

TAPA, TAPITA Y PICOTEO

- **BELLY SALAD.** 🌱🌱 **4.5/7**
Mixed potato, carrot and sweet potato salad; with “La Brújula” tuna belly, homemade carrot mayonnaise and a variety of crackers.
Add gluten-free CRACKERS
- **PLUS BELLY SALAD.** 🌱🌱🌱 **8**
Mixed potato, carrot and sweet potato salad; with “La Brújula” tuna belly, homemade carrot mayonnaise and a variety of crackers, topped with a happy chicken egg.
Add gluten-free CRACKERS
- **HUMMUS DUO.** 🌱🌱🌱🌱 **12**
Homemade classic hummus and beet hummus, gluten-free nachos, sourdough bread and vegetable crudités. topping of feta cheese, tomato, diced red onion and green sauce. add gluten-free bread **1**
- **NATURAL FRIED SWEET POTATOES** **7.5**
- **HOMEMADE FRIES** **5**
Add organic ketchup **1**
Organic barbecue sauce **1.50**
Cream cheese and herbs **2**
- **RIVER POTATOES BLUE CHESSE.** 🌱 **8**
Baked rio potatoes with blue cheese sauce
- **RIO VEGGY CHEDDAR POTATOES.** **9.5**
Baked Rio potatoes with homemade vegan cheese, black beans with shakshuka sauce and guacamole.
- **BROKEN EGGS.** 🌱 **14**
French fries with Iberian ham, 2 happy chicken eggs, tartuffata sauce and braised artichokes.
(add freshly toasted bread) **1.5**
- **BROKEN FRIED SWEET POTATOES.** 🌱 **17**
Fried sweet potatoes with two pan-fried eggs, “Iberian cebo” ham, braised artichoke, and tartuffata sauce.
(add freshly toasted bread) **1.5**
- **NACHOS WITH MEAT.** 🌱 **10/16**
Aged meat bolognese, homemade cheese sauce, grilled cheese mix, homemade guacamole and sour cream.
- **VEGGY CHEDDAR NACHOS.** 🌱🌱 **8/14**
Homemade vegan cheddar sauce, homemade guacamole, pico de gallo and hummus duo.
- **NACHOS WITH BEEF AND VEGAN CHEDAR.** **8/15**
Aged beef bolognese, vegan cheddar, homemade guacamole and pico de gallo.
- **FOCACCIA BURRATINA.** 🌱🌱🌱 **12.5**
Charcoal black focaccia base with olives and cherry tomatoes, flamed pugliese burrata, zucchini, pesto sauce, pistachio and arugula.
- **IBERIAN FOCACCIA.** 🌱🌱 **12.5**
Charcoal black focaccia base with olives and cherry tomatoes, Iberian ham, pan egg, artichokes, pesto sauce and arugula.
- **DUO OF CHEESES.** 🌱 Según Mercado
Small board with two varieties of cheese, nuts, fruit and toasted bread with vegan sobrasada (ask the waiter about the cheeses of the week)
- **BAKED BRIE.** 🌱 **11.5**
Cheese, with red fruit, jam, honey, pistachios. accompanied by toast bread and butter with rosemary.
- **CHICKEN OMELETTE** 🌱🌱🌱 **15**
3-egg omelette with herb-roasted chicken, spinach, spring garlic, and blue cheese sauce.
Served with a tomato, avocado, and pistachio salad.

FRESH AND COLORFUL SALADS.

- **NATURAL BOWL.** 🌱 **7/ 12.5**
Mix of green leaves, cabbage, carrot, avocado, cucumber and pesto sauce.
- **RAFF WITH BELLY.** 🌱 **8.5 /14.5**
Seasonal raff tomato, “la brújula” tuna belly, avocado, red onion and capers.
EVOO and black salt dressing
- **WARM SALAD.** 🌱🌱🌱 **15.5**
Mattress of green leaves, cabbage, carrot strips, sautéed mushrooms and zucchini, organic quinoa with dried cranberries and turmeric, scrambled eggs with two eggs and feta cheese. Pesto sauce and yogurt sauce with herbs and cucumber.
- **BURRATITA FRESH.** 🌱🌱 **16**
Seasonal Raff tomato, pistachio, burrata with flame-cooked mango compote, avocado, green leaves, cabbage duo, carrot, pesto sauce dressing (basil, evoo and almond)
Add extra charcoal focaccia **2.5**
- **FREE AND WILD.** 🌱🌱 **16.9**
Mattress salad with green leaves, free-range chicken, seasonal raff tomato, avocado, baked sweet potatoes, goat feta cheese, pistachios. green sauce dressing (EVOO and herbs)

GOURMET TOASTS

WITH BETTER PAN SOURDOUGH BREAD

- **YING&YANG.** 🌱🌱 **11**
Spelled bread, butter, mascarpone, goat cheese, quince and honey. Baked gratin
- **CHEES&HOT.** 🌱🌱 **10**
Wheat bread, cream cheese, taleggio cheese, spicy gouda cheese, gratin cheddar cheese.
- **IBERIAN.** 🌱🌱🌱🌱 **11**
Wheat bread roasted tomato sauce, taleggio cheese, cheddar cheese, two pan-fried eggs, bait ham, arugula, pesto sauce. (basil, EVOO and almond
- **CHILL CHICK.** 🌱🌱🌱 **12**
Wheat bread, stewed chicken, two eggs, guacamole, sour cream and gratin cheddar cheese
- **JOY.** 🌱🌱🌱🌱 **11**
Sourdough seed bread, hummus duo, snack cucumber, tender sprouts, avocado, raff tomato, cabbage, shredded carrots, and organic peanut butter.

- **MAKE YOUR TOAST UP A LEVEL, AND TRY IT WITH HOMEMADE BRIOCHE BREAD FROM @BETTERPAN + 2,5**

COSMOPOLITAN

- **YUMMY TURKEY** 🌱🌱🌱 **13**
Integral wrap, French omelette, brie cheese and semi-cured cheese, mascarpone, natural smoked turkey and tartuffata sauce. Accompanied by green leaves.
Switch for gluten-free corn tortilla **1**
- **QUESOBRAIDA** 🌱🌱 **12**
GLUTEN-FREE CORN Quesadilla STUFFED with vegan sobrasada, taleggio cheese, extra old gouda cheese, honey, rosemary and pistachios.
- **QUESAXICANA.** 🌱 **13.5**
Gluten-free corn quesadilla, stuffed with spicy stewed chicken, gratined cheeses, spicy smoked paprika, guacamole and nachos topping.
- **DELUXE** 🌱🌱🌱🌱 **13.5**
WHEAT SOURDOUGH OR WHOLE WRAP sandwich filled with natural smoked salmon, dill, avocado with creamy cheese, two scrambled eggs and zucchini. Accompanied by green leaves and cucumber. **WITH BRIOCHE BREAD +1.5**
- **PIPO FELIZ** 🌱🌱🌱🌱 **12.5**
Wheat sourdough sandwich or whole wheat wrap; filled with herb cremmet cheese, diced tomato, herb-roasted chicken, two-egg omellet, cheese and spinach. Pesto sauce. Accompanied by green leaves. **WITH BRIOCHE BREAD +1.5**
- **CARNITAS** 🌱🌱🌱🌱 **17**
Brioche bread stuffed with vegan sobrasada, stewed meat, red beans, scrambled eggs, gratin cheeses, avocado, red cabbage cream and mascarpone. fresh cilantro.
- **BRUTAL SANDWICH ¡NEW!** 🌱🌱🌱🌱 **17**
Toasted sourdough and oat milk brioche bread, vegan sobrasada, Brie cheese, Taleggio cheese, and two scrambled eggs with tartuffata sauce. Served with a side of potatoes from the River, with sour cream.
- **ADD**
- french fries **2.5**
fried sweet potatoes **3.5**
gluten-free bread **2.5**
gluten-free corn tortilla **1.5**

WE BELIEVE IN CONSCIOUS AND HEALTHY EATING. WE PREPARE OUR MENU WITH REAL FOODS, WITHOUT ADDITIVES, NATIVE AND SEASONAL TO MAKE THE MOST OF THEIR POTENTIAL.



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BURGERS WITHOUT ADDITIVES

“GUILTLESS PLEASURES”

BURGERS FROM COW MATURED 45 DAYS.

- Choose between milk and turmeric bread or seed bread
-brioche oatmeal sourdough bread **0.5**
- **SIMPLE.** 🌱🌱 **11**
Meat matured for 45 days, cheese, tomatoes and green leaves.
- **NIRVANA.** 🌱🌱🌱 **13**
Meat matured for 45 days, grilled egg, tartuffata sauce, Taleggio cheese and poached onion.
- **SAVAGE.** 🌱🌱🌱🌱 **14**
Meat aged 45 days, egg grilled wild arugula, homemade vegan sobrasada, zucchini, Taleggio cheese and pesto sauce.
- **MEXICANA.** 🌱🌱 **14.5**
Meat aged 45 days, creamy homemade guacamole (with raff tomato and red onion) and gouda cheese with jalapeños.
- **GRIEGA.** 🌱🌱 **14**
Meat matured for 45 days, feta cheese, tomato, pickles, purple onion and herbed yogurt sauce.
- **ITALIANA.** 🌱🌱🌱 **16.5**
Meat aged 45 days, burrata pugliese, pesto sauce, seasonal tomato raff and arugula.

Fresh product and limited, ask disponibilidad.

ASK ABOUT OUR BURGER OF THE MONTH!

PLANT BASED HOMEMADE BURGERS

- **CLEOPATRA.** 🌱🌱 **12.5**
Seed bread, organic and homemade chickpea and falafel-style quinoa burger, beet hummus, green leaves, tomato, avocado. Choose gratin cheese or marinated tofu
- **CAMPERA.** 🌱🌱 **13**
Seed bread, organic chickpea and falafel-style quinoa burger, avocado, mushrooms, soft egg and vegan cheddar sauce.
- **MEDITERRÁNEA.** 🌱🌱 **12**
Seed bread, homemade organic lentil and quinoa burger, vegan sobrasada, arugula, pesto sauce. Choose between feta cheese or marinated tofu
- **FRIDA.** 🌱 **13**
Seed bread, organic and homemade lentil and quinoa burger, vegan cheddar cheese with a spicy touch, avocado, tomato and diced onion.

ALL OUR BURGERS ARE SERVE WITH HOMEMADE FRIES.

- gluten-free bread **2**
- switch your potatoes for fried sweet potatoes **1.5**
- change your potatoes for ½ bowl natural **3**
- ecologic ketchup **1**

HOMEMADE SAUCES.

- barbecue **1.5**
- carrot mayonnaise **1.5**
- cheese and herb sauce **2**
- yogurt and herb sauce **2**
- sweet potato and peanut sauce **3**