



HEALTH MENU

 W/O Gluten  Vegan  Vegetarian  Spicy




BREAKFAST (ALL DAY)

Breakfast Burrito 10.00 €

Egg, Guacamole, Turkey Sausage, Mozzarella, Cream Cheese, Beans, Salsa

Allergens: Cereals containing gluten, Eggs

Acai Bowl  9.50 €

Banana, Peanut Butter, Strawberry, Blueberries, Granola

Allergens: Cereals containing gluten, Peanuts

Overnight Oats 6.50 €

Fresh Fruit, Granola, Honey

Allergens: Cereals containing gluten, Nuts, Milk

Yogurt bowl 6.50 €

Fresh Fruit, Granola, Honey

Allergens: Cereals containing gluten, Nuts, Milk

CROISSANTS

Croissant 3.00 €

Simple Croissant

Allergens: Cereals containing gluten

Croissant 3.50 €

With Jam & Butter

Allergens: Cereals containing gluten

Croissant 6.50 €

With Serrano Ham, Cheese, Rocket

Allergens: Cereals containing gluten

Croissant 6.50 €

With Ham, Cheese, Honey Mustard, Lettuce

Allergens: Cereals containing gluten

Croissant 6.50 €

With Chicken Pesto, Cherry Tomato, Cheese

Allergens: Cereals containing gluten

Croissant 6.50 €

With Chicken Caesar, Cherry Tomato, Cheese

Allergens: Cereals containing gluten

ORDER YOURS TODAY!



W/O Gluten



Vegan



Vegetarian



Spicy



TOAST

Avocado toast

5.50 €

Sourdough bread, guacamole and seeds

Allergens: Cereals containing gluten

Taste of Spain

6.00 €

Sourdough bread, serrano ham, cheese, chopped tomato, pesto

Salmon Gravlax

6.50 €

Sourdough bread, salmon gravlax, cream cheese, cucumber, dill

Allergens: Cereals containing gluten

Cucumber toast

5.50 €

Sourdough bread, cream cheese, cucumber

Allergens: Cereals containing gluten

P.B & Banana

5.50 €

Sourdough bread, peanut butter, banana and honey

Allergens: Cereals containing gluten

BOWLS R: 12.50€ L: 15.00€

Brisket BBQ

Beef Brisket, Sweet Potato, Lettuce, Homemade Barbecue, Sweet Corn, Salsa

Allergens: Mustard Sulphur dioxide and sulphites

Chicken Teriyaki

Chicken, Teriyaki, Sushi Rice, Pickled Red Onion, Sesame Seeds, Edamame, Carrot, Cucumber

Allergens: Soybeans, Cereals containing gluten, Sulphur dioxide and sulphites, Sesame

Italian Chicken

Italian Seasoned Chicken, Pesto Pasta, Mozzarella, Tomato, Pickled Onion, Italian Vinaigrette

Allergens: Cereals containing gluten, Sulphur, dioxide and sulphites, Milk

Tuna Pasta Bowl

Tuna, pasta, lettuce, tomato salsa, sweet corn, mayonnaise

Allergens: Fish, Cereals containing gluten, Milk

Honey Sriracha Chicken

Chicken, Teriyaki, Sushi Rice, Pickled Red Onion, Sesame Seeds, Edamame, Carrot, Cucumber

Allergens: Soybeans, Cereals containing gluten, Sulphur dioxide and sulphites, Sesame

Salmon Gravlax

Salmon Gravlax, Quinoa Salad, Cream Cheese, Cucumber, Pickled Red Onion, Arugula, Sunflower Seeds, Lemon, Guacamole, Honey Mustard Sauce

Allergens: Fish, Mustard, Sesame

Vegan

Quinoa Salad, Sweet Potato Salad, Pickled Red Onion, Hummus, Beans, Guacamole

Allergens: Sulphur dioxide and sulphites



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WRAPS

California Wrap 10.00 €

Chicken, Spinach Tortilla, Spinach, Red Onion, Mango, Cream Cheese, Spicy Mayo, Peri Peri

Allergens: Cereals containing gluten, Sulphur dioxide and sulphites, Milk

Brisket Bonanza 10.00 €

Beef Brisket, Spinach Omelet, BBQ Phosh, Lombarda, Red Onion, Beans, Spinach, Spicy Mayo

Allergens: Soybeans, Cereals containing gluten, Sulphur dioxide and sulphites, Milk

Spicy Tuna Wrap  10.00 €

Tuna, Sriracha, Mayo, Red Onion, Lettuce, Tomato, Spinach Tortilla

Allergens: Fish, Cereals containing gluten, Milk

Beef Burrito 10.00 €

Beef, Spinach Tortilla, Guacamole, Sweet Corn, Beans, Cheese, Salsa, Sriracha

Allergens: Cereals containing gluten

Chicken Caesar Wrap 10.00 €

Chicken, Caesar Sauce, Croutons, Parmesan, Cherry Tomato, Spinach Tortilla, Cream Cheese

Allergens: Cereals containing gluten, Milk

PANINI

Texas BBQ 8.00 €

Beef Brisket, BBQ Phosh, Red Onion, Corn, Cheese

Allergens: Soybeans, Mustard, Cereals containing gluten, Sulphur dioxide and sulphites, Milk

Chicken Pesto & Mozzarella 8.00 €

Chicken, Homemade Pesto, Mozzarella 3 Cheeses, Tomato, Caesar

Allergens: Mustard, Cereals containing gluten, Milk

Tuna Mayo 8.00 €

Tuna, Mayo, Corn, Red Onion, Cheese

Allergens: Fish, Cereals containing gluten, Milk

Spicy Chicken 8.00 €

Chicken, Chili, Peri Peri, Onion, Cheese

Allergens: Mustard, Cereals containing gluten



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SMOOTHIES

The Nutter

5.50 €

Almond Milk, Peanut Butter, Whey Protein, Honey

Allergens: Milk, Peanuts

Lean Machine

6.00 €

Almond Milk, Whey, Strawberry, Banana, Blueberries

Allergens: Milk, Peanuts

Avocado

5.50 €

Avocado, Spinach, Coconut Milk, Pineapple, Lime

Acai Smoothie

5.50 €

Acai, Banana, Blueberry, Strawberry

Sunshine Smoothie

5.50 €

Mango, Pineapple, Orange, Banana

Peanut Butter Cup

5.50 €

Cocoa, Peanut Butter, Banana, Honey, Almond Milk

Allergens: Peanuts

Strawberry Margarita

5.50 €

Lime, Orange, Strawberry



SNACKS

Oatmeal and Cranberry Cookie 3.00 €

Homemade oatmeal and cranberry cookie

Allergens: Cereals containing gluten, Milk, Eggs

Peanut Butter Protein Bar 3.00 €

Allergens: Milk, Peanuts

Peanut and M&M Protein Ball 2.00 €

Allergens: Milk, Peanuts

Chocolate Chip Cookies 3.00 €

Allergens: Cereals containing gluten, Milk, Eggs

Salt and Cashew Protein Bar 3.00 €

Allergens: Milk, Peanuts