

## JUICES

Regular € 2.60 Large € 3.50

### CLEAN GREEN

Cucumber, celery and apple

### GINGERED CARROT

Carrot, apple, celery and ginger

### POPEYE

Carrot, apple, celery and spinach

### ZINGER

Apple, lime and ginger

### SPICEY DICEY

Carrot, apple, celery, kale/ cabbage,  
Ginger & cayenne pepper

### ORANGE JUICE

WHEATGRASS SHOT € 2.00

### 'Super' your juice with

Dr. Schulze's Superfood

1 dessertspoon 75c

Maca powder 1 teaspoon 75c

## SMOOTHIES

Regular € 2.60 Large € 3.50 Pint €7

### STRAWBERRY

with Banana, Orange Juice or Coconut Milk

### BERRY (mixed berries)

with Banana, Orange Juice or Coconut Milk

### MANGO MADNESS

with Banana, Orange Juice or Coconut Milk

## HOT DRINKS

TEA / COFFEE / HERBAL TEA €1.50

LATTE/ CAPPUCCINO /  
MOCHA / HOT CHOCOLATE €2.00

Coffees, Hot Chocolate and most Teas  
are Organic and Fairtrade. All beverages  
are made using reverse osmosis water.

### TAKE-AWAY ANY DISH FROM THE CAFÉ

#### Kevin's Organic Wraps

The wraps are made purely from Organic  
Carrot, Apple and Flaxseeds, dehydrated  
At 105°. 5 per packet € 5

#### Organic Herb Wraps

The wraps are made purely from Organic  
Carrot, Courgette, Flaxseeds and Herbs,  
dehydrated at 105°. 5 per packet € 7

#### Organic Pumpkin Seed 'Mayo' 5 oz.

Soaked pumpkin seeds, onion powder,  
garlic, olive oil. Apple cider vinegar, curry,  
salt and turmeric (egg free) € 4.50

Health Books, Juicers, Wheatgrass Seeds,  
Trays, Dr Schulze's Products and Enzymes  
Relaxation and Meditation CDs and DVDs

Living Food Preparation Classes: Ongoing  
Add your email to our mailing list

'If you want to be a success, get out there  
and clock up a few failures' Gabrielle Kirby



## HEALTHY HABITS

Ireland's First Raw Food Café



MONDAY - SATURDAY

9.30 - 5pm

(shop open 9am-6pm)

Gluten, Wheat and Dairy Free – **Vegan**  
Health Note: Nuts are used in many recipes

Natural and whole foods are, by definition  
living. 'Living' food means that  
it has not been heated beyond 40 C°/105 F  
which preserves maximum nutrition.

TAKE-AWAY available

Phone, text or email an order and collect:  
0404 68645/34048 text: 086 3961556

Email: veronicasol@eircom.net  
www.healthyhabs.com  
Quarantine Hill, Wicklow Town

## WRAPS

### Danish Wrap

Beetroot, marinated onions, cucumber on pumpkin seed 'Mayo'. Topped with lettuce/alfalfa sprouts €3.50

### Italian Wrap

Sundried tomatoes mixed with chopped olives and a taste of onions seasoned with oil and basil, marinated onions, cucumber, pumpkin seed 'Mayo'. Topped with lettuce/alfalfa sprouts €3.50

### Paddy Wrap

Grated carrots, marinated onions, cucumber on pumpkin seed 'Mayo'. Topped with lettuce/alfalfa sprouts €3.50

### Mexican Wrap

Sprouted mung beans in a chili dressing, marinated onions and cucumber on pumpkin seed 'Mayo'. Topped with lettuce/alfalfa sprouts €3.50



All wraps served on the premises come with a small side salad

[www.healthyhabs.com](http://www.healthyhabs.com)  
[www.visitwicklow.ie](http://www.visitwicklow.ie)

## SALADS

### PLATE OF 3 SALADS

Mixture of seasonal greens, sprouts and salads of the day €5.25

### PLATE OF 2 SALADS

Mixture of seasonal greens, sprouts and salads of the day €3.95

## OTHER DISHES

### WARM SOUP OF THE DAY

with dehydrated Crackers €3.50

**NUT BURGER** served on dehydrated bread with marinated cucumber, onion and BBQ sauce on a bed of lettuce with sprouts and 2 salads €7.95

**LIVE 'PIZZA'** with toppings served with 2 salads €7.95

Chef's Special ... See Blackboard

Special Desserts:.. See Blackboard

### SAMPLE PLATE

½ pizza, ½ wrap, ½ Burger and Salad €7.95

## Resources

Living Food Support Group 'Alive'

[www.irishlivingfoods.com](http://www.irishlivingfoods.com)

Email: [gabrielle@eircom.net](mailto:gabrielle@eircom.net)

## DESSERTS GUILT FREE DESSERTS

### 'Cheese' Cake – Various flavours

A rich creamy cashew nut filling on a nut base. €3.50

### Energy Bars

Brazil or Cashew Nuts, Organic Apple, Raisins €1.50

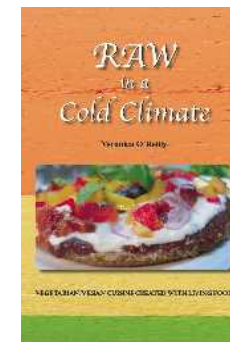
### Coconut Treats

Organic dessicated coconut blended with cashews, agave and lemon zest 50c

### Chocolate Peppermint Surprise

A rich 'chocolate' nut-based dessert €3.50

*All Desserts are free from Gluten, Dairy, Wheat and Eggs*



A lot of the recipes in Healthy Habits Café are contained in

Veronica O'Reilly's Recipe book 'Raw in a Cold Climate'

and in



'You Can Heal Your Self, I Did'

By Gabrielle Kirby