

MENU

LET'S SNACK...

BREAD MIX AND BEETROOT ALI OLI ✓ 2,00 P.P.

Gluten, egg, nuts

MARINATED GREEN OLIVES ✓ 3,00

HOME MADE GUACAMOLE ✓ 6,90
with corn "totopos"

NACHOS MUSSET 7,90

beef with mexican spices, jalapeños, black beans, and sweet corn gratin with cheddar accompanied by guacamole

Dairy products

MAGIC HUMMUS ✓ 6,50

Chickpea, beet and spices with crudités and pita bread

Gluten, sesame

"BRAVAS" ✓ 6,50

Home made french fries with alioli and spicy tomato sauce

Dairy products, sulphites, gluten

STARTERS

HOME MADE CROQUETS 1,80 UNID

Iberian ham or boletus and black trumpets mushrooms ✓

Gluten, dairy products, sulphites, egg, soya

MIX OF CROQUETS (6 unid) 11,40

" KETO GAZPACHO" ✓ 6,50

Cold and fresh tomato soup with onions, garlic, green pepper and cucumber

FRIED CALAMARI 8,90

Fried calamaris with wasabi sauce

Gluten, sulphites, egg

JAPANESE GYOZAS 9,90

of tofu and vegetables ✓
of chicken and vegetables

Gluten, soya, sesame

MINI FALAFEL PITAS ✓ 7,50

with "pico de gallo" and tahín sauce

Sesame, gluten

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SALADS

CESAR 13,90

with cos lettuce, crispy chicken, onion, cucumber, crutons, cherry tomatoes, parmesan cheese, bacon and cesar sauce

Gluten, fish, dairy products

SPINACH ✓ 13,90

with goat cheese, cherry tomatoes, onion, caramelized nuts, strawberries and mustard vinaigrette

Dairy products, nuts, mostard

SALAD OF CONTRASTS 17,50

fresh marinated salmon with mix of lettuce, mango, goat cheese, tomato cherrys, nuts, avocado and orange vinaigrette

Fish, dairy products, nuts

ENERGY BOWLS

CHICKEN BOWL 14,90

with brown rice, bulgur or quinoa, black beans, carrot, cherry tomatoes, ibicencan lettuce, sweet corn, avocado, eco boiled egg, white sauce and sesame seeds

Sesame, egg, dairy products

VEGGY BOWL ✓ 14,50

with brown rice, bulgur or quinoa, cherry tomatoes, spinach, arugula, carrot, calamata olives, feta cheese, beetroot hummus and hemp seeds

Dairy products, sesame

SUPER POKE BOWL 18,50

of marinated salmon, avocado, fresh mix vegetables and white rice with wasabi mayonnaise and soja and sesame sauce

Dairy products, gluten, sesame, fish

TACOS

CHICKEN TACOS 8,50

Grilled chicken, avocado tempura, lettuce, "pico de gallo", cheddar cheese with tahini sauce and guacamole.

Dairy products, sesame, gluten

BEFF TACOS 9,50

Spiced beef, "pico de gallo", lettuce and cheddar cheese with white sauce and Guacamole

Dairy products, sesame, gluten

VEGETARIAN TACO

sautéed seitan and ced tofu, red cabbage, carrot, "pico de gallo", with white sauce and guacamole

Dairy products, gluten, soya

BURGERS

ANGUS BEEF CHEESE BURGER 9,90

with cheddar cheese, lettuce and tomato with cristal bread.

Dairy products, gluten

ANGUS BEEF BURGER 200g 13,90

with cheddar cheese, fried onions, bacon, eco egg, tomato, lettuce, cristal bread and home made chips

Gluten, dairy products, egg

WAGYU PREMIUM BURGER 200g 16,90

with cheddar cheese, fried onions, bacon, eco egg, tomato, lettuce, cristal bread and home made chips

Gluten, dairy products, egg

CHICKEN, QUINOA AND CHIA BURGER 14,50

with cheese, rocket, tomato, white sauce, cristal bread and home made chips

Gluten, dairy products, traces of nuts, egg

VEGGY BEYOND BURGER 13,90

with avocado, goat cheese, grilled red pepper, wakame seaweed, red cabbage and home made chips with cristal bread

Gluten, dairy products, traces of nuts, sesame

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SANDWICHES

CLUB MUSSET 11,90

Grilled chicken, cheese, bacon, fried egg, mayonnaise, tomato and lettuce with home made chips

Gluten, egg, dairy products, traces of nuts

CLUB VEGGY 11,90

Avocado, brie cheese, dried tomatoes, lettuce, rocket, mayonnaise, red cabbage and white asparagus with home made chips

Gluten, egg, dairy products, traces of nuts

CLUB TUNA 10,90

Tuna, mayonnaise, lettuce, rocket and tomato

Gluten, dairy products, fish

Gluten free bread option 1,50

AND MORE...

VEGETABLES & BROWN RICE WOK 14,90

With tofu

Sesame, soya

YELLOW THAY CURRY 14,90

with tofu, vegetables and jasmin rice

Sesame, soya

CHICKEN YELLOW THAY CURRY 14,90

vegetables and jasmin rice

Sesame, soya

CRISPY CHICKEN TERIYAKY 14,50

With fried rice and vegetables

Sesame, soya, gluten

GRILLED SKIRT STEAK 13,50

With home made chips and padrón peppers