MENU

LET'S SNACK...

BREAD MIX AND BEETROOT ALI OLI 7 2,00 P.P.

Gluten, egg, nuts

MARINATED GREEN OLIVES

√
3,00

HOME MADE GUACAMOLE

✓ 6,90 with corn "totopos"

NACHOS MUSSET 7,90

beff with mexican spices, jalapeños, black beans, and sweet corn gratin with cheddar acompained 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 trompets 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

of tofu and vegetables V of chicken and vegetables

Gluten, soya, sesame

MINI FALAFEL PITAS 7,50 with "pico de gallo" and tahín sauce

Sesame, gluten



SALADS

CESAR 13,90

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

Gluen, fish, dairy products

SPINACH V

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

9,90

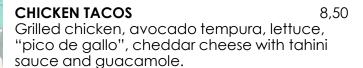
Dairy products, sesarrie

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



Dairy products, sesame, gluten

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
with cheddar cheese, fried ons,
bacon, eco egg, tomato, lettuce,
cristal bread and home made chips
Gluten, dairy products, egg

WAGYU PREMIUM BURGER 200g 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
with cheese, rocket,
tomato, white sauce,
cristal bread and home made chips
Gluten, dairy products, traces of nuts, egg

VEGGY BEYOND BURGER
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



9,50 SANDWICHES

CLUB MUSSET

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

Gluen, egg, dairy products, traces of nuts

8,50

13.90

16,90

13,90

CLUB VEGGY V 11,90 Avocdo, brie cheese, dried tomatoes, lettuce, rocket, mayonnaise, red cabbage and white asparagus with home made chips

Gluen, egg, dairy products, traces of nuts

CLUB TUNA

Tuna, mayonnaise, lettuce, rocket and tomato

Gluten, dairy products, fish

Gluten free bread option 1,50

AND MORE...

padrón peppers

VEGETABLES & BROWN RICE WOK With tofu Sesame, soya	14,90
YELLOW THAY CURRY V with tofu, vegetables and jasmin rice Sesame, soya	14,90
CHICKEN YELLOW THAY CURRY vegetables and jasmin rice Sesame, soya	14,90
CRISPY CHICKEN TERIYAKY With fried rice and vegetables Sesame, soya, gluten	14,50
GRILLED SKIRT STEAK With home made chips and	13,50