



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 €

- **QUESOBRAIDA**

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**

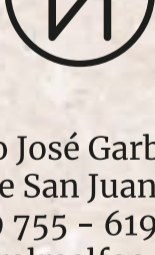
Gluten-free cookie cheesecake, realfood cream cheese without additives, organic yogurt and dates. 6 €

- **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”

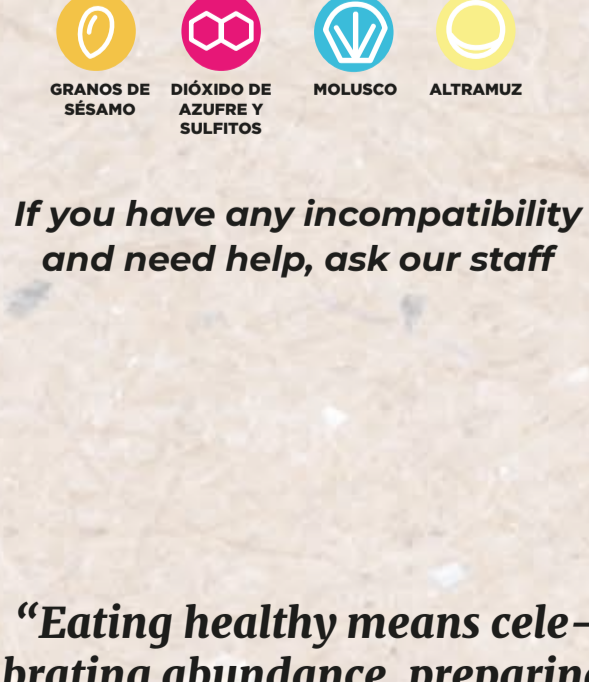
Anthelme Brillat-Savarín 1825



Calle Maestro José Garberi nº5 local 1
Pau 5 - Playa de San Juan Alicante 03540
966 509 755 - 619 640 914
naturalrealfood.com
natural@naturalrealfood.com



ALLERGENS



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