

#TOAST

- HI! HONEY** | 8,50€ NEW
Honey whipped mascarpone on toast, figs and crushed pistachios
- GOOD MORNING TOAST** | 3,50€
Multigrain bread with butter and jam or turkey, olive oil and tomato
- AVOCADO TOAST** | 5,90€
Rustic olive bread with avocado and sesame seeds
- NEW YORK AVOCADO** | 5,90€
Toasted rye bread with avocado and chili
- SUPERMAN TOAST** | 5,90€
Toasted rye bread, almond cream, banana, honey and cinnamon
- BANANA BREAD** | 6,90€
- COCO BREAD** | 6,90€ NEW
- *Gluten free toast +1€

#HEALTHY BOWLS

- PORRIDGE** | 7,50€ NEW
Whole oats, coconut milk, cinnamon, strawberries and banana
- JUNGLE BREAKFAST** | 9,50€ NEW
Granola, seasonal fruit, yogurt and love
- SEASONAL FRUIT SALAD** | 8,90€
Fresh fruit salad
- CHIA PORRIDGE** | 8,50€
Chia in almond milk, topped with strawberries, almonds, cocoa nibs, pollen and honey
- CHIA ME UP!** | 8,50€
Chia seed pudding, coconut milk and fruits
- AÇAÍ BOWL** | 8,50€ BEST SELLER
Banana, strawberries, muesli, açai and grated coconut
- *Gluten free muesli +1€
- GREEN DETOX** | 8,50€
Wake up every day with this healthy combination of spinach, ginger, banana, orange, pineapple, mango and apple
- GOOD VIBES** | 8,50€
Give yourself a protein boost with this tasty bowl of banana, honey, soya milk and peanut butter
- COCO LOCO** | 8,50€
Take a trip to paradise with this bowl of pineapple, banana, mango, water and coconut milk

#SUPER BOWLS

by Elle Macpherson

- MORNING FUEL** | 12,50€ NEW
Spinach, celery, avocado, almond milk, flax seeds and Super Elixir
- AMAZING BOWL** | 12,50€ NEW
Banana, raspberries, coconut water, cacao, and Chocolate Nourishing Protein

#SWEET/SAVOURY

- SWEET GRATITUDE** | 14,90€
Pancake with caramelized banana, maple syrup and creamed coconut
- SWEET/SAVOURY CREPES** | 12,00€
Choose one sweet topping: maple syrup, agave, organic chocolate, honey or seasonal fruits
Choose one savoury topping: seasonal veggies or ham and cheese
- THE WAFFLE** | 12,50€ NEW
Homemade waffle served with fruits
- FRENCH TOAST** | 9,00€ NEW

#SUPER BREAKFAST

- HUEVOS DIVORCIADOS** | 12,50€ NEW
Poached eggs, sour cream, red salsa, chimichurri, avocado, smoked paprika
- MONTERREY EGGS** | 14,00€
Fried eggs, smashed avocado, market salad, toast and roasted potatoes
- SCRAMBLED BREAKFAST** | 7,90€
Scrambled eggs and toasted olive bread
- EGGS BENEDICTE** | (one egg) 7,00€ (two eggs) 12,50€
*Add salmon + 2,90€
- SMASHED AVOCADO TOAST BENEDICTE** | 13,00€
2 poached eggs with curry hollandaise sauce on an avocado base
- QUINOA HEAVEN** | 12,50€ BEST SELLER
2 poached eggs, red and white quinoa, roasted pumpkin, sauteed spinach, cherry tomatoes, feta, basil and tomato chutney
- GREEN EGGS** | 9,50€
Scrambled eggs with pesto, parmesan cheese and toasted olive bread
- MARINA PUENTE ROMANO** | 14,50€
Smoked salmon, scrambled eggs, avocado, grilled halloumi cheese and salad
- FRENCH OMELETTE** | 6,00€
*Add onion, tomato, pepper, mushroom, spinach or cheese (+1€ per extra ingredient)
Also available using egg whites only
- EPIC EGGS** | 13,50€ NEW
2 poached eggs with hummus and asparagus

#TO SHARE

- SAMOSAS** | 11,90€ NEW
- LOLA'S NACHOS** | 12,50€ NEW
Nachos with sour cream and avocado
- SHARING PLATE** | 14,90€ BEST SELLER
Beetroot hummus, chickpea hummus, spicy roasted pumpkin puree, olives, falafel, avocado, carrot and cucumber sticks, toasted pita bread, sweet potato chips
- THE AVO** | 9,00€ NEW
Tomato, coriander, avocado and sesame seeds
- RAINBOW HUMMUS** | 10,50€
Carrot, beetroot and chickpea hummus selection with celery, carrot and cucumber sticks with toasted pita bread
- AVOCADO DIP** | 12,90€
Avocado bread with our house guacamole and chickpea hummus
- TURKISH PASSION** | 12,90€ BEST SELLER
Hummus, avocado, halloumi cheese and pomegranate on a base of Arabic bread

#SOUPS

- DEPURATIVE CREAM** | 8,50€ NEW
Beetroot and fennel
- BROCURRY** | 8,50€ NEW
- CREAM OF CARROT** | 8,50€
- GAZPACHO** | 8,50€ NEW
- CREAM OF PUMPKIN** | 8,50€

#DAILY GREENS

- XOXO** | 14,00€ NEW
Quinoa salad with curry and beet
- BROCCOLI SALAD** | 12,50€
Broccoli and bean salad with coriander and toasted sesame seeds
- ALL TERRAIN** | 12,90€
Avocado salad with chicken, pumpkin seeds and honey mustard dressing
- RACHEL'S SALAD** | 13,50€ BEST SELLER
Kale, chickpeas, avocado, carrot, cherry tomatoes, red radishes, red and white quinoa, and carrot falafel
- QUINOA TABOULÉ** | 12,50€ NEW
Quinoa taboulé with red onion and tomato
- ROASTED BRUSSEL'S SPROUT SALAD** | 13,50€ NEW
Quinoa with Brussels sprouts, chickpeas and onions
- BEETROOT SUPER BOWL** | 13,00€
Quinoa, lentils, pumpkin, nuts, seeds, spinach, beetroot, avocado, feta cheese and apple compote
- COOL SALAD** | 15,50€ BEST SELLER
Roasted chicken, alfalfa, beetroot, carrot, spinach, basil, pumpkin, avocado, dill with our special sauce; accompanied with beetroot hummus and pita bread
- MANGO SALAD** | 19,00€ NEW
Mango, salmon, red onion, lettuce, feta and citrus dressing
- CREAMY GREEK PASTA SALAD** | 12,90€ NEW
Pasta, cherry tomato, cucumber and our delicious vegan cashew pesto

#WRAPS

- SALMON WRAP** | 14,00€
Smoked salmon, spinach and avocado
- ESSAQUIRA WRAP** | 12,00€
Moroccan style chicken, curry sauce, tomato and red onion
- FALAFEL WRAP** | 12,00€ BEST SELLER
Homemade falafel, carrot, spinach, onion, basil, purple cabbage, avocado and beetroot hummus
- LUCKY BASTARD** | 14,00€
Grilled veal, basil, avocado, tomato, carrot, coriander, onion, alioli and homemade asian relish
- CHICKEN WRAP** | 12,00€ NEW
Grilled chicken, tomato, cucumber and yogurt

#RACHEL'S SPECIALS

- MY FRIEND** | 8,50€ NEW
Quesadillas with spinach and a vegan cheese
- SPAGHETTI OF THE LAND** | 12,50€
Spaguetti bathed in a delicious sauce of fresh tomatoes
- SPAGHETTI OF THE SEA** | 16,50€ NEW
Spaguetti with shrimp and cherry tomatoes
Spicy!
- VEGAN SWEET POTATO CURRY** | 12,90€ NEW
Sweet potatoes, carrot, chickpeas, onion, ginger, kale, curry and coconut milk
- GRILLED SALMON** | 15,90€ BEST SELLER
Salmon with cauliflower rice and avocado
- FALAFEL** | 11,90€
Falafel with beetroot hummus, avocado and salad
- HOMEMADE QUICHES** | 9,00€/portion
*Ask for our daily selection
- NO PASTA PASTA** | 12,90€ NEW
Zucchini noodles
Choose sauce: beef and tomato ragú or pesto
- GYPSY CAULIFLOWER** | 14,00€ NEW
Cauliflower with tahini, pistachios and turmeric
Spicy!
- FIT FOOD** | 13,90€ NEW
Grilled chicken with vegetables
- MEE GORENG** | 13,90€ BEST SELLER
Chinese noodles with wok vegetables and chicken or tofu
Mild spicy, moderately spicy or very spicy!

#SANDWICHES/BURGERS

- BREAKY** | 8,50€ NEW
Toast with avocado, grilled egg and a spicy touch
- MEXICAN BURGER** | 12,00€ BEST SELLER
Grilled spicy Mexican chicken breast, guacamole, fresh tomato, purple cabbage, jalapeño peppers, chipotle with fresh lime
Spicy!
- VEGGIE BURGER** | 14,90€
Delicious veggie patty with herbs and spices, cucumber, avocado, tomato chutney, lettuce and onion
- TRUE BURGER** | 14,90€ BEST SELLER
Beef with caramelized onions, arugula and our special relish
- SANDWICH MIXTO** | 7,50€
- *Gluten free bread +1€

#TRADITIONAL BAKING

- SEE OUR DISPLAY FRIDGE FOR MORE YUMMY TREATS**

