

HEALTHY BREAKFAST AND BRUNCH.

Because you can only start the day in one way, with a stomach full of good and nutritious food.

MAKE YOUR TOAST

Until 13:00

CHOOSE YOUR BREAD

- Sourdough bread ● ● ● 1€
- Chia Bread ● ● ● 1,5€
- Gluten Free Bread ● ● ● 1,5€

Classics

- Olive oil or tomato 0,5€
- Eco butter and homemade jam 1,25€
- Serrano ham (with tomato or olive oil) 2,5€
- Buffalo mozzarella 3,25€

Adicionales

- Fried ego or omelette. 1.5 1,5€
- Natural soft egg 1.75 1,75€
- Avocado. 1.75 2€
- Natural Turkey. 2 3,25€
- Buffalo mozzarella 3.25 2,5€
- Serrano ham.2.5 1€
- Brie cheese.1 2€
- Gouda extramature cheese.2 2,5€
- Natural smoked salmón.2.5 1€
- Semi-cured cheese.1.

Especiales

Created for demanding palates.

- **OSTENTOSA** ● ●
Creamy avocado touch of lime, natural smoked salmon, french omelette and dill. 7€
- **NUESTRA PREFERIDA** ●
Tomato base, avocado, gratin brie cheese, dehydrated blueberries, hemp seeds and extra virgin olive oil. 5€
- **EQUILIBRADA** ● ●
Beetroot hummus, spinach leaves, natural turkey breast and buffalo mozzarella. mix of seeds and nuts, touch of pesto sauce. 6€
- **VEGANA** ● ●
Homemade hummus, diced tomato, avocado and marinated tofu. 6€
- **DULCE TENTACIÓN** ●
peanut butter, dates, banana, homemade jam and 85% melted chocolate 5€
- **AGRIDULCE** ●
Butter-based toast, melted brie cheese and baked au gratin and homemade red fruit jam. 4,5€

Sweet Bowls

SWEETENED WITH DATE SYRUP OR HONEY

- **Crunchy** ● ●
Bio low-fat and gluten-free natural yogurt, fruit, jam, homemade granola. honey or date paste. Glass 3,5€/ bowl 6€
- **Índigo** ●
Banana and blueberry smoothie base, dates, acai powder, coconut milk. fruit, homemade granola and chocolate flakes. 6,5€
- **Chía-pudding** ● ●
glass of organic low-fat gluten-free natural yogurt, activated chia, jam, fruit, honey and granola. 4€
- **Vegan chía-pudding** ● ●
Vaso de batido de leche de avena, dátil, chocolate, mantequilla de cacahuete y chia, plátano, mermelada casera y chocolate fundido. 6€

WITH TWO EGGS!!!

(two happy chicken eggs cooked with coconut oil)

CHOOSE BETWEEN: PAN-FRIED, SCRAMBLED, FRENCH OMELETTE 7€

Served with two slices of toasted bread. ● ● ●

Choose two of the spread options:

- Hummus ● ●
- Creamy avocado
- Vegan sobrasada ●
- Tumaca
- Organic butter

COMPLEMENTS ON YOUR EGGS

- Serrano ham 2,5€
- Brie cheese 1,5€
- Natural smoked salmón 2,5€
- Gouda extra-Mature cheese. 2€
- Natural smoked turkey. 2€
- Basil. 0,25€

OMELETTES

Comes with mixed leaf salad, tomatoes, avocado and nuts.

- Spinach, mushrooms and salad onions omelette. ● 8€
 - Smoked natural salmon, ● ● 9€
cottage cheese and dill omelette.
 - Turkey breast and Brie cheese omelette. ● 8,5€
- Extras**
- Sorodough bread slices 1,5€
 - Truffle sauce 1,5€
 - Hummus 0,5€
 - Vegan sobrasada 1€
- **HUEVOS TURCOS NATURAL.** ● ● ●
Ricotta cheese base, " Natural soft eggs, cherry tomatoes, bio goat 's feta cheese and yoghurt sauce. (comes with sorodough bread and vegan sobrasada) 11€
 - **VEGAN SHASUKA WITH COCONUT MILK**
Tomatoes, grilled peppers and onions, sorodough toast and avocado. 9€

COFFE

- Expreso / solo 1,2 €
- Expreso Macchiato 1,3 €
- Cortado 1,4 €
- Café e con leche 1,6 €
- Café latte 2,2 €
- Capuccino 3 €
- Café moka 3,5 €
- Café moka latte 3,8 €
- Café Belmonte 3,5 €
- Café carajillo (según licor) 3€
- Café manchado 2€
- Café con leche ICE 3,5€
- Chocolate caliente / frio 2€
- Vaso de leche 1,5€
- Bebidas vegetales:
- Bebida avena BIO +0.30 +0,30€
- Bebida almendra BIO +0.5 +0,50€

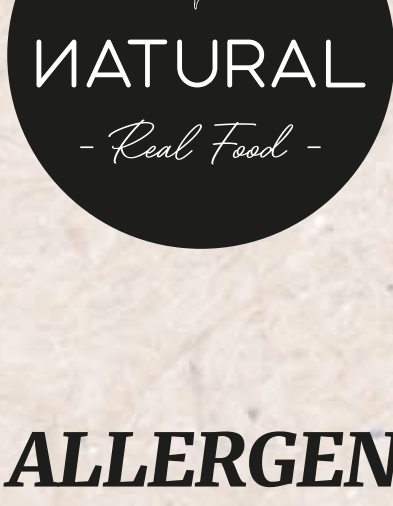
This is our coffee menu, we use 100% Arabica and original "lavazza earth range coffee", taking care of traditions and the environment as well as the naturalness of the coffee process, in addition to the fact that all our coffealness are served with BIO drinks from The best quality.

SMOOTHIES

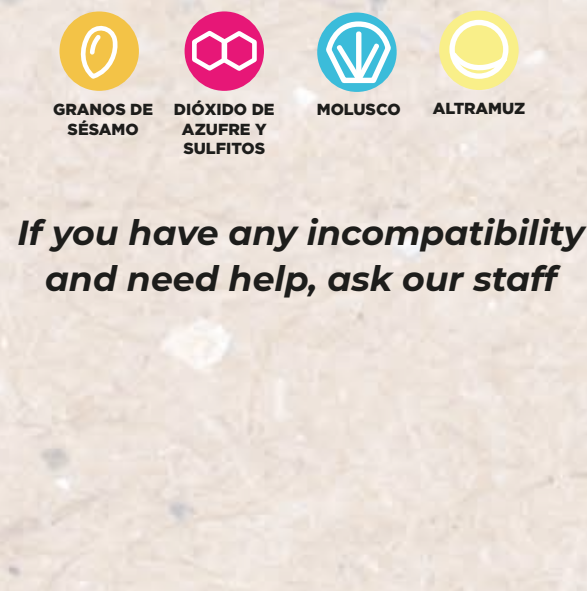
- **COSMO PLÁTANO**
Blueberries and banana 4 €
- **TROPICAL**
Mango and pineapple. 4 €
- **NATURAL**
Spinach, banana, blueberries, chia seeds and oats. 5,5 €
- **CREMIX**
Bebido mango, mango, coconut milk and oats 6,5 €
- **FRESCO**
Orange juice, mango and curcuma (with a touch of mint) 5 €
- **CHOCODELI**
Banana, dates, almond butter, dark chocolate, açai powder and almond milk 7 €

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

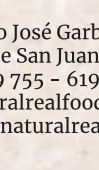
Love Health



ALLERGENS



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



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