MENU

100% GLUTEN FREE

TOAST

Avocado 7,50€
Mashed avocado, cherry tomatoes, sprouts, arugula and seeds

Scrambled 8,90€
Smashed avocado, 2 free-range eggs scrambled, sprouts, rocket, cherry tomatoes, seeds

Tuna 9,50€
Mashed avocado, canned tuna, pickled onion, spinach, seeds, vinegar cream

Salmon with Poached Egg 11,50€
Smoked salmon, lactose-free cheese, avocado, free-range egg, sprouts, arugula, seeds

Burrata with Pesto 10,50€
Burrata cheese, basil sauce, candied cherry tomatoes, spinach, vinegar, seeds

Add
Lactose-free Hollandaise sauce + 1.50€ | Egg + 1.50€ | Feta cheese + 1.00€ |

BAGELS

Scrambled Eggs 7,50€
1 free-range egg, avocados, arugula, sprouts

Salmon 8,00€
Smoked salmon, lactose-free cream cheese, arugula, sprouts. Extras: poached/fried/scrambled egg + 2.00€, avocado + 1.50€

Chicken with Pesto 9,50€
Marinated chicken, pesto, tomato, spinach

Vegetable Bagel 8,00€
Hummus, avocado, spinach, seeds (tofu +2.00 €)

EGGS

Omelette 9,50€
2 free-range eggs with milk and grated cheese lactose-free and salad, bagel with cream cheese or lactose-free butter or olive oil you choose

Add
Mushrooms + 1.50 € | Avocado + 1.50€ | Salmon +2.50 €

Turkish Eggs 9,00€
2 free-range poached eggs, Greek yogurt, toast

WRAPS*

Vegan 12,00€
Vegan chicken with vegan mayonnaise, avocado, cheese, salad

Doner 12,50€
Chicken, lettuce, tomato, onion, yogurt sauce

PANCAKES*

Simple 9,50€
3 pancakes with seasonal fruits and syrup to choose from: Chocolate | Strawberry | Agave | Caramel or Honey | Maple Syrup + €1.50 | Vegan Whipped Cream + €1.50

Pistachio 11,50€
3 pancakes with homemade sugar-free pistachio cream, raspberry, blueberries and pistachio pieces, agave

Nutella 11,50€
3 pancakes with homemade sugar-free nutella, seasonal fruit, homemade granola, vegan whipped cream

Blueberries with coconut yogurt 11,00€
3 pancakes with blueberries, coconut yogurt, honey or agave, walnuts

HOMEMADE SWEET*

With seasonal fruits and syrup 8,80€
2 waffles with seasonal fruit and syrup of your choice: Chocolate | Strawberry | Agave | Caramel or Honey | Maple Syrup +€1.50 | Pistachio or Nutella cream +€1.50 | Vegan whipped cream + €1.50

SAVORY WAFFLES*

Benedict 13,00€
2 waffles with free-range poached eggs, caramelized onion, salad, avocado, lactose-free hollandaise sauce

Vegan Chicken 13,00€
2 waffles with vegan chicken, vegan mayonnaise, avocado, sprouts, arugula

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Wraps, pancakes, waffles are homemade and vegan

Starting at 12:30

SALAD BOWLS

Quinoa with Edamame 11,50€
Sweet corn, quinoa, edamame, avocado, cherry tomato, mixed vegetables

Teriyaki Chicken 12,50€
Rice, avocado, marinated chicken, edamame, carrot, pineapple, mixed salad, sauce *

Salmon Poke Bowl 12,50€
Smoked salmon, rice, edamame, pickled onion, avocado, cucumber, radish, mango, sauce*

Extras
Egg + €1.50, avocado + €1.50, tuna + €1.50, salmon + €2.50, vegan chicken + €3.00, tofu + €1.50

Homemade Sauces*
Tahini / Peanut / Vinaigrette

HAMBURGERS

Chicken burger 12,80€
With tomato, lettuce, honey and mustard sauce, accompanied by sweet potato

Vegan burger 13,00€
Caramelized onion, cheese, pesto and homemade vegan mayonnaise served with sweet potato

Beyond Burger 13,80€
Caramelized onion, cheese, pesto and homemade vegan mayonnaise served with sweet potato

MONDAY TO FRIDAY

Marinated Chicken 13,50€
Accompanied with rice or quinoa, mixed salad with avocado, sauce

SMOOTHIE BOWLS*

Açaí bowl 8,90€
BIO Açaí pulp, red fruits and banana with vegetable milk**

Protein yogurt bowl 8,50€
Coconut yogurt, vegetable protein, banana and blueberries with vegetable milk**

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Toppings: homemade granola, sunflower and pumpkin seeds, seasonal fruit and coconut chips

Coconut yogurt 6,50€
Homemade granola, seasonal fruits, agave

Chia pudding 6,50€
Homemade granola, seasonal fruits, agave

SMOOTHIE

Vitamin 6,80€
Pineapple, apple, kiwi, orange juice

Detox 6,80€
Ginger, apple, spinach, celery, lemon, orange juice

Green 7,00€
Banana, celery, pineapple, apple, green spirulina and orange juice

SWEETS

Cakes, biscuits, cookies, etc.
Everything can be found in our display case

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

SPECIALTY COFFEE

Espresso	2,00€
Double espresso	2,30€
Macchiato	2,20€
Latte L Latte XL 300 ml - 3.50€	2,70€
Americano	2,50€
Flat White	3,30€
Cappuccino	3,50€
Latte macchiato	3,50€
Mochaccino	3,80€
Dirty chai	3,80€
Pistachio latte Sugar-free vanilla syrup, pistachio cream, milk, coffee, vegan whipped cream, pistachio pieces	4,90€

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Extra coffee +1.00€ / extra milk for americano +0.30€, glass of ice +0.20€



COLD COFFE

Lced latte	4,00€
Iced vanilla or caramel latte* Sugar-Free Vanilla and Caramel Syrup	4,50€
Iced dirty chai	4,50€

Milk

Cow's milk - lactose-free - soy - (oat or almond +€0.50, coconut +€0.70)



INFUSIONS

Chai Latte Iced + 0.40 €	3,50€
Matcha Latte Iced + 0.40 €	3,80€
Turmeric Latte with vegetable milk	3,80€

Syrups

Vanilla + 0.50€ | Caramel +0.50€



ORGANIC TEAS

Green tea - black - chamomile - ginger and lemon - rooibos 2,90€



FRESH JUICES 300 ML

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



SOFT DRINKS

Mineral water with or without gas	2,70€
Friz Cola without sugar	3,00€
Kombucha	4,20€
Orange and matcha	4,70€



MILKSHAKE

Acai BIO Açaí pulp, red fruits and banana with vegetable milk**	7,80€
Protein Plant protein with blueberries	7,00€
Spirulina blue Frozen banana and pineapple, plant-based milk, blue spirulina	7,00€



ALCOHOL

Verdejo white wine	3,80€
Organic red wine	3,80€
Gluten-free beer 33cl	3,70€