

■ **Breakfast**

■ *every day from 10 to 13*

- Olive oil and tomato toast	2,20 €
- Butter and jam toast	2,20 €
- Butter and jam croissant	2,50 €
- Ham and cheese toast	3,00 €
- Catalana (<i>olive oil, tomato and serrano ham</i>)	3,50 €
- Avocado toast	3,80 €
- Sunday Sano: Greek yogurt, granola and fresh fruits	4,50€

Eggs

- Scrambled eggs: <i>three scrambled eggs, dry tomato pesto and parmesan cheese</i>	6,50 €
- Delicious eggs: <i>two poached eggs, avocado and chile flakes</i>	7,00 €
- Eggs Benedict : <i>two poached eggs, york ham and dutch sauce</i>	7,50 €
- Gourmet eggs: <i>two poached eggs, avocado, smoked salmon and chile flakes</i>	8,00 €
- English breakfast: <i>two fried eggs, bacon, sausage, beans, grilled tomato and grilled spinach</i>	7,50 €
- Fresh Breakfast : <i>two scrambled eggs, grilled spinach, avocado and smoked salmon</i>	8,00 €
- Healthy porridge: <i>oats, quinoa, peanut butter, milk, nuts and fresh fruits</i>	7,50 €
- Pancakes: <i>served with strawberries, blueberrys and agave sirup</i>	7,50 €

■ **To Share**

- Humus with nachos	7,00 €
- Guacamole with nachos	7,00 €
- Vegetarian samosas	7,50 €
- Prawns pil-pil	9,00 €
- Tuna poké	9,50 €
<i>(Brown rice, fresh red tuna, avocado and thai sauce)</i>	
- Quesadillas	10,50 €
<i>(tortilla wrap, mozzarella cheese, pico de gallo and jalapeños)</i>	

Añade:

(Pollo 2,50€/ Gambas 3,00€)

■ *Salads 9,50€*

- Jengibre Salad:

Quinoa, bean sprouts, baked sweet potato, tomato, rockets, chickpeas and marinated ginger

- **Avocado and chicken salad:** *mixed lettuce, marinated chicken, mixed seeds, tomato with honey and mustard sauce.*

-**Thai salad** : *mixed lettuce, carrots, zucchini, peppers, cashews nuts, chicken or prawns and thai sauce*

- **Goat cheese salad:** *spinach, rockets, mango sirup, goat cheese, figs or pear (depends on the season), nuts and balsamic vinagar.*

- **Cesar salad:** *mixed lettuce, croutons, chicken, parmesan cheese and cesar sauce.*

Add:

(Prawns 3,00€ / Goat cheese 3.00€ / Feta 2,50€ / Avocado 2,00€ / Chicken 2,50€ / 2 Eggs 3,00€)

■ *Wraps*

- **Vegetarian o Vegan(humus) Wrap:** *onion,peppers,cream cheese(hummus), avocado, mozzarella.* **10,50 €**

- **Jengibre Wrap** : *beef , sweet corn, mozzarella, cucumber, cream cheese and jalapeños* **11,00 €**

- **Hawaii Wrap:** *chicken or prawns, mozzarella, avocado, cream cheese, peppers, onion and chili jam.* **11,50 €**

■ *Hamburgers*

- **Gourmet Burger:** **13,50 €**
beef, goat cheese, caramelized onion, rockets and sweet fries

- **Jengibre Burger:** **12,50 €**
beef, chedar cheese, bacon, avocado,tomato and sweet fries

- **Vegan Burger:** **13,50 €**
vegan burger, lettuce, avocado, tomato and sweet fries

*** Choose gluten free bread 1,50 €**

■ Wok

- Zucchini pasta:** 11,50 €
Zucchini, dry tomato pesto, garlic, tomato and parmesan cheese
- Pad Thai:** 12,50 €
Rice noodles, onion, fish sauce, tamarind sauce, egg, cashews nuts, bean sprouts, chicken or prawns and fresh chile.
- Vegan wok:** 12,00 €
Rice noodles, sauteed vegetables, sesame seeds, cashews nuts and soy sauce.
- Vegan lasagna:** 13,00 €
Zucchini sheets, walnut bolognese, cashews nuts cheese and dry tomato pesto.
- Jengibre wok:** 12,50 €
Rice noodles, sauteed vegetables, sesame seeds, chicken or prawns and soy sauce.

Add:

Chicken 2,50€ / Prawns 3.00€

■ Bowl

- Superfood Bowl:** 11,90 €
Quinoa, hummus, avocado, mixed seeds, pomegranate and miso sauce.
- Protein Punch:** 11,90 €
Quinoa, sauteed beans and chickpea, pico de gallo, sweet potato, boiled egg, coriander and avocado sauce.
- Vegan bowl:** 11,90 €
Quinoa, baked vegetables, hummus, grilled spinach, avocado and tahini sauce.
- Quinoa bowl:** 13,90 €
Quinoa, sweet potato, avocado, chicken, grilled spinach, avocado sauce and chile flakes.
- Salmon bowl:** 14,50 €
Grilled salmon, brown rice, avocado, cucumber, spring onion, tomato and thai sauce.

Add:

Sauteed vegetables 3,50€ / Quinoa 2,50€ /Brown rice 2,50€ /Avocado 2,00€ /Sweet fries 4,50€

Healthy Kids

- Margarita Pizza 6,00 €
- Rice noodles with walnut bolognese 6,50 €
- Chicken fingers and sweet fries 7,00 €
- Grilled salmon with sweet fries or brown rice 7,00 €

■ Postres

- Carrot cake 4.50 €
- Cheese cake 4.50 €
- Home made brownie 5.00 €
- Chia Pudings (Sneaker/ Pinapple cake) 5.00 €

JUICES

4.50 €

- Detox: Apple, ginger, spinach, avocado and pineapple
- Jengibre: Carrot, ginger, apple and orange
- Buena Vida: Carrot, beet, celery and apple
- Burning: Apple, tumeric, ginger and lemon
- Exótico: Orange, strawberries and banana
- Happy Summer: Apple, banana, pineapple and mint

Smoothies

6.00 €

- Goji: Goji berries, coconut milk, banana, mango and chia
- Tropical: Pineapple juice, banana, passion fruit, mandarin sorbet
- Blue Lagoon: Coconut milk, coconut pulp, banana, pineapple, blue spiruline
- Frozen Berry: Apple, red berries, strawberries, banana
- Red Sunset: Beet, strawberries, banana, agave sirup, coconut milk
- Orange Storm: Orange juice, strawberries, banana, mango, mandarin sorbet
- Home Made Limonade: Ginger, agave sirup, lime, mint, water
- Milkshakes: vanilla or strawberries

Shots

- Jengibre : Ginger and lemon
- Tumeric: Ginger, tumeric and lemon

3.00 €

3.50 €

Smoothie Bowls

- Açaí Bowl:
Açaí, coconut milk, banana, strawberries, blueberries and agave sirup
- Choco Loco Bowl: coconut milk, banana, peanut butter, dates and raw cacao
- Blue Bowl:
Almond milk, banana, pineapple, coconut pulp, honey, avocado and blue spiruline

9.00 €

9.00 €

9.00 €

Add:

Protein 1,80€/ Blue spiruline 2,00€/ Ginger 1,00€/ Tumeric 1,30€



■ *Soft Drinks*

-Sparkling water 2,10 €/ Steel water 2,30 €/Fanta Orange or Lemon 2,10 €/Sprite 2,10 €/ Tónico water 2,10 €/ Aquarius 2,10 €/ Nestea 2,30 €

■ *Café* (Organic Coffee)

-Americano, Cortado, Espresso	1,80 €
-Café con leche	2,10 €
-Café Doble	2,30 €
-Carajillo	2,50 €
-Café Coco	3,00 €
-Capucino, Latte y Mocaccino	3,00 €
-Irish Coffee	4,00 €

Milk:

Almond 0,50€/ Oat 0,50€/ Coconut 0,50€/ Soy 0,50€

Sweeteners:

Stevia/coconut sugar/ sacharine

* All our coffee and milk we use is organic.

■ *Tes naturales*

- Fresh ginger and honey tea.	3,20 €
- Fresh mint and honey tea.	3,20 €
- Tumeric latte.	4,00 €
- Almond chai latte .	3,50 €
- Coco macha latte.	4,00 €
- Organic teas (ask for the menu)	2,50 €

■ *Vinos*

-White Wine	13,50 € / Glass 3,00 €
-Red Wine	15,50 € / Glass 3,30 €
-Rose Wine	13,50 € / Glass 3,00 €

■ *Cervezas*

-Small beer	2,20 €
-Alhambra Especial	3,00 €
-Alhambra Reserva	3,50 €
-Large beer	4,00 €
-Heineken	3,50 €
-Coronita	3,50 €
-Tinto de Verano	3,00 €
-Glass of Sangría	4,50 €
-Jug of Sangría	12,50 €



"En cumplimiento del Reglamento (UE) N° 1169/2011, le informamos que tiene a su disposición información sobre el contenido en alérgenos de todos nuestros platos, rogamos solicite dicha información al personal del restaurante."



Jengibre