



breakfast

Banana pancakes	(V/DF/EF/RSF)	6.5
Toast with avocado, homemade salmon gravlax and poached egg	(DF/NF)	7
Toast with iberan ham and fresh tomato	(DF/NF/EF/RSF)	6.5
Açaí bowl, dried fruit and seasonal fruit	(V/DF/GF/EF/RSF)	7.95
Homemade granola with yogurt fruit preserve	(VG/GF/EF)	6



pica-pica

		½ portion	portion
Roasted potatoes with yogurt and romesco sauce	(VG/EF/RSF)	6	9
Hummus with homemade pita bread	(V/EF/DF/RSF)	5.5	8.25
Roasted mushrooms with spicy tomato sauce	(V/EF/GF/NF/RSF)	5	7.5
Thai papaya salad	(V/EF/GF/DF)	6.5	9.75
Bread basket with ecologic rye bread and stone-ground wheat bread			1.50



sweet, but without sugar

Chocolate and almond cookies	(V/GF/EF/DF/RSF)	6
Yogurt cheesecake with homemade strawberry marmalade	(VG/GF/EF/RSF)	6.5
Chocolate mousse	(V/DF/EF/GF/NF/RSF)	5.5

All prices include the V.A.T

V: VEGAN / VG: VEGETARIAN / EF: EGG FREE / GF: GLUTEN FREE / DF: DAIRY FREE / NT: NUT FREE / RSF: REFINED SUGAR FREE

We regret not being able to guarantee the total absence of nuts and other allergens in our dishes. Please, tell us if you have any special requirement or dietary restrictions so we can offer you the best alternative within our possibilities



buddha bowls

(DO IT YOURSELF)

Bowl 6 ingredients + 1 Sauce	8.5
Additional ingredients	1.5

Green leaves: spinach / rocket / lettuce mix (eco)

Raw vegetables: zucchini zoodles / carrots / radish

Complex carbs: bulgur / quinoa / cous-cous

Proteins: homemade salmon gravlax / lumagorri chicken / cooked chickpeas

Cooked veggies: roasted pumpking / cauliflower / roasted eggplant

Healthy fat: avocado / nuts / sesame seeds

Sauces: asian / vinaigrette / mango dressing



sandwiches

Iberian pork cheeks in bao bun	(EF/NF)	8
Pollito pibil with mozzarella and pickled red onion	(EF/DF/NF/RSF)	7.5
Toast with roasted vegetables and brie cheese	(VG/EF/NF/RSF)	6.5
Rock octopus saam with peanut suace	(GF/EF/DF/RSF)	8.5



cold pressed juices the juicy community

250 ml	2.95
500 ml	5.5

Energy: apple, spinach and lemon

Digestive: papaya, apple, banana and lemon

Vitamins: apple, kiwi, kale and spirulina

Restorative: tomato, carrot, beet, celery, cucumber