honest greens®

# ALLERGENS AUTUMN 2026.

ES — Nuestras cocinas elaboran comida fresca en espacios abiertos y manipulan una amplia variedad de alérgenos, entre ellos gluten, frutos de cáscara, sésamo, soja, leche, huevo, pescado, mostaza, apio y sulfitos. Puede producirse contacto cruzado entre productos y no podemos garantizar que ningún plato o bebida esté libre de alérgenos ni de trazas. Nuestra matriz completa de alérgenos está disponible en el mostrador, en la web y en la app. Consúltela con atención antes de pedir: es la información que necesita para decidir si un plato es seguro para usted.

EN — 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.

# ALÉRGENOS AUTUMN.

Allergens.
Autumn 2026.

| | | Apio / Celery | Gluten | Crustáceos / Crustaceans | Huevos / Eggs | Pescado / Fish | Altramuces / Lupin | Leche / Milk | Moluscos / Molluscs | Mostaza / Mustard | Frutos con cáscara / Nuts | Cacahuetes / Peanuts | Sésamo / Sesame | Soja / Soy | Sulfitos / Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| PARA COMPARTIR / TO SHARE | Tartar de atún crispy rice / Crispy rice tuna tartare | | | | | ● | | | | | ● | | ● | ● | |
| | Berenjena raspberry harissa / Raspberry harissa aubergine | | | | | | | | | | ● | | ● | | ● |
| | Ben's sweet potato fries | | | | | | | | | | | | | ● | ● |
| | Hummus to share | | | | | | | | | | ● | | ● | | |
| | Crudités | | | | | | | | | | | | | | |
| MARKET PLATES | Ensalada base market / Market salad base | | | | | | | | | | | | ● | ● | |
| | Ensalada de legumbres / Grain salad | | | | | | | | | | ● | | | | |
| | Pan / Bread | | ● | | T | | | T | | | T | | T | | |
| GARDEN BOWL | Spicy feta bowl | | | | | | | ● | | ● | ● | T | ● | ● | ● |
| | Latin lover | | | | | | | | | | ● | | | ● | ● |
| | Truffle mushroom bowl | T | T | | | | | | | T | ● | | ● | ● | ● |
| | Wild Mediterranean | | | | | | | | | | ● | | ● | ● | ● |
| | Avocado supergreen | | | | | | | | | | ● | T | | ● | ● |
| PROTEÍNA / PROTEIN | Falafel | | | | | | | | | | | | ● | | |
| | Pollo piri piri / Piri piri chicken | | | | | | | | | | ● | | ● | ● | ● |
| | Pollo limón / Lemon mustard chicken | | | | | | | | | ● | | | | ● | ● |
| | Herb tofu | | | | | | | | | | | | ● | ● | ● |
| | Ternera chimichurri / Chimichurri steak | T | | | | | | | | ● | | | T | | ● |
| | Tataki de atún** / Tuna tataki** | | | | | ● | | | T | | | | ● | ● | ● |
| | Honest salmon | | | T | | ● | | | T | | | | ● | ● | |
| | Hot honey halloumi | | | | | | | ● | | | | | | ● | ● |
| GUARNICIONES / SIDES | House hummus | | | | | | | | | | ● | | ● | | |
| | Patatas mayonesa trufada / Potatoes truffle mayo | | | | | | | | | | | | | ● | ● |
| | Tomatoes & stracciatella | | | | | | | ● | | | | | | | ● |
| | Arroz de calabaza y queso de cabra / Pumpkin goat cheese rice | T | | | ● | | | ● | | T | | | T | | ● |
| | Grilled avocado nikkei | | | | | | | | | | | | | ● | ● |
| | Calabaza asada con ricotta / Roasted pumpkin and ricotta | | | | ● | | | ● | | | ● | | | | ● |
| | Mushroom shawarma | | | | | | | | | | ● | | ● | ● | ● |
| | Boniato balsamic & tahini | | | | | | | | | ● | ● | | ● | | ● |
| | Verduras de temporada / Seasonal veggies | T | T | | | | | ● | | T | ● | | ● | | |
| SALSAS / SAUCES | Mayo trufada / Truffle mayo | | | | | | | | | | | | | ● | ● |
| | Alioli plant-based | | | | | | | | | | | | | ● | ● |
| | Smoked olive oil butter | | | | | | | ● | | | | | | | |
| | Fermented chilli jam | | | | | | | | | | | | | | ● |
| | Chipotle mayo | | | | | | | | | | | | | ● | ● |
| | Tahini | | | | | | | | | | | | ● | | |

● Contiene / Contains | T Contaminación cruzada / Cross-contamination.

** El **atún** que utilizamos ha sido sometido a un tratamiento de congelación a -20º durante un mínimo de 24h. / ᵀ Indica **trazas** no intencionadas del alérgeno según información de nuestros proveedores. Aunque aplicamos medidas de control y buenas prácticas de higiene, puede producirse **contaminación cruzada** durante la preparación de los platos.

** The **tuna** we use has been subjected to a freezing treatment at -20ºC 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.

# ALÉRGENOS DESAYUNO.

Allergens.
Breakfast 2026.

| | | Apio / Celery | Gluten | Crustáceos / Crustaceans | Huevos / Eggs | Pescado / Fish | Altramuces / Lupin | Leche / Milk | Moluscos / Molluscs | Mostaza / Mustard | Frutos con cáscara / Nuts | Cacahuetes / Peanuts | Sésamo / Sesame | Soja / Soy | Sulfitos / Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TOSTADAS / TOASTS | Loaded tomato toast | | ● | | ● | | | T | | | T | | T | ● | |
| | Turkish eggs | | ● | | ● | | | ● | | | ● | T | T | ● | |
| | Loaded avocado toast | | ● | | ● | | | T | | | ● | | T | ● | |
| | Mediterranean eggs benedict | | ● | | ● | | | T | | | ● | | T | ● | T |
| | Honest pan tumaca | | ● | T | T | T | | T | | | T | | T | ● | |
| | Avocado toast "bagel" | | ● | | T | | | T | | | ● | | ● | | |
| | Smoked salmon florentine | | ● | | ● | ● | | T | | | ● | | ● | ● | |
| | Hummus toast (app only) | | ● | | T | | | T | | | ● | T | ● | | |
| HOUSE SPECIALS | Breakfast "tostada" | | | | ● | | | | | | | | | ● | ● |
| | Matcha pistachio pancakes | | T | | ● | | | ● | | | ● | T | | ● | |
| | Breakfast burrito | | ● | | | | | | | | ● | | | ● | ● |
| BOWLS | XL yogurt with fresh fruit | | | | | | T | " | | | ● | T | ● | | |
| | Blueberry chia-pudding | | T | | | | | | | | ● | T | ● | ● | |
| | Protein-power overnight oats | | T | | | | | | | | ● | T | ● | ● | ● |
| | Açaí bowl | | | | T | | | | | | ● | T | ● | T | |
| EXTRAS | Huevos revueltos dukkah / Scrambled eggs | | | | ● | | | | | | ● | | | | |
| | Huevo poché / Poached egg | | | | ● | | | | | | | | | | |
| | Granola keto / Keto granola | | | | T | | | | | | ● | T | ● | T | |
| | Salmón ahumado / Smoked salmon | | | | | ● | | | | | | | | | |
| | Queso halloumi / Grilled halloumi cheese | | | | | | | ● | | | | | | | |
| | Aguacate / Avocado | | | | | | | | | | | | | | |
| | Doble pan / Double bread | | ● | | T | | | T | | | T | | T | | |

● Contiene / Contains | T Contaminación cruzada / Cross-contamination.

"**Según el tipo de yogur,** contiene: yogur griego, lactosa; yogur de coco, soja. / ᵀ Indica **trazas** no intencionadas del alérgeno según información de nuestros proveedores. Aunque aplicamos medidas de control y buenas prácticas de higiene, puede producirse **contaminación cruzada** durante la preparación de los platos.

"**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.

# ALÉRGENOS DRINKS.

Allergens.
Drinks 2026.

| | | Apio / Celery | Gluten | Crustáceos / Crustaceans | Huevos / Eggs | Pescado / Fish | Altramuces / Lupin | Leche / Milk | Moluscos / Molluscs | Mostaza / Mustard | Frutos con cáscara / Nuts | Cacahuetes / Peanuts | Sésamo / Sesame | Soja / Soy | Sulfitos / Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WINTER WARMERS | Tiramisu date latte | | " | | | | | ● | | | " | | | " | |
| | Tahini halva latte | | " | | | | | " | | | ● | | ● | " | |
| | Gingerbread pumpkin latte | | " | | | | | " | | | " | | | " | |
| | Matcha tahini latte | | " | | | | | " | | | ● | | ● | " | |
| | Ube matcha latte | | " | | | | | " | | | " | | | " | |
| COLD | Iced vanilla matcha latte | | " | | | | | " | | | " | | | " | |
| | Red berry shaker | | " | | | | | " | | | " | | | " | |
| | Iced matcha latte | | " | | | | | " | | | " | | | " | |
| | Fruit matcha latte | | " | | | | | " | | | " | | | " | |
| | Black sesame latte | | " | | | | | " | | | ● | | ● | " | |
| | Black sesame matcha latte | | " | | | | | " | | | ● | | ● | " | |
| | Cinnamon matcha cloud | | " | | | | | ● | | | ● | | | " | |
| | Protein cold foam | | | | | | | ● | | | | | | | |
| HOT | Choco caramel latte | | " | | | | | " | | | ● | | | " | |
| | Mocha caramel latte | | " | | | | | " | | | ● | | | " | |
| | Pistacho latte | | " | | | | | " | | | ● | T | | " | |
| | Pistacho matcha latte | | " | | | | | " | | | ● | T | | " | |
| | Salted caramel latte | | " | | | | | " | | | ● | | | " | |
| VINS / WINES | Le naturel | | | | | | | | | | | | | | |
| | Le naturel blanco | | | | | | | | | | | | | | |
| | Volador | | | | | | | | | | | | | | ● |
| | Volador blanc | | | | | | | | | | | | | | ● |
| | Piedra joven eco | | | | | | | | | | | | | | ● |
| | Perplejo | | | | | | | | | | | | | | ● |
| | Casilla del guapo | | | | | | | | | | | | | | |
| AGUAS FRESCAS | Blueberries, rosemary and mint | | | | | | | | | | | | | | |
| | Strawberry — ginger lemonade | | | | | | | | | | | | | | |
| | Cucumber mojito | | | | | | | | | | | | | | |
| | Carrot, orange and turmeric | | | | | | | | | | | | | | |

● Contiene / Contains | T Contaminación cruzada / Cross-contamination.

"**Según el tipo de leche o bebida vegetal,** contiene: leche de vaca, lactosa; bebida de almendra, frutos de cáscara; bebida de avena, gluten; bebida de soja, soja. / [T] Indica **trazas** no intencionadas del alérgeno según información de nuestros proveedores. Aunque aplicamos medidas de control y buenas prácticas de higiene, puede producirse **contaminación cruzada** durante la preparación de los platos.

"**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.

# ALÉRGENOS HONEST BITES.

Allergens.
Honest Bites 2026.

| | | Apio / Celery | Gluten | Crustáceos / Crustaceans | Huevos / Eggs | Pescado / Fish | Altramuces / Lupin | Leche / Milk | Moluscos / Molluscs | Mostaza / Mustard | Frutos con cáscara / Nuts | Cacahuetes / Peanuts | Sésamo / Sesame | Soja / Soy | Sulfitos / Sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| HONEST BITES | Chocolate chip cookie | | | | T | | | | | | T | | | T | |
| | Cookie de frambuesa y pistacho / Raspberry and pistachio cookie | | | | | | | | | | ● | T | | T | |
| | Yellow carrot chai cake | | | | T | | | | | | ● | T | | T | |
| | Marbled chocolate and tahini cake with coffee glaze | | | | T | | | | | | ● | | ● | T | ● |
| | Banana bread | | | | T | | | | | | ● | T | | | |
| | Raw chocolate duo | | T | | T | | | | | | ● | T | | | |
| | Shoyu pecan pie | | | | | | | | | | ● | | | ● | |
| | Miso koji apple pie | | T | | T | | | | | | ● | T | | ● | |
| | Chocolate avocado mousse with olive oil & maldon salt | | | | T | | | | | | ● | | | ● | |
| | Pistachio matcha overnight protein oats | | | T | | T | | | | | ● | T | | T | |
| | Raw maca coconut bar | | | | T | | | | | | ● | T | | ● | |
| | Lime pistachio bar with raspberry white chocolate | | | | T | | | | | | ● | T | | T | ● |
| | Orange protein power | | | | T | | | | | | ● | T | | T | ● |
| | Matcha protein power | | T | | T | | | | | | ● | T | | T | |
| | Cocoa protein power | | | | | | | | | | ● | T | ● | | |

● Contiene / Contains | T Contaminación cruzada / Cross-contamination.

[T] Indica **trazas** no intencionadas del alérgeno según información de nuestros proveedores. Aunque aplicamos medidas de control y buenas prácticas de higiene, puede producirse **contaminación cruzada** durante la preparación de los platos.

[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.