

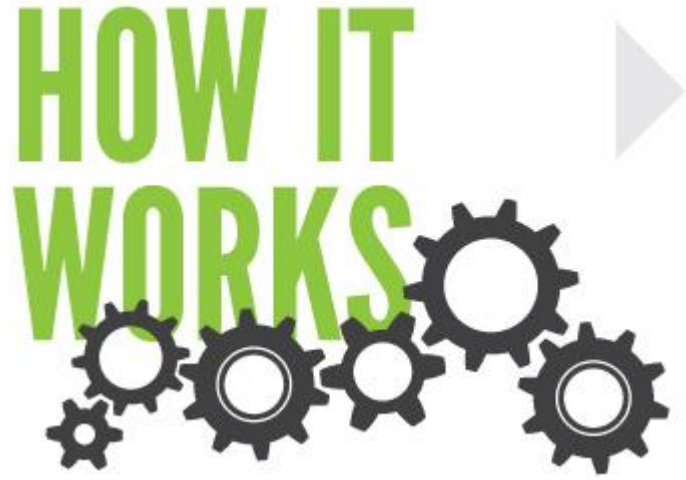
The Punnet Food Emporium

“Healthy food is just a call away”



We provide.....

- Fresh Salads & Wraps.
- Matcha Latte's.
- Organic Soup.
- Meridian Nut Butters.
- Gluten Free Products.
- Wheatgrass Shots.
- Bullet Proof Coffees.
- 5 Day Juice Cleanse
- Nutritional Supplements
- Protein Shakes



**Choose from any of our
“Superhero Superfood” Wraps/Salads**

**.....Or you can customise your own
Salad Box/Wrap.**



“Superhero Superfood” Wraps/Salads

- Superman: - Mixed Leaf, Sundried Tomato Pesto, Grated Sweet Potato, Mixed Peppers, Cherry Tomato & Turkey Breast.
- The Hulk: Basil & Cashew pesto, Avocado, Cucumber, Parsley, Rocket, Sweet Potato & Chicken Breast.
- The Bheast: Beetroot Pesto, Sweet Potato, Egg, Quinoa, Spinach, Irish Turkey Breast.

Customise your Wrap

Only at the Punnet Food Emporium

- 94 Lower Mount Street, Dublin 2 -

Step 1. Choose your Sauce:

- (A) Sun- Dried Tomato Pesto (B) Cashew & Basil Pesto
(C) Sweet Chill & Line Hummus. (D) Beetroot & Lime Hummus

Step 2. Choose your Leaf:

- (a) Spinach (B) Rocket (C) Mixed Leaf

Step 3. Choose any 4 Veg:

Chick Peas - Cherry Tomato – Grated Cheese - Avocado – Raw Broccoli.
Mixed Peppers – Sun Dried Tomato – Grated Sweet Potato - Sweet Corn.
Cucumber – Sliced Beetroot – Green Beans – Boiled Egg.

Step 3 - Choose your Meat:

- (A) Turkey Breast (B) Chicken Breast (C) Smoked Salmon
(D) Tuna & Sweet Corn (E) Smoked Tofu (Sesame & Almond)



Customise your Salad Box

Only at the Punnet Food Emporium

- 94, Lower Mount Street, Dublin 2 -

Step 1. Choose your Leaf:

(a) Spinach (B) Rocket (C) Mixed Leaf

Step 2. Choose any 4 Veg:

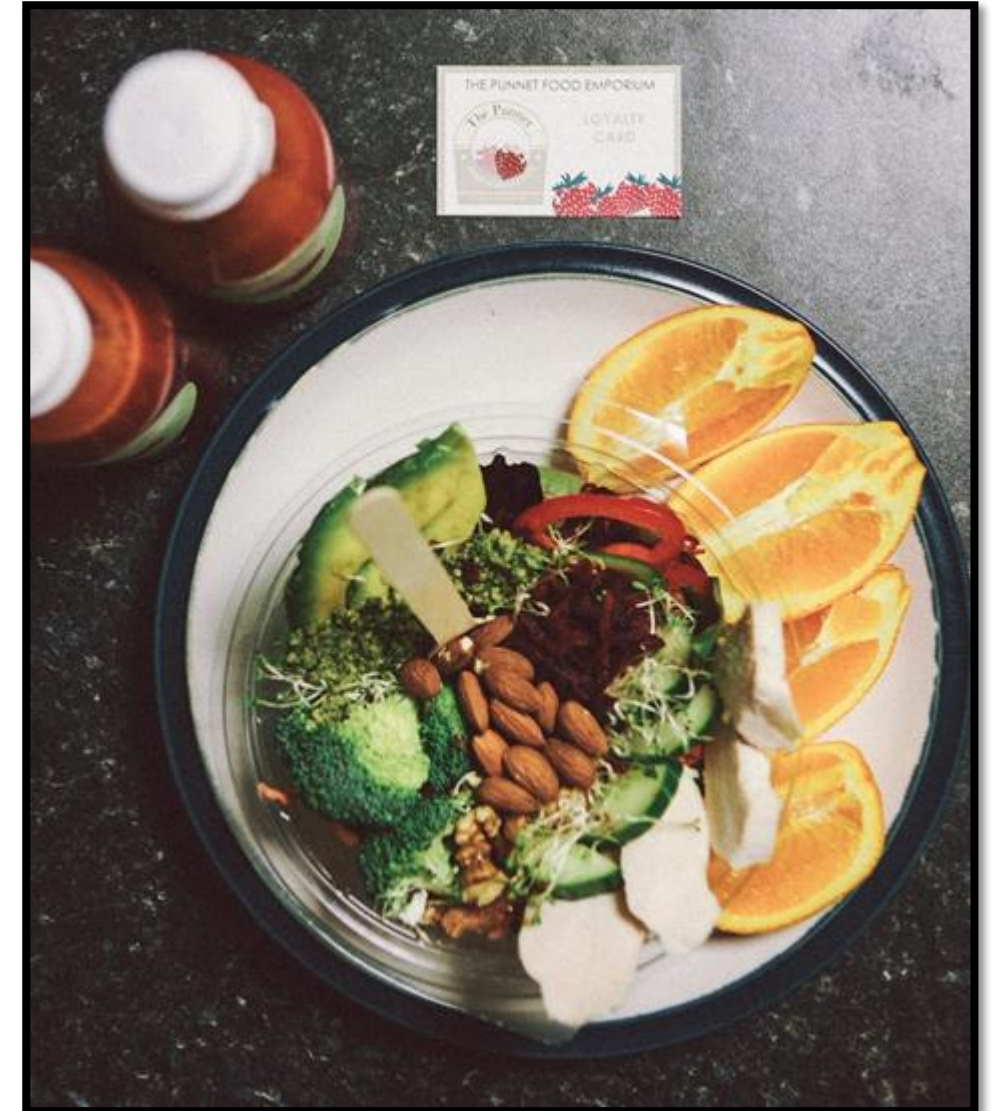
Chick Peas - Cherry Tomato – Grated Cheese - Avocado – Raw Broccoli.
Mixed Peppers – Sun Dried Tomato – Grated Sweet Potato - Sweet Corn.
Cucumber – Sliced Beetroot – Green Beans – Boiled Egg.

Step 3 - Choose your Meat:

(A) Turkey Breast (B) Chicken Breast (C) Smoked Salmon
(D) Tuna & Sweet Corn (E) Smoked Tofu (Sesame & Almond)

Step 4. Choose your side Sauce:

(A) Sun- Dried Tomato Pesto (B) Cashew & Basil Pesto
(C) Sweet Chill & Lime Hummus. (D) Beetroot & Lime Hummus





- **The Detox Divil.**
 - Beetroot, Orange, Carrot & Ginger.
- **Green Glasthule.**
 - Apple, Cucumber, Spinach, Lime, Ginger.
- **Energy Boost.**
 - Apple, Orange, Carrot & Wheatgrass.
- **Mount Street Madness.**
 - Celery, Apple, Cucumber, Pineapple, Spinach.



Add a fresh Wheatgrass shot too





You can email your order to
punnethealth@gmail.com.

Or call Darragh on
087-3567517

T&C:

- Delivery is restricted to offices within the Dublin 2 area.
- Please place your order at least 24 hours before receivership.
- **Cost:** Wraps: €5.50. Salad Box €6.95. Veggie Salad Box: €4.95. Bottles Juice €4.00. (500 ml)
- Minimum order of 10 units.
- Orders over 50 units receive a Free “Punnet Goodie Bag” from July – Sept ☺.
- We take card payment upfront over the phone.