

ALLERGENS AUTUMN 2026.

Our kitchens prepare fresh food in open areas and handle a wide range of allergens, including gluten, nuts, sesame, soya, milk, eggs, fish, mustard, celery and sulphites. Cross-contact between products can occur and we cannot guarantee that any dish or drink is free from any allergen or traces. Our full allergen matrix is available at the counter, on the web or in the app. Please review it carefully before ordering — this is the information you need in order to decide whether a dish is safe for you.

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		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphites	Tree nuts
TO SHARE	Crispy rice tuna tartare					●						●	●		4
	Raspberry harissa aubergine											●		●	7
	Ben's sweet potato fries		T							T	T	T	●	●	T
	Hummus to share											●		●	7
	Crudités														
MARKET PLATES	Market salad base											●	●		
	Grain salad		T								T		T	●	3
	Bread	T	●	T		T		T	T	T	T	T	T	T	T
GARDEN BOWL	Spicy feta bowl		T					●		●	T	●	●	●	2
	Latin lover		T							T	T	T	●	●	4,1
	Truffle mushroom bowl	●	T							T		●	●	●	2,4
	Wild Mediterranean											●	●	●	4,1
	Avocado supergreen										T		●	●	7
PROTEIN	Homemade falafel		T							T	T	●	T		T
	Charcoal-grilled piri piri chicken											●	●	●	7
	Charcoal-grilled lemon-mustard chicken		T							●	T	T	●	●	T
	Herb tofu	T	T							T	T	●	●	●	T
	Charcoal-grilled flat iron steak	T	T							●	T	T	T	●	T
	Tuna tataki with aji amarillo**		T			●			T	T	T	●	●	●	T
	Charcoal-grilled miso salmon		T	T		●			T			●	●	T	
	Hot honey halloumi							●					●	●	
SIDES	House hummus with pistachio											●			7
	Smashed potatoes with truffle mayo	●						●			●		●	●	4
	Tomatoes & stracciatella	T						●		T		T		●	
	Pumpkin goat cheese rice	T	T		●			●		T	T	T	T	●	
	Grilled avocado nikkei												●	●	
	Roasted pumpkin and ricotta		T		●			●		T	T	T	T		2
	Mushroom shawarma											●	●	●	2
	Sweet potato, tahini & balsamic	T	T							●		●	T	●	2
	Seasonal veggies							●				●			4
SAUCES	Truffle mayo	●						●			T		●	●	4
	Alioli									T			●	●	
	Smoked olive oil butter							●							
	Fermented chilli jam													●	
	Chipotle mayo												●	●	
	Tahini											●		●	

● Contains | T Cross-contamination

Tree nuts: 1 almond | 2 hazelnut | 3 walnut | 4 cashew nut | 5 pecan nut | 6 Brazil nut | 7 pistachio nut | 8 Macadamia nut

** The **tuna** we use has been subjected to a freezing treatment at -20°C for a minimum of 24h. / T Indicates the possible unintentional **presence** of an allergen, based on information provided by our suppliers. Although we apply control measures and good hygiene practices, **cross-contamination** may occur during the preparation of dishes.

ALLERGENS BREAKFAST 2026.

		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphites	Tree nuts
TOASTS	Loaded Spanish tomato bread	T	●	T	●	T		T	T	T	T	T	●	●	T
	Turkish eggs	T	●	T	●	T		●	T	T	T	T	●	T	7
	Loaded avocado scramble	T	●	T	●	T		T	T	T	T	T	●	●	1,2
	Mediterranean eggs benedict	T	●	T	●	T		T	T	T	T	●	●	●	1,2
	Spanish tomato bread	T	●	T		T		T	T	T	T	T	●	●	T
	Avocado and bagel seeds	T	●	T		T		T	T	T	T	●	T	T	
	Smoked salmon florentine	T	●	T	●	●		T	T	T	T	●	●	●	1
	Hummus toast (app only)	T	●	T				T	T	T	T	●	T	T	7
HOUSE SPECIALS	Breakfast "tostada"		T		●					T	T	T	●	T	T
	Matcha pistachio pancakes		T		●			●		T	T	T	●	●	1,4,7
	Breakfast burrito		●							T	T	T	●	●	4,1
BOWLS	XL yogurt with fresh fruit							1		T	T	●	T	T	1,2,4
	Blueberry chia-pudding		T					T		T	T	●	●	T	1,3
	Protein-power overnight oats		●							T	T	●	●	●	1,4,2,7
	Açaí bowl		T		T			T		T	T	●	T		1,2,3
EXTRAS	Scrambled eggs with dukkah				●										2
	Poached egg				●										
	Keto granola		T							T	T	●	T		3,1
	Smoked salmon					●									
	Grilled halloumi cheese							●							
	Avocado														
	Double bread	T	●	T	T	T		T	T	T	T	T	T	T	T

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"Depending on the type of yogurt, it contains: Greek yogurt, lactose; coconut yogurt, soy. / ^T Indicates the possible unintentional **presence** of an allergen, based on information provided by our suppliers. Although we apply control measures and good hygiene practices, **cross-contamination** may occur during the preparation of dishes.

ALLERGENS DRINKS 2026.

		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphites	Tree nuts
SUMMER SHAKERS	Matcha coconut cloud														
	Espresso coconut cloud														
	Pistacho latte		●					"			T		"		7
	Ube collagen glow		●					"					"	●	"
	Protein cold foam							●							
	Protein matcha cold foam							●							
COLD	Iced vanilla matcha latte		●					"					"		"
	Red berry shaker		●					"					"		"
	Iced matcha latte							"					"		"
	Fruit matcha latte		●					"					"		"
HOT	Choco caramel latte							"					"		1
	Mocha caramel latte							"							1
WINES	Le naturel														
	Le naturel blanco														
INFUSED WATER	Bluberries, rosemary and mint													●	
	Strawberry — ginger lemonade													●	
	Cucumber mojito													●	
	Carrot, orange and turmeric													●	

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"Depending on the type of milk or plant-based drink, it contains: cow's milk, lactose; almond drink, nuts; oat drink, gluten; soy drink, soy. / ^T Indicates the possible unintentional presence of an allergen, based on information provided by our suppliers. Although we apply control measures and good hygiene practices, cross-contamination may occur during the preparation of dishes.

ALLERGENS REAL BITES 2026.		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphites	Tree nuts
REAL BITES	Chocolate chip cookie			T				T			T	T	T		T
	Raspberry and pistachio cookie	T	T	T						T	T	T	T		7
	Yellow carrot chai cake	T			T			T		T	T	●	T	●	1,4
	Marbled chocolate and tahini cake with coffee glaze	T	T		T			T		T	T	●	●	●	1
	Banana bread		T	T						T		T	●	T	1,4
	Raw chocolate duo		T					T					●		4,3
	Shoyu pecan pie		T								T	T	●	T	3
	Miso koji apple pie		T								T	T	●	T	2
	Chocolate avocado mousse with olive oil & salt		T		T			T			T		●	T	1
	Pistachio matcha overnight protein oats	T			T			T		T	T	T	●		7
	Raw maca coconut bar	T						T		T	T	T	●	●	1,3
	Lime pistachio and raspberry bar	T	T							T	T	T	T	●	3,1,7,4
	Orange protein power		T							T			T	●	1
	Matcha protein power	T			T			T		T	T	T	T	T	7,1
	Cocoa protein power		T									●		T	2

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Tree nuts: **1** almond | **2** hazelnut | **3** walnut | **4** cashew nut | **5** pecan nut | **6** Brazil nut | **7** pistachio nut | **8** Macadamia nut

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