6

SALADS

Mixed Green Salad / 5^s ⑤
Fattoush Bread Salad / 7^s ⑤
Vegetarian Nicoise / 7^s ⑤
Charlie's Chicken Caesar / 9

SIDES

Lebanese Spiced French Fries / 2^s ⑤
Oven roasted potatoes / 4 ⑤
Parsnip & Carrots / 4^s ⑤
Ratatouille / 5 ⑤
Brussels Sprouts & Bacon / 5 ⑤

STUDENTY SNACKS

The One Euro Suprise / 1
A Tin Of Nuts / 2
Bitterballen / 3
A Sh*tload of French Fries / 4 ⑤
Fried Calamari / 5^s

VondelGym
APPROVED

Carrot & Pumpkin Soup / 6 ⑤
213KCAL - 4G PROTEIN - 14G FAT - 15G KH - 4G FIBER
Raspberry & Pistachio Brownie / 6
381KCAL - 7G PROTEIN - 27G FAT - 4G KH - 4G FIBER
Power Salad / 8 ⑤
253KCAL - 9G PROTEIN - 16G FAT - 16G KH - 7G FIBER

Red Pesto Bulgar / 9 ⑤
294KCAL - 12G PROTEIN - 7G FAT - 44G KH - 6G FIBER
Chicken Power Salad / 10
400KCAL - 25G PROTEIN - 21G FAT - 32G KH - 7G FIBER
Red Pesto Bulgar Spicy Cod / 11
221KCAL - 29G PROTEIN - 9G FAT - 5G KH - 1G FIBER

SMALL PLATES

Fish Croquettes / 4^s
Stuffed Vine Leaves / 4^s ⑤
Beet Tzatziki Dip / 5^s ⑤
Babaganoush / 6 ⑤
AN AUBERGINE DIP
Sweet Potato Hummus Dip / 6 ⑤
Mezze Platter / 8^s ⑤
A TRIO OF OUR DIPS

SHARE ME

FOOD IS ALWAYS BETTER
ON THE OTHER PLATE

LARGE PLATES

EVERYDAY FROM 16:00

Beetroot & Lentil Burger / 8 ⑤
Skinny Me "B'Lamb" Burger / 9
OUR BUN FREE GUILT FREE BURGER
Moussaka / 10 ⑤
The "B'Lamb" Burger / 11
Sweet Beef Winter Stew / 11
SIMILAR TO OSSO BUCCO BUT WITH A SWEET TWIST
Spiced Salmon Kebabs / 13

PASTA & CO

Bulgur & Kale with Feta Cheese / 9 ⑤
Couscous with Citrus Chicken / 10
Black Lentil Poached Egg / 10 ⑤
LOVED BY FELIX
Spaghetti with Sweet Pepper & Lamb Ragù / 10
Freekeh / 11 ⑤
SUPER FOOD ALERT! AN ANCIENT GRAIN

DESSERTS & CHEESE

Ice Cream or Sorbet / 4^s
Sunny Side Up / 6
A FRIED EGG DESSERT.. WELL SORT OF
Café Glace / 7
Baklava / 7
Med Cheese Platter / 8

SKINNY PIZZA

Classic Margherita / 7 ⑤
Autumn / 8 ⑤
GLAZED ROOT VEGETABLE, THYME, HONEY
Weekly Special / 8
Four Cheese / 9 ⑤
Meatopia / 9

the pool

#DIVEIN #MEETMEATTHEPOOL

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