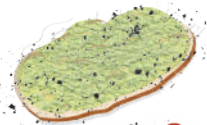

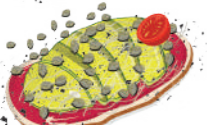



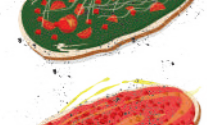


# BREAKFAST

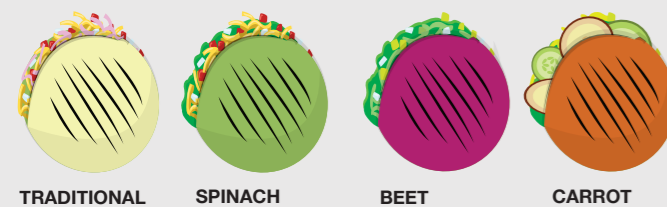
## TOASTS:

-  **REINA PEPIADA**  
Whole wheat bread, chicken and avocado.  
**4,90€**
-  **SAY CHEESE TOAST**  
Whole wheat bread, cashew vegan cheese and avocado.  
**4,90€**
-  **BEET TOAST**  
Whole wheat bread, beetroot hummus and avocado.  
**4,90€**
-  **AVOLOVER**  
Whole wheat bread, sliced avocado and poached egg.  
**4,90€**
-  **SWEET HEAVEN**  
Whole wheat bread, peanut butter, banana and dark chocolate.  
**4,90€**
-  **KALE ME CRAZY**  
Whole wheat bread, vegan pesto and cherry tomato.  
**4,90€**
-  **TUMACA TOAST**  
Whole wheat bread, tomato and olive oil.  
**2,90€**

\*Add Poached Egg for: 1,50€ \*Add Salmon or Avocado for: 2€

## AREPAS:

▼ CHOOSE YOUR BASE:



TRADITIONAL SPINACH BEET CARROT

## FILLINGS:

Reina Pepiada (smashed avocado with chicken), Chicken, Vegan, Scrambled egg.  
**5,90€**

\*Add Poached Egg for: 1,50€ / \*Add Salmon or Avocado for: 2€

## WAFFLE:

Made with whole oatmeal, sugar-free almond milk, and banana, honey and coconut toppings.



**5,50€**

\*Add Extra Banana for: 1€

## COFFEE:

•Espresso 2€ •Latte 2,30€ •American 2€  
•Capuccino 2€ •Machiato 2,30€ •Ice Coffee 2,30€

**MILK OPTIONS:** Coconut milk - Skimmed lactose free milk  
Oat milk- Almond milk- Soy milk- Whole milk

# STARTERS



### ZUCCHINI CARPACCIO:

Zucchini, goat cheese and arugula.  
**5,50€**



### SPRING ROLLS:

Rice paper filled with vegetables. Thai sauce on the side.  
**5,50€**



### ZUCCHINI CANOE:

Stuffed vegetables, filetto sauce, vegan pesto and mozzarella cheese.  
**5,50€**

### TASTY HUMMUS:

Hummus of the week, chickpea, seeds and crudités.  
**5,50€**

### TASTY TEQUES:

Baked whole wheat and chia dough tequeños. Yogurt aioli on the side.  
**7,90€**

### TROPICAL NACHOS:

Mango and avocado salad with corn nachos on the side.  
**7,90€**



## BOWL IT / WRAP IT INSPIRING YOU TO FEEL



### STEP 1 BASE + PROTEIN

2 Bases + 1 Protein + 1 Dressing  
**7,90€**  
Additional Base 1,50€ Additional Protein 3,50€



### STEP 2 VEGGIES

2 Veggies  
**2,50€**  
Additional Veggies 1,50€



### STEP 3 TOPPINGS

1 Topping Crunch + 1 Cheese  
**1,50€**  
Additional Topping 0,75€ Additional Cheese 0,75€



### STEP 4 SAUCES

1 Sauce  
**1€**  
Additional Sauce 1€

\*Add Extra Salmon or Tuna for: 1€ \*Add Avocado for: 2€ \*Add Guacamole for: 2,50€

## BOWLS



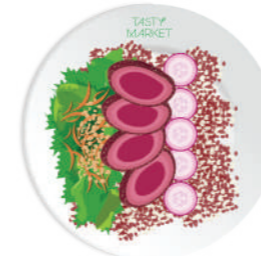
### TULUM BOWL:

Brown rice, free range chicken, canons, lentils, pico de gallo, corn, guacamole and cilantro dressing.  
**11,90€**



### RAINBOWL:

Red and white quinoa, baked falafel, vegetable noodles, cherry tomato and vegan pesto.  
**11,90€**



### THAI BOWL:

Red and white quinoa, tuna tataki, kale, carrot, peanut and thai sauce.  
**11,90€**



### PASTA EATALY:

Lentil pasta, filetto sauce and vegan pesto.  
**10,50€**

## DESSERTS

**COOKIE BOMB OREO:**  
**3€**

**COOKIE BOMB:**  
**3€**

**LEMON PIE:**  
**2,90€**

**CARROT MUFFIN:**  
**2€**

**BROWNIE:**  
**2€**

**BROOKIE:**  
**3€**

**BANANA BREAD:**  
**3€**

**SNICKER BITE:**  
**2€**

**CARROT MUFFIN:**  
**35€**

**CHOCOLATE AND PEANUT TARTLET:**  
**2,90€**

**CHOCOLATE AND HAZELNUT TARTLET:**  
**2,90€**

**DULCE DE LECHE TARTLET:**  
**2,90€**

\*All our desserts are made with whole oat flour and without refined sugars.

## TODAY'S MENU

**Bowl of the day + Drink +  
Cake or Coffee / Tea  
Check today's Bowl**

**11,90€**

From Monday to Friday at meal times from 12pm to 4pm

## WRAPS



**All accompanied  
by corn chips**

### CHICKEN:

Whole spinach wrap, free range chicken, brown rice, spinach and vegetables.

**10,50€**

### VEGAN:

Whole spinach wrap, roasted vegetables and red and white quinoa.

**10,50€**

## FRUIT BOWLS

**BERRY GOOD BOWL:** Berries, banana, vegetable drink and toppings: coconut, chia and bee pollen.  
**7,90€**

**AMAZONIAN BOWL:** Açai, banana, vegetable drink, toppings: sugar-free granola, coconut banana and goji berries.  
**8,50€**

**PARADISE BOWL:** Mango, banana, vegetable drink, toppings: sugar-free granola, goji berries and grated coconut.  
**7,90€**

## DRINKS

**ORANGE JUICE:** 100% orange juice.

**3,90€**

**TASTY LEMONADE:** Lemon juice and stevia.

**2,50€**

**COCOLIME:** Lemon juice and whole coconut sugar.

**2,50€**

**TASTY MATCHA:** Vegetable drink, matcha and stevia.

**3,90€**

**TASTY FROZEN:** Lemon juice, peppermint and whole coconut sugar.

**3,50€**

**PINEAPPLE DETOX:** Pineapple water.

**2,50€**

## SMOOTHIES

**CACAO POWER:** Banana, vegetable drink, peanut butter and cinnamon.

**5,50€**

**STRAWBERRY BANANA:** Strawberry, banana and vegetable drink.

**5,50€**

**GO GREEN:** Spinach, pineapple, mango and vegetable drink.

**5,50€**