

ALLERGENS WINTER 2025 – 2026.

	 Celery	 Gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soy	 Sulphites
TO SHARE														
CHARCOAL-GRILLED WHOLE CAULIFLOWER		T							T	●	T	●	T	
BAKED FETA		T					●		T	●	T	T	T	●
CHARCOAL-GRILLED WHOLE LEEK		T							T	T	T	●	●	●
BEN'S SWEET POTATO FRIES		T							T	T	T	T	●	●
HUMMUS										●		●		
CRUDITÉS	●													
MARKET PLATES														
MARKET SALAD BASE		T							T	T	T	●	●	●
GRAIN SALAD		T								●	T	●	T	●
BREAD	T	●	T		T		T	T	T	T	T	T	T	T
GARDEN BOWLS														
SPICY FETA BOWL		T					●		●	●	T	●	●	●
LATIN LOVER		T							T	●	T	T	●	●
PISTACHIO CAESAR CRUNCH		T					●		●	●	T	●	●	●
WILD MEDITERRANEAN		T								●	T	●	●	●
AVOCADO SUPERGREEN							T			●	T	T	●	●
PROTEIN														
HOMEMADE FALAFEL		T							T	T	T	●	T	
CHARCOAL-GRILLED PIRI PIRI CHICKEN		T							T	T	T	T	●	●
CHARCOAL-GRILLED LEMON-MUSTARD CHICKEN		T							●	T	T	T	●	●
HERB & LIME TOFU	T	T							T	T	T	●	●	●
CHARCOAL-GRILLED STEAK	T	T							●	T	T	T	T	●
TUNA TATAKI WITH AJÍ AMARILLO*		T			●			T	T	T	T	●	●	●
CHARCOAL GRILLED MISO SALMON		T	T		●			T				●	●	T
HOT HONEY HALLOUMI							●						●	●
SIDES														
HOUSE HUMMUS WITH PISTACHIO										●		●		
SMASHED TRUFFLE POTATOES							●			●	T		●	●
CHARCOAL-GRILLED PUMPKIN							●			●			●	●
BRUSSELS SPROUTS										●		●		
GRILLED CARROTS & AVOCADO	T								●	●		●		●
PLANT-BASED MUSHROOM RISOTTO													●	
GRILLED AVOCADO NIKKEI		T								T	T	T	●	●
ROASTED SWEET POTATO	T	T							●	●	T	●	T	●
SEASONAL VEGGIES									●					●
SAUCES														
ALIOLI									T				●	●
CHIPOTLE MAYO													●	●
TAHINI												●		T
TRUFFLE MAYO							●			●	T		●	●
SMOKED OLIVE OIL BUTTER							●							
FERMENTED CHILLI JAM														●
ROMESCO		T							T	●	T	T	T	●

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.

* The **tuna** we use has been subjected to a freezing treatment at -20°C for a minimum of 24h.

ALLERGENS BREAKFAST 2025–2026.

														
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TOASTS														
SPANISH TOMATO BREAD	T	●	T		T		T	T	T	T	T	T	●	●
LOADED 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
TURKISH EGGS	T	●	T	●	T		T ¹	T	T	●	T	T	T ¹	T
LOADED AVOCADO SCRAMBLE	T	●	T	●	T		T	T	T	●	T	T	●	●
MEDITERRANEAN EGGS BENEDICT	T	●	T	●	T		T	T	T	●	T	●	●	●
SMOKED SALMON FLORENTINE	T	●	T	●	●		T	T	T	●	T	●	●	●
HUMMUS TOAST (App Only)	T	●	T				T	T	T	●	T	●	T	T

HOUSE SPECIALS														
BREAKFAST "TOSTADA"				●									●	●
MATCHA PISTACHIO PANCAKES		T		●			●			●	T		●	
BREAKFAST BURRITO		●								●			●	●

BOWLS														
YOGURT WITH FRESH FRUIT							1		T	●	T	●	T	T
BLUEBERRY CHIA-PUDDING		T					T		T	●	T	●	●	T
PROTEIN-POWER OVERNIGHT OATS		●							T	●	T	●	T	T
AÇAÍ BOWL		T		T			T		T	●	T	●	T	

EXTRAS														
SCRAMBLED EGGS WITH DUKKAH				●										
POACHED EGG				●										
KETO GRANOLA		T							T	●	T	●	T	
SMOKED SALMON					●									
GRILLED HALLOUMI CHEESE							●							
AVOCADO														
DOUBLE BREAD	T	●	T	T	T		T	T	T	T	T	T	T	T

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¹ Depending on the type of yogurt, it contains: Greek yogurt, lactose; coconut yogurt, soy.

ALLERGENS DRINKS 2025–2026.

	 Celery	 Gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soy	 Sulphites
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WINTER WARMERS														
GINGERBREAD MATCHA LATTE		1		T			1			•			T1	
BLUEBERRY MATCHA LATTE		1					1			•			1	
APPLE CINNAMON MATCHA LATTE		1					1			•			1	
HONEST BANOFFEE LATTE		1		T			1			•			T1	
PISTACHO LATTE		1					1			•	T		1	
PISTACHO MATCHA LATTE		1					1			•	T		1	
SALTED CARAMEL LATTE		1					1			•			1	
PUMPKIN SPICE LATTE		1					1			•			1	

SHAKERS														
ICED VANILLA MATCHA LATTE		1					1			1			1	
ICED MATCHA LATTE		1					1			1			1	
RED BERRY SHAKER		1					1			1			1	
ICED PISTACHIO LATTE		1					1			•			1	
FRUIT MATCHA LATTE		1					1			1			1	

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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.

ALLERGENS REAL BITES 2025–2026.

	 Celery	 Gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 Soy	 Sulphites
REAL BITES														
CHOCOLATE CHIP COOKIE				T						T			T	
MATCHA AND MISO COOKIE										•	T		•	
RASPBERRY AND PISTACHIO COOKIE										•	T		T	
YELLOW CARROT CHAI CAKE				T						•	T		T	
MARbled CHOCOLATE AND TAHINI CAKE				T						•		•	T	•
BANANA BREAD				T						•	T		T	
SHOYU PECAN PIE		T		T						•	T		•	
MISO KOJI APPLE PIE		T		T						•	T		•	
RAW CHOCOLATE DUO		T		T						•	T			
MANGO YUZU TAHINI RICE JAR		T		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		•	
CRISPY ORANGE CARAMEL CACAO BAR				T						•	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	•		

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