

## TOASTS

<b>GF</b> HI! HONEY	8,50€
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	
<b>GF</b> BANANA BREAD	6,90€
<b>GF</b> COCO BREAD	6,90€
<b>GF</b> GLUTEN FREE TOAST	+1,00€

## HEALTHY BOWLS

<b>GF</b> PORRIDGE	7,50€
Whole oats, coconut milk, cinnamon, strawberries and banana	
JUNGLE BREAKFAST	9,50€
Granola, seasonal fruit, yogurt and love	
<b>GF</b> SEASONAL FRUIT SALAD	8,90€
Fresh fruit salad	
<b>GF</b> CHÍA PORRIDGE	8,50€
Chia in almond milk, topped with strawberries, almonds, cocoa nibs, pollen and honey	
<b>GF</b> CHÍA ME UP!	9,50€
Chia seed pudding, coconut milk and fruits	
AÇAÍ BOWL	9,50€
Banana, strawberries, muesli, acai and grated coconut	
<b>GF</b> Muesli GLUTEN FREE	+1,00€
<b>GF</b> 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	
<b>GF</b> COCO LOCO	8,50€
Take a trip to paradise with this bowl of pineapple, banana, mango, water and coconut milk	

## SÚPER BOWLS by Elle Macpherson

<b>GF</b> MORNING FUEL	12,50€
Spinach, celery, avocado, almond milk, flax seeds and Super Elixir	
<b>GF</b> AMAZING BOWL	12,50€
Banana, raspberries, coconut water, cacao, and Chocolate Nourishing Protein	

## SWEET/SAVORY

SWEET GRATITUD	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€
Homemade waffle served with fruits	
<b>GF</b> FRENCH TOAST	9,00€

## SUPER BREAKFAST

HUEVOS DIVORCIADOS	12,50€
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	(1 egg) 7,00€   (2 eggs) 12,50€
* Add salmon+ 2,90€	
SMASHED AVOCADO TOAST BENEDICTE	13,00€
2 poached eggs with curry hollandaise sauce on an avocado base	
<b>GF</b> QUINOA HEAVEN	12,50€
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	
<b>GF</b> MARINA PUENTE ROMANO	14,50€
Smoked salmon, scrambled eggs, avocado, grilled halloumi cheese and salad	
<b>GF</b> 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€
2 poached eggs with hummus and asparagus	

## TO SHARE

LOLA'S NACHOS	12,50€
Nachos with sour cream and avocado	
SHARING PLATE	14,90€
Beetroot hummus, chickpea hummus, spicy roasted pumpkin puree, kalamata olives, falafel, avocado, carrot and cucumber sticks, toasted pita bread, sweet potato chips	
<b>GF</b> THE AVO	9,00€
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€
Hummus, avocado, halloumi cheese and pomegranate on a base of Arabic bread	

## SOUPS

<b>GF</b> DEPURATIVE CREAM	8,50€
Beetroot and fennel	
<b>GF</b> BROCURRY	8,50€
<b>GF</b> CARROT SOUP	8,50€
<b>GF</b> GAZPACHO (en temporada)	8,50€
<b>GF</b> PUMPKIN SOUP	8,50€

## DAILY GREENS

<b>GF</b> BROCCOLI SALAD	12,50€
Broccoli and bean salad with coriander and toasted sesame seeds	
<b>GF</b> ALL TERRAIN	12,90€
Avocado salad with chicken, pumpkin seeds and honey mustard dressing	
RACHEL'S SALAD	13,50€
Kale, chickpeas, avocado, carrot, cherry tomatoes, red radishes, red and white quinoa, and carrot falafel	
COOL SALAD	15,50€
Roasted chicken, alfalfa, beetroot, carrot, spinach, basil, pumpkin, avocado, dill with our special sauce; accompanied with beetroot hummus and pita bread	
<b>GF</b> ENSALADA DE MANGO	19,00€
Mango, salmon, red onion, lettuce, feta and citrus dressing	

## 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€
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€
Grilled chicken, tomato, cucumber and yogurt	

## RACHEL'S SPECIALS

<b>GF</b> MY FRIEND	8,50€
Quesadillas with spinach and a vegan cheese	
SPAGHETTI OF THE LAND	12,50€
Spaguetti bathed in a delicious sauce of fresh tomatoes	
ESPAGUETIS OF THE SEA	16,50€
Spaguetti with shrimp and cherry tomatoes <b>SPICY!</b>	
<b>GF</b> VEGAN SWEET POTATO CURRY	12,90€
Sweet potatoes, carrot, chickpeas, onion, ginger, kale, curry and coconut milk	
<b>GF</b> GRILLED SALMON	15,90€
Salmon with cauliflower rice and avocado	
FALAFEL	11,90€
Falafel with beetroot hummus, avocado and salad	
<b>GF</b> NO PASTA PASTA	12,90€
Zucchini noodles Choose sauce: beef and tomato ragu or pesto	
<b>GF</b> FIT FOOD	13,90€
Grilled chicken with vegetables	
MEE GORENG	13,90€
Chinese noodles with wok vegetables and chicken or tofu <b>Mild spicy, moderately spicy or very spicy!</b>	

## SANDWICHES/BURGERS

BREAKY	8,50€
Toast with avocado, grilled egg and a spicy touch	
MEXICAN BURGER	12,00€
Grilled spicy Mexican chicken breast, guacamole, fresh tomato, purple cabbage, jalapeño peppers, chipotle with fresh lime <b>SPICY!</b>	
VEGGIE BURGER	14,90€
Delicious veggie patty with herbs and spices, cucumber, avocado, tomato chutney, lettuce and onion	
TRUE BURGER	14,90€
Beef with caramelized onions, arugula and our special relish	
SÁNDWICH MIXTO	7,50€

**GF** \*PAN SIN GLUTEN + 1 €

## TRADITIONAL BAKING

CHOCOLATE & PEANUT BUTTER BAR	5,90€
GRANOLA BAR	5,90€
PROTEIN BALL	3,00€
CHOCOLATE COOKIE	4,00€
CHOCOLATE CHIP COOKIE	4,00€
PEANUT BUTTER COOKIE	4,00€
<b>GF</b> VEGAN GLUTEN FREE CHOCOLATE COOKIE	4,00€
CROISSANT	3,00€
COCO BREAD	6,90€
BANOFFE CAKE	6,90€
CHOCOLATE CAKE	6,90€
CARROT CAKE	6,90€



follow us

@RACHELSECOLOVE