



NATURAL REAL FOOD

We believe in a conscious and healthy diet. We prepare our menu with real food, without additives, native and seasonal, to make the most of its potential.

DE LA HUERTA

- RAFF CON VENTRESCA half 7€ full 12,5€

Tuna Belly with Raff tomatoes, avocado, purple onions and capers. Black salt, smoked salt and Extra Virgin Olive Oil

- MOZZARELLA DE BÚFALA SALAD 13 €

Tomatoes, courgette, buffalo mozzarella, basil leaves, rocket salad and truffle sauce.

Add sourdough bread 1,5 €

Add black focaccia slices 1,6 €

ENSALADA CON SARDINAS EN CONSERVA (LA BRÚJULA) 13,5 €

Canned sardines salad, endives, salad cress, carrots, boiled egg, goat's feta cheese and cherry tomatoes.

GRENN BOWL half 6€ full 10,5€

Mixed leaf salad, avocado, cucumber, coleslaw, pesto sauce, lime juice and hemp seeds.

Love Health

TO DIP AND SHARE

- White tuna mayonnaise salad with artichokes. half 4€ full 6€

- White tuna mayonnaise salad with boiled egg and tuna belly. 7 €

- Fries and eggs with Serrano ham, artichokes and truffle sauce. 10 €

- Potatoes with broken egg, cebo ham, artichokes and tartufata sauce. 11 €

- Fries with blue cheese sauce. 9 €

- Vegan nachos with cheddar sauce. 7 €

- Charcoal focaccia, cherry tomatoes, olives, courgettes and smoked burrata. 9,5 €

- Hummus and crudités 10 €

- QUESOBRADA

Quesadilla made with corn tortilla without gluten, vegan sobrasada (chorizo and tomato), Brie cheese, rosemary and honey. 9,5 €

- RATATOUILLE

Cheese board with sourdough toast, vegan sobrasada, fruits and nuts. half 11€ full 16€

- CHARCUTERIE BOARD

Cured meats with charcoal focaccia and nuts half 15€ full 21€

SANDWICHES AND MAINS

- PIPO

Free range chicken breast with pesto sauce, mixed cheese Brie and taleggio, tomatoes and yoghurt sauce. 10 €

- PULPOFICTION

Grilled octopus in beer with sweet potato mash and smoked paprika. Comes with salad onions and sauce. 18 €

- VEGGI TACOS

Gluten free corn tortillas, tofu, grilled veggies, vegan sobrasada and hummus. 10 €

- TACOS DRY AGE

Gluten free corn tortillas, matured beef dry aged 45 days, onions, peppers, salad onions, tomato sauce, taleggio cheese and vegan sobrasada. 12 €

Our usual desserts

Our desserts are prepared with natural ingredients, gluten-free and sweetened with dates, with our customers in mind.

- BROWNIE ECOLÓGICO

Organic chocolate brownie 85%, almond and buckwheat flour, dates and coconut sugar. piece 3€ with ice cream 6€

- CHEESECAKE

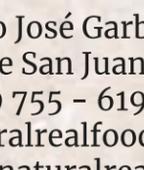
Gluten-free cookie cheesecake, realfood cream cheese without additives, organic yogurt and dates. 6 €

- DONUT DEL DÍA

Lactose-free, gluten-free and sweetened with dates. piece 2€ with ice cream 4,5€

“Tell me what you eat and I'll tell you who you are”

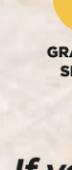
Anthelme Brillat-Savarín 1825



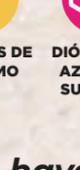
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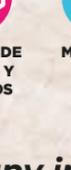
ALLERGENS



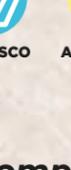
GLUTEN



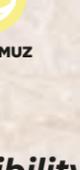
CRUSTÁCEO



HUEVO



PESCADO



CACAHUETE



SOJA



LÁCTEO



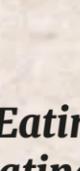
FRUTO DE CÁSCARA



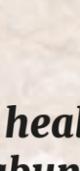
APIO



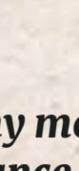
MOSTAZA



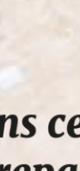
GRANOS DE SÉSAMO



DIÓXIDO DE AZUFRE Y SULFITOS



MOLUSCO



ALTRAMUZ

If you have any incompatibility and need help, ask our staff

“Eating healthy means celebrating abundance, preparing delicious recipes with quality ingredients and, ultimately, making people happier”

naturalrealfood.com