

forn & café

Idò

Something else

Beef tenderloin	18,60 €
Gordon Blue with local sausage	12,00 €
Grilled cuttlefish	12,40 €
Veggie or bolognesa las	7,50 €
Espaguetti bolognesa	6,50 €
Paella	10,50 €

Ask for your salad

We have a wide variety of ingredients and invite you to create your favorite salad

Base with 4 ingredients

base : mix of salads, tomato and carrot with four ingredients	7,80 €
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Add some flavour

Vegetables : onion, white esparagus, red cabbage, red pepper, green pepper, avocado, green olives, sweet corn, capers	0,90 €
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Gourmet ingredients : boiled egg, salmon, grilled chicken breast, tuna, crispy bacon, ham	1,20 €
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Cheeses : goat's cheese, cheddar, parmigiano, blue cheese.	0,90 €
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Something crunchy : croutons, nuts and seeds mix	0,80 €
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To top your salad choose one of our sauces
vinaigrette, honey mustard, sauce or cesar dressing

***** **V.A.T. included** *****

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	Margarita : mozzarella and tomato sauce	6,00 €
P	Prosciutto : mozzarella, tomato sauce, ham	7,20 €
	Ibérica : mozzarella, tomato sauce, serrano ham rocket and parmesano	10,00 €
I	Fourcheeses : mozzarella, tomato sauce, cheddar, parmesano and blue cheese	8,00 €
Z	Tuna : mozzarella, tomato sauce, black olives, onion and tuna	8,00 €
Z	Idò : mozzarella, tomato sauce, black olives, ham. mushrooms and artichokes.	8,50 €
	Sa nostra : mozzarella, tomato sauce, sobrasada, camaïot and paté Idò	9,00 €
A	Vegetal : mozzarella, tomato sauce, mushrooms, onion, red pepper or courgette	8,00 €
S	Extra veggie ingredients : green pepper, capers, or sweet corn	0,90 €
	Extra ingredients : salami and salmon	1,20 €

S a n d w i c h e s (with focaccia bread)

	Ham and cheese	3,00 €
	Tuna , tomato, lettuce, and mayo	4,20 €
	Chicken , tomato, lettuce, boiled egg and cocktail sauce	4,90 €

Serrano ham, rocket and parmesan	5,60 €
Vegetal : lettuce, tomato, onion, roasted red peppers, white asparagus and avocado	6,50 €
Chips portion	2,00 €

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N	Fried anchovies	7,00 €
U	Fried baby squid	8,50 €
E	Shrimp Scampi	9,00 €
S	Chicken fingers	5,40 €
T	Chicken wings barbecue	5,40 €
R	Spanish croquettes	6,50 €
A	Dates with fried bacon	8,00 €
S	Padron's fried peppers	6,00 €
	1/2 serving	3,50 €
T	Goat's cheese batter with red berries	6,20 €
A	Salmorejo	4,00 €
P	Braved potatoes	3,50 €
A	Bread with paté Idò	2,00 €
S	Bread, olives and alioli	1,60 €
	(per person)	

HOMEMADE BURGERS

Cheese burger	6,80 €
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with tomato, lettuce, onion
and cheese

Bacon burger 7,50 €
with tomato, lettuce, onion
cheese and bacon

La Ponedora burger 8,80 €
with tomato, lettuce, onion
cheese, bacon and egg

Vegetarian burger 7,50 €
vegetal burger with tomato
lettuce and onion

La Junior 4,50 €
with tomato and cheese

Goat's cheese supplement 0,90 €

(All served with potatoes or salad)

BUNS & BAGUETTES

The Plain : bread with tomato, lettuce, and pork loin or chicken breast 4,50 €

Cheese : bread with tomato, lettuce, cheese and pork loin or chicken breast 4,80 €

Bacon : bread with tomato, lettuce, cheese, bacon and pork loin or chicken breast 5,20 €

Es Forn : bread with tomato, green pepper, serrano ham and pork loin or chicken breast 5,40 €

Calamaris : bread with tomato, lettuce, alioli, and fried calamaris 5,40 €

(All served with potatoes or salad)

Anchovies : bread with tomato, cheese and anchovies 4,00 €

All breakfasts can be with 100 % wholemeal bread + 0,50 €