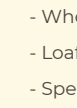




BREAKFAST

WELCOME TO THE NATURAL EXPERIENCE WHERE YOU CAN ENJOY OUR DELICIOUS AND HEALTHY BREAKFAST. BREAKFAST AND BRUNCH SCHEDULE



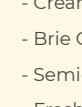
CREATE YOUR TOAST

Choose your bread base and add ingredient

CHOOSE YOUR BREAD

find the best toasts with sourdough breads @betterpan

- Wheat loaf bread sourdough		1.75
- Loaf bread seeds sourdough		2
- Spelt loaf bread sourdough		2
- Gluten-free bread		2.75
- Oatmeal and sourdough brioche bread		2.5
- Keto Proteico bread		3.5



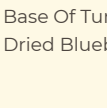
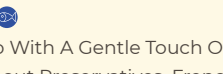
Choose your ingredients

5 INGREDIENTS MAX

- Evoo		1
- Tumaca Sauce. (Pepper And Tomato)		1.5
- Seasonal Raff Tomato In Dice		1.5
- Organic Butter		2.5
- Organic Butter + Homemade Red Fruit Jam		4.5
- Avocado		3
- Creamy avocado with lime		3
- Brie Cheese		1.85
- Semi-Cured Cheese.		2
- Fresh Mozzarella (With Evoo Or Tomato.)		5.5
- "El Sereix" Fresh Goat Cheese From Spain.		2.5
- Roasted Country Chicken Breast With Lime And Herbs.		3
- Natural Turkey Breast.		3
- Iberian Cebo Ham.		3
- Natural Smoked Salmon Without Preservatives.		3.75
- Canned Tuna Belly (La Bújula).		3
- Organic Tofu Our Style.		2.5
- Organic Peanut Butter.		2.5
- Pure Chocolate Syrup With Eco Coconut Oil.		2.5
- Mix Green Leaves.		1
- Organic Homemade Hummus		2.5
- Half Bowl Of Salad (Seasonal Raff Tomato, Avocado And Green Sprouts)		4.5

HAPPY CHICKEN EGGS (MADE WITH COCONUT OIL)

- Pan Egg.		1.6
- Natural Style Soft Egg.		1.75
- Omelet.		1.6
- Scrambled Egg.		1.6



Our creations

- OSTENTOSA **9**
Pure Creamy Avocado With A Gentle Touch Of Lime, Natural Smoked Salmon Without Preservatives, French Omelette And Dill.

- NUESTRA PREFERIDA **7**
Base Of Tumaca Sauce, Sliced Avocado, Gratinated Brie Cheese, Dried Blueberries And Organic Hemp Seeds With Pesto Sauce.

- EQUILIBRADA **8**
Homemade Beet Hummus, Grilled Spinach Leaves, Natural Turkey Breast, Natural Mozzarella, Pistachios And A Touch Of Pesto Sauce.

-VEGANA **8**
Homemade Classic Hummus, Ciced Tomato, Avocado And Marinated Tofu.

- DULCE TENTACIÓN **7**
Peanut Butter, Date, Banana, Homemade Red Fruits Jam And Melted Chocolate 85%

- AGRIDULCE **7**
Eco Butter Base, Baked Brie Cheese And Homemade Red Fruits And Honey Jam.

- IBÉRICA **9.5**
Tumaca Sauce Base, Flame-Cured Cheese, Cebo Iberian Ham, Fry Pan Egg (With Coconut Oil), Grated Cheddar And Touch Of Rosemary.

- ESENCIA **8.5**
Sourdough bread, sliced avocado and vegan sobrasada, 2 scrambled eggs cooked with goat's feta cheese and green sauce.

ALL OUR SPECIAL TOASTS ARE MADE WITH LOAVES OF WHEAT SOURDOUGH AND ACCOMPANIED BY SALAD

You can exchange your wheat loaf for our selection of breads:

- Seeds	0.40
- Spelled	0.50
- Oat brioche	1
- Gluten Free Bread	1.5

START THE DAY STRONGLY

-TACOS RANCHEROS **13.50**
Tomato sauce and roasted vegetables, red beans, grilled egg, fresh goat cheese, sliced avocado, chives, sour cream and cilantro. (2 units)

-SANDWICH ESPECIAL **11**
Artisan muffin bread filled with vegan sobrasada, melted tallegio cheese and brie cheese, tartuffata sauce and grilled egg

Change for gluten-free bread **(1.5)**

-ENERGY Wrap **13**
Whole wheat OMELETTE stuffed with 3 scrambled eggs, feta cheese and avocado. Accompanied by roasted sweet potatoes and beet hummus.

Make your wrap gluten-free **(1.5)**

- SANDWICH VEGETAL **13.5**
Toasted sourdough and oat milk brioche bread, homemade carrot mayonnaise, "La Brújula" tuna belly, cucumber, raff tomato, sliced avocado, green sprouts, cabbage and carrot mix. Green sauce on the top.

WITH TWO EGGS !!!

Choose how you want your eggs

PAN EGGS - SCRAMBLED EGGS - OMELETTE

Try our combinations; all of them accompanied by a salad of tender sprouts, cabbage, carrot strips, tomato and avocado. Dressed with pesto sauce. (Basil, almond and evoo)

- SIMPLE **8.5**
Two eggs of your choice in coconut oil.

- POPEYE **11**
Two eggs, mushrooms, spinach and garlic

- PAVO Y QUESITO **13**
Two eggs, sliced natural turkey, brie cheese and semi-cured cheese.

- SALOMÓN **14**
Two eggs, natural smoked salmon with cottage cheese and dill.

EXTRAS FOR YOUR EGGS

- Extra Egg **1.6**

- Sourdough Bread **1.5**

- Hummus **1**

- Vegan Sobrasada **2**

FRESH AND SWEET BOWLS.

- CLÁSICO **half bowl 5/whole bowl 6.5**
Organic Cow Yogurt + Homemade Granola And Fruit Of The Day.
Choose To Sweeten Honey Or Homemade Date Cream

- COCOTERO **half bowl 5.5/whole bowl 7.5**
100% Coconut Yogurt + Homemade Granola And Fruit Of The Day.
Choose To Sweeten Eco Honey Or Homemade Date Cream

- ÍNDIGO **whole bowl 9**
Smoothie Bowl Of Frozen Fruit, Coconut Milk, Date, And Organic Açai Powder. Topping Of Fresh Fruit Of The Day And Granola.

EXTRAS TO COMPLETE YOUR BOWLS

- Organic Peanut Butter **1.5**

- Organic Activated Chia **1.5**

- 85% Organic Chocolate Sauce **1.5**

- Banana **2**

- Blueberries **2**

- Homemade Jam **1.5**

Ask Our Waiters For Fruit Of The Day

FRENCH TOAST

Sourdough oat milk brioche bread soaked in egg, oat milk and caramelized with dates, **6**
vegan butter and coconut oil.

You know what's best for you, get creative and personalize your French Toast.

TOPPINGS :

cinnamon **0.5**

organic honey **1**

organic agave syrup **1**

banana **1**

blueberries **1**

red fruit compote **2**

organic peanut butter **2.5**

organic pistachio butter **3**

granola homemade **1.5**

organic chocolate sauce **2**

organic cow's yogur **2**

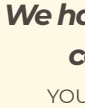
organic coconut yogur **2.5**

SPECIAL TOPPINGS:

mascarpone cheese cream, yogurt and date **3.5**

coconut yogurt cream, peanut butter and date **4.5**

TURRÓN ice cream **2.5**



SMOOTHIES

TO REFRESH YOUR MORNING

- SIMPLE SMOOTHIE **4.5**
1 Ingredient + Cow's Milk Or Water
Ingredients to choose for your smoothie.
banana, blueberries, red fruits, mango, pineapple, apple, spinach, cucumber.

SPECIAL HOUSE SMOOTHIES

We have created the most recommended combinations for good digestion

YOU CAN ORDER IT WITH COW'S MILK OR WATER

- COSMO-BANANA: Blueberries and banana **6.5**

- TROPICAL: Mango, pineapple, banana **7.5**

- MORANGO: Strawberry and mang **7**

- PEPIÑAZO: Pineapple, apple and cucumber **8**

- GREEN: Cucumber, apple, spinach, parsley, lime and ginger in organic powder **10**

- FRESH: Orange, carrot, mango, organic turmeric powder and mint leaves. **10**

YOU CAN CHANGE THE DRINK IN YOUR SMOOTHIE FOR

ORGANIC VEGETABLE DRINK (ALMOND, SOY, OATS, COCONUT) **1**
+FRESH SQUEEZED ORANGE JUICE WITHOUT PESTICIDES **2**

ADD ECO Superfoods:

AÇAÍ POWDER	1.5
MACA POWDER	1.5
GROUND FLAX	0.5
ACTIVATED CHIA	1
GINGER POWDER	0.5
TURMERIC POWDER	0.5
PROTEIN	1.5