



MENU



TOASTS

- Classic** 3,80 €
with tomato and oil
- Avocado with cherry and sprouts** 6,00 €
- feta, cherry and sprouts** 7,50 €
- mushrooms with parsley** 8,00 €
- BIO poached or scrambled egg** 7,50 €
- smoked salmon** 8,00 €
- smoked salmon with organic poached egg** 8,90 €
- Scrambled tofu**** 8,00 €
with turmeric with spinach and spread of eggplant
- Feta cheese** 8,00 €
With beet spread



Sliced bread with seeds or rustic vegan bread



lamb's lettuce, arugula, sunflower and pumpkin seeds

VARIOUS SPREADS

- Lentil faux**
- Black olive and caper tapenade**
- Classic hummus**
- Sun-dried tomato and pepper hummus**
- Beet and red bean spread**
- To mustard** 6,50 €
- Mix of spreads** 8,50 €
- With Carrot sticks, celery and toast**



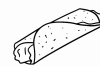
SANDWICHES

- Marinated tofu with fine herbs** 9,00 €
with arugula, toasted dates and faux lentils
- Grilled vegetables** 9,00 €
with vegan cheese and tomato hummus
- Dry tomatoes** 9,00 €
With black olives, vegan cheese and bean and beet cream
- Red pepper hummus** 9,00 €
with caramelized onion, arugula and baby spinach
- Vegan chicken** 9,50 €
with homemade mayonnaise, celery and avocado
- Tuna** 9,00 €
with homemade mayonnaise, lamb's lettuce and red pepper
- With French omelette** 8,80 €
BIO eggs and mushrooms with parsley
- Chickpea flour omelet** 8,50 €
with aioli, lamb's lettuce and sprouts



TORTILLAS

- Omelette** 7,50 €
BIO eggs and cheese, with toast
- Vegan omelet** 6,50 €
Vegetables and cheese with aioli



WRAPS

- Marinated tofu** 9,00 €
with hummus of peppers, corn and sprouts
- Sauteed mushroom** 9,00 €
with caramelized onion and faux lentils
- Boiled eggs** 9,00 €
With avocado, lamb's lettuce and cherry tomato
- Tuna** 9,50 €
with our mayonnaise, celery and avocado
- Vegan chicken** 9,50 €
with mayonnaise, arugula, cheese and peppers



OATMEAL PANCAKES

- ✔ Simple oat pancakes 🍌 7,80 €

Syrups

Chocolate, strawberry, agave, caramel or honey
(Maple syrup + €0.50)

- ✔ With our nutella 🍌 8,70 €
- ✔ Dough of chocolate 8,20 €

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Toppings: banana/ blueberry/ raspberry or strawberry

- ✔ With blueberries and coconut yogurt 🍌 8,80 €
with honey or agave

- ✔ Pumpkin Pancakes 🍌 8,50 €
with maple and walnuts

- ✔ Matcha pancakes** 🍌 9,50 €
With pistachio sauce and coconut cream



WAFFLES

- ✔ Nutella with orange and banana 🍌 🍌 9,00 €

- ✔ Coconut yogurt with peanut butter and raspberry 🍌 🍌 9,50 €
with peanut butter and raspberries

- ✔ Blueberries, goji berries with maple syrup or honey 🍌 🍌 9,00 €
with maple syrup or honey



SAVORY WAFFLES

- ✔ Cream cheese 🍌 9,50 €
with dates and arugula

- ✔ ORGANIC egg 🍌 9,50 €
with caramelized onion and avocado

- ✔ Roasted vegetables 🍌 9,50 €
with cheese and sliced potato

- ✔ Vegan chicken 🍌 10,00 €
with homemade mayonnaise and potato

- ✔ Beyond 12,00 €
With beyond meat, avocado, caramelized onion, arugula, sprouts



SMOOTHIES BOWLS**

- ✔ Açai bowl 🍌 🍌 7,80 €

BIO Açai pulp, frozen red fruits and banana, vegetable milk*

- ✔ Blue spirulina bowl 🍌 🍌 7,80 €

Blue spirulina, frozen banana and pineapple with coconut yogurt**

- ✔ Protein yogurt bowl 🍌 🍌 7,50 €

Coconut yogurt, vegetable protein, banana and frozen blueberries with vegetable milk**

*Toppings: our granola, chia, sunflower seeds, pumpkin, banana, blueberries or strawberry, coconut chips



MILKSHAKE

- ✔ Blue spirulin 6,00 €

Blue spirulina, frozen banana and pineapple, vegetable milk

- ✔ Chocolate 6,50 €

Frozen banana, cocoa, syrup, vegetable milk chocolate pieces**

- ✔ Acai 6,50 €

BIO Acai pulp, frozen red fruits and banana, vegetable milk*

- ✔ Protein 6,00 €

Vegetable protein with frozen strawberry or blueberries

** 🍌

With soy milk: extra almond/oat milk +0.75€



SMOOTHIE

- ✔ Vitamin 5,80 €

Pineapple, apple, kiwi, orange juice

- ✔ Detox 6 🍌 6,00 €

Ginger, apple, spinach, celery, lemon, orange juice

- ✔ Espirulina verde 🍌 6,00 €

Banana, celery, pineapple, apple, spirulina, orange juice





COFFEE

Espresso	1,60 €
double espresso	1,90 €
chopped up	1,90 €
Coffee with milk	2,50 €
American	2,20 €
Flat White	2,70 €
Cappuccino	3,20 €
Latte macchiato	3,20 €
Ice latte	3,50 €
chocolate frappe	4,00 €
Dirty chai	4,30 €
Pumpkin Spice Latte	3,80 €
Turmeric Latte with vegetable milk	3,60 €
Milk	
cow's milk, lactose-free, soy (extra: oats/almonds +0.50€)	
A shot of coffee + 1€	



BIO TEAS AND INFUSIONS

Black tea	2,50 €
Green Tea	2,50 €
Ginger and lemon	2,50 €
Rooibos	2,50 €
Chamomile	2,50 €
Chai Latte	3,50 €
Ice chai latte	4,00 €
Matcha Latte	3,50 €
Ice matcha latte	4,00 €



NATURAL JUICES

Orange juice	3,80 €
Granny apple juice	4,50 €
Orange and carrot juice	4,00 €
Pineapple juice	4,70 €
Carrot juice	3,80 €
	4,50 €



DRINKS/WATER

Mineral water with or without gas	2,50 €
Kombucha	3,50 €
Friz Cola without sugar	2,80 €
Green cold tea	3,00 €



WINES

White wine	3,50 €
Organic red wine	3,90 €
Verdejo white wine	3,70 €





SALAD BOWLS

Quinoa with edamame 🌱 🥜

9,50 €

Sweet corn, avocado, cherry tomato, apple marinated with turmeric and toasted chickpeas and mixed vegetables

Rice with peas 🌾 🥜

9,50 €

Lamb's lettuce, feta cheese, dates and walnuts, lentils, cucumber, red cabbage and red pepper, spinach and mixed vegetables

Quinoa with toasted chickpeas

9,50 €

Avocado, black olives, red onion and mixed vegetables

Teriyaki chicken

12,00 €

Rice, avocado, broccoli, edamame, carrot, pineapple

Additional features

organic egg + €1.20, avocado + €1.00, tuna + €1.50, salmon + €3.00, vegan chicken + €3.00, tofu + €1.50

Salad sauces 🌿 🌍 🥤

Tahini / Peanut / Vinaigrette



CREAMS 5,50€

Cream of the day (ask at the bar)



HAMBURGER BEYOND

Beyond burger + drink 🥜

14,50 €















With potato, caramelized onion, cheese



CAKES (VEGAN) SUGAR-FREE, LACTOSE-FREE

Cakes, biscuits, cheesecakes, cookies, pudding, etc. 🌍 🥜

Everything can be found in our counter display case

Lupins Celery Peanut Crustaceans Nuts Gluten Eggs Dairy Molluscs Mustard Fish Sesame Sulfites Soy

