

Be Surprised by a Healthy Brunch at Counter Culture – Review



Brunch seems to be synonymous with greasy, fatty foods smothered in sauces but in

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Powerscourt Centre on South William Street a different brunch movement is happening. ‘Why wait til Monday to eat clean’ is the ethos behind brunch at Counter Culture, a healthy eating eatery by Ronan Ryan and his wife Pamela Flood.

During the week Counter Culture is providing a clean eating menu from breakfast through dinner to diners who are making health conscious lifestyle choices. Their aim is to create interesting dishes that you can enjoy without spoiling your nutrition or fitness plans.

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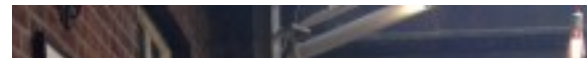
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Bacon & Cabbage Terrine by



With this in mind, we popped in to sample their “guilt free” brunch at the weekend. We were pleasantly surprised by the range of dishes and ingredients on the menu, which immediately began breaking down our misconceptions about clean eating brunches.

From our table perched high above the shoppers we began our brunch by trying the **Protein Shakes**. We ordered a coconut milk with peanut butter shake and an almond based one with fresh strawberries. A choice of wholesome, healthy ingredients combine to make creamy, delicious but guilt free drinks that you can tell are packed full of goodness (chia seeds, whey & porridge oats).

Egg lovers will delight in the variety of dishes that are available. From smoked chicken to

Gearoid Lynch of the Olde Post Inn

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avocado, you have plenty of choice no matter how you like your eggs. We went for the **5 Egg Protein Power Omelette** which comes with a very generous amount of chicken, spinach and four protein seeds. The omelette was cooked perfectly and is so filling you are guaranteed to be set up for the day.



The **Avocado & Feta Melt** was a gorgeous combination of perfectly ripe avocado, warm gooey cheese and sweet caramelised red onion, lovely soft textures paired with a seedy wholesome brown bread that worked perfectly. The

accompanying **Sweet Potato Fries** are worth a visit alone. It's baffling how something that delicious can be good for you. We are not ashamed, we got a second portion!

Whilst contemplating dessert we were recommended the **Protein Balls** from the all-natural protein counter. We were presented with little clusters of oats, chocolate and raisins served with natural yoghurt and a really sharp lemon curd. A totally different way to finish off a meal and left us feeling completely satisfied without any pangs of guilt.



At Counter Culture you can indulge yourself with tasty meals at brunch without the unhealthy

fare that usually constitutes a weekend treat. A great option for those who are conscious of making healthy lifestyle choices, and for those who are not!

A Healthy Taste for brunch that leaves you happy and satisfied.

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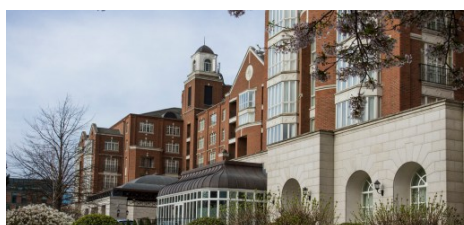
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