

ALÉRGENOS SPRING.

Allergens.
Spring 2026.

	Apio / Celery	Gluten	Crustáceos / Crustaceans	Huevos / Eggs	Pescado / Fish	Altramucos / Lupin	Leche / Milk	Moluscos / Molluscs	Mostaza / Mustard	Frutos con cáscara / Nuts	Cacahuetes / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
PARA COMPARTIR / TO SHARE	Labneh beets & berries						•			•				•
	Tartar crunchy de atún / Crunchy tuna tartare				•								•	•
	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									•			•	•
	Green harissa bowl	•								•		•	•	
	Ginger honey goat						•			•				•
	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	•			T				•	•	•
	Honest salmon			T	•			T				•	•	
	Hot honey halloumi						•						•	•
GUARNICIONES / SIDES	House hummus									•		•		
	Patatas mayonesa trufada / Potatoes truffle mayo												•	•
	Espárragos con labneh y tahini rosa / Asparagus with labneh and pink tahini						•			•		•		
	Arroz marroquí / Moroccan rice	•								•		•	•	•
	Guacamole nikkei													
	Calabaza asada & feta / Roasted pumpkin						•			•			•	•
	Berenjena glaseada con herb salad / Glazed aubergine with herb salad								•	•				•
	Boniato asado tahini / Roasted sweet potato with tahini								•	•	T	•		•
	Verduras de temporada / Seasonal veggies								•					•
SALSAS / SAUCES	Mayo trufada / Truffle mayo												•	•
	Alioli plant-based												•	•
	Smoked olive oil butter						•							
	Fermented chilli jam													•
	Chipotle mayo												•	•
	Tahini											•		

** El **atún** que utilizamos ha sido sometido a un tratamiento de congelación a -20° 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 -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.

ALÉRGENOS DESAYUNO.

Allergens.
Breakfast 2026.

	Apio / Celery	Gluten	Crustáceos / Crustaceans	Huevos / Eggs	Pescado / Fish	Altramucos / 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 ¹			●	T	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	1			●	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		

¹ Según el tipo de yogurt, 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.

¹ 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	Altramucos / Lupin	Leche / Milk	Moluscos / Molluscs	Mostaza / Mustard	Frutos con cáscara / Nuts	Cacahuets / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
SUMMER SHAKERS	Matcha coconut cloud													
	Espresso coconut cloud													
	Pistacho latte		1				1			●	T		1	
	Ube collagen glow		1				1			1			1	
	Protein cold foam						1							
	Protein matcha cold foam						1							
SHAKERS	Iced vanilla matcha latte		1				1			1			1	
	Red berry shaker		1				1			1			1	
	Iced matcha latte		1				1			1			1	
	Fruit matcha latte		1				1			1			1	
VINOS / WINES	Le naturel													
	Le naturel blanco													
	Volador													●
	Volador blanc													●
	Piedra joven eco													●
	Perplejo													●

¹ 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.

¹ 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	Altramucos / 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			
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 chocolate duo		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	●		
Pesto veggie tofu				●						●		●	●	
Breakfast egg gouda				●			●			●		●	●	
Chicken harissa club				●			●		●	●		●	●	●

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