

MENU

SI TIENES ALERGIAS O INTOLERANCIAS, AVÍSANOS Y TE AYUDAMOS A ELEGIR.

TOSTADAS

AHIMSA (V) €12,00

Queso crema, aguacate, tomates cherry asados, champiñones, cebolla en escabeche, mayonesa de siracha y mayonesa de cúrcuma.

TOFU (V) €9,00

Aguacate machacado, espinaca y tomates cherry asados.

AGUACATE & PINK HUMMUS (V) €9,50

Hummus de remolacha, aguacate, feta, lima y semillas.

AGUACATE (V) €7,00

Con lima y semillas.

PAN CON TOMATE (V) €5,00

Tomate triturado, tomates cherry y semillas.

BANANA & CREMA DE CACAHUETE (V) €8,50

Con frutas de temporada, nueces, canela y cacao.

REVUELTOS AL PLATO €6,50

Huevos revueltos, ensalada y pan.

ENSALADAS Y SANDWICHES

QUINOA BOWL (V/GF) €10,00

Quinoa, zanahoria, col morada, tomates cherry asados, queso crema, aguacate, cebollas encurtidas y vinagreta de limón.

TERIYAKI BOWL (V/GF) €11,50

Arroz, pepino, zanahoria, col morada, aguacate, mango, tomate, tofu teriyaki, mayonesa de wasabi y sésamo negro.

WRAP (V) €12,00

Tortilla de trigo, hummus, espinaca, col, pimientos, tomate, zanahoria, pepino y salsa siracha. Acompañado con nachos y aguacate.

EXTRAS

| | | | |
|-----------------------|-------|-----------------------|-------|
| SALMÓN | €3,50 | AGUACATE | €2,00 |
| HEURA (POLLO VEGETAL) | €3,50 | QUESO FETA | €2,50 |
| HUEVO REVUELTO | €3,00 | TOFU | €2,00 |
| HUEVO POCHADO | €2,00 | HUMMUS | €2,00 |
| TOMATE | €1,50 | PAN SIN GLUTEN | €1,50 |
| CHAMPINONS | €1,50 | TOSTADA DE MASA MADRE | €1,00 |

BOWLS

Todos nuestros bowls se sirven con GRANOLA CASERA GF, coco rallado y fruta de temporada.

ACAI (V/GF) €10,00

Acai, banana, arándanos y fresas.

PITAYA (V/GF) €10,00

Pitaya, fresa, mango y banana.

PORRIDGE / OVERNIGHT OATS (V/GF) €8,00

Gachas de avena sin gluten, fruta de temporada, dátiles, nueces y canela.

BOWL DE YOGURT (V/GF) €6,00

Yogurt de coco, granola y fruta de temporada.

| | |
|--------------------|-------|
| CREMA DE CACAHUETE | €1,00 |
| PROTEÍNA DE CAÑAMO | €1,00 |
| SPIRULINA | €1,00 |

POSTRES

PAN DE BANANA Y ARANDANOS (V/GF) €5,50

PAN DE BANANA CACAO Y NUECES (GF) €4,50

BROWNIE DE BANANA Y CREMA DE CACAHUETE €4,50

PAN AU CHOCOLAT (V) €2,80

ENERGY BALLS €2,00

GALLETAS €3,00

PREGUNTA POR POSTRES FUERA DE CARTA

MENU

IF YOU HAVE ANY ALLERGIES OR INTOLERANCES, PLEASE LET US KNOW
AND WE'LL HELP YOU CHOOSE.

TOASTS

AHIMSA (V) €12,00

Cream cheese, avocado, roasted cherry tomatoes, mushrooms, pickled onions, sriracha mayonnaise and turmeric mayonnaise.

TOFU (V) €9,00

mashed avocado, spinach and roasted cherry tomatoes.

AVO & PINK HUMMUS (V) €9,50

Beetroot hummus, avocado, feta, lime and seeds.

AVOCADO (V) €7,00

With lime and seeds.

PAN CON TOMATE (V) €5,00

Tomate triturado, tomates cherry and semillas.

BANANA & PEANUT BUTTER (V) €8,50

Con frutas de temporada, nueces, canela and cacao.

REVUELTOS FIT €6,50

Scrambled eggs, salad and bread.

SALADS AND SANDWICHES

QUINOA BOWL (V/GF) €10,00

Quinoa, carrot, purple cabbage, roasted cherry tomatoes, cream cheese, avocado, pickled onions and lemon vinaigrette.

TERIYAKI BOWL (V/GF) €11,50

Rice, cucumber, carrot, purple cabbage, avocado, mango, tomato, teriyaki tofu, wasabi mayonnaise and black sesame.

WRAP (V) €12,00

Wheat tortilla, hummus, spinach, cabbage, peppers, tomato, carrot, cucumber, and sriracha sauce. Served with nachos and avocado.

EXTRA

| | | | |
|-------------------------|-------|-------------------|-------|
| SALMON | €3,50 | AVOCADO | €2,00 |
| HEURA (VEGETAL CHICKEN) | €3,50 | FETA CHEESE | €2,50 |
| SRAMBLED EGGS | €3,00 | TOFU | €2,00 |
| POACHED EGG | €2,00 | HUMMUS | €2,00 |
| TOMATO | €1,50 | GLUTEN FREE BREAD | €1,50 |
| MUSHROOMS | €1,50 | SOURDOUGHT BREAD | €1,00 |

BOWLS

All our bowls are served with GF HOMEMADE GRANOLA, shredded coconut and seasonal fruit.

ACAI (V/GF) €10,00

Acai, banana, blueberries and strawberries.

PITAYA (V/GF) €10,00

Pitaya, strawberry, mango and banana.

PORRIDGE / OVERNIGHT OATS (V/GF) €8,00

Gluten-free oatmeal, seasonal fruit, dates, walnuts and cinnamon.

YOGURT BOWL (V/GF) €6,00

Coconut yogurt, granola and seasonal fruit.

PEANUTS BUTTER €1,00

HEMP PROTEIN €1,00

SPIRULINA €1,00

SWEETS

BLUEBERRY BANANA BREAD (V/GF) €5,50

BANANA BREAD, CHOCO & NUECES (GF) €4,50

BANANA AND BEANUT BUTTER BROWNIE (V) €4,50

PAN AU CHOCOLAT (V) €2,80

ENERGY BALLS (V/GF) €2,00

COOKIES €3,00

PREGUNTA POR POSTRES FUERA DE CARTA



CAFÉ

| | HOT | ICED |
|------------------------|-------|-------|
| Expresso | €1,60 | |
| Doble Expresso | €2,20 | |
| Cortado | €2,00 | |
| Americano | €2,50 | €3,20 |
| Latte | €3,50 | €4,00 |
| Café con leche | €3,00 | |
| Capuccino | €3,20 | |
| Flat white | €3,20 | |
| Caramel Latte | €3,50 | €4,20 |
| Extra Shot | €0,50 | |
| Leche vegetal | €0,50 | |
| Almendra, avena y coco | | |

BEBIDAS FRÍAS

| | |
|-----------------------------------------|-------|
| Agua | €2,50 |
| Agua con gas | €2,50 |
| Zumo de naranja | €5,00 |
| Limonada casera | €5,00 |
| Kombucha | €4,50 |
| Cerveza 0,33cl | €3,00 |
| Estrella Damm/ Rosa Blanca/ Free Dam00% | |
| Vino orgánico (copa) | €4,00 |
| Agua de coco | €3,80 |
| PUIG | €3,50 |

LATTES ESPECIALES / TÉ

| | HOT | ICED |
|-------------------|-------|-------|
| Matcha Latte | €4,00 | €5,00 |
| Chai Latte | €4,00 | €5,00 |
| Turmeric Latte | €4,00 | €5,00 |
| Cacao Power Latte | €4,00 | €5,00 |
| Té Cuppers | €2,50 | |

ZUMOS NATURALES

| | |
|----------------------------------------------------|-------|
| PRANA | €6,00 |
| Apio, espinacas, manzana, pepino, limón y jengibre | |
| CHAKRA | €6,00 |
| Remolacha, zanahoria, manzana, limón y jengibre | |
| SUN SALUTATION | €5,50 |
| Naranja, cúrcuma, pimienta, limón y jengibre | |
| GINGER SHOT | €2,20 |

BATIDOS

Todos nuestros batidos están hechos con leche de coco

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|-------------------------------------------------------|-------|
| KUNDALINI | €7,00 |
| Banana, cacao, canela y crema de cacahuete | |
| MANTRA | €7,00 |
| Banana, espinaca, mango y spirulina | |
| ASANA | €7,00 |
| Mango, piña, banana, yogur de coco y semillas de chía | |
| BIKRAM | €7,00 |
| Banana, remolacha, fresas, arándanos y yogur de coco | |

PROTEÍNA DE CAÑAMO €1,00

PARA LLEVAR €0,40



COFFEE

| | HOT | ICED |
|---------------------|-------|-------|
| Espresso | €1,60 | |
| Doble Espresso | €2,20 | |
| Cortado | €2,00 | |
| Americano | €2,50 | €3,20 |
| Latte | €3,50 | €4,00 |
| Coffee with milk | €3,00 | |
| Capuccino | €3,20 | |
| Flat white | €3,20 | |
| Caramel Latte | €3,50 | €4,20 |
| Extra Shot | €0,50 | |
| Plantbased milk | €0,50 | |
| Almond, Oatly, Coco | | |

COLD DRINKS

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|-------------------------------------------|-------|
| Water | €2,50 |
| Sparklin water | €2,50 |
| Orange Juice | €5,00 |
| Homemade Lemonade | €5,00 |
| Kombucha | €4,50 |
| Beer 0,33cl Estrella Damm/ Free Dam00% | €3,00 |
| Organic Wine(Glass) | €4,00 |
| Coco water | €3,80 |
| PUIG | €2,50 |

SPECIALS LATTE / TEA

| | HOT | ICED |
|-------------------|-------|-------|
| Matcha Latte | €4,00 | €5,00 |
| Chai Latte | €4,00 | €5,00 |
| Turmeric Latte | €4,00 | €5,00 |
| Cacao Power Latte | €4,00 | €5,00 |
| Tea | €2,50 | |

FRESH JUICES

| | |
|----------------------------------------------------|-------|
| PRANA | €6,00 |
| Celery, spinach, apple, cucumber, lemon and ginger | |
| CHAKRA | €6,00 |
| Beetroot, carrot, apple, lemon and ginger | |
| SUN SALUTATION | €5,50 |
| Orange, turmeric, pepper, lemon and ginger | |
| GINGER SHOT | €2,20 |

SMOOTHIES

All our smoothies are made with coconut milk

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|--------------------------------------------------------------|-------|
| KUNDALINI | €7,00 |
| Banana, cacao, cinammon and peanut butter | |
| MANTRA | €7,00 |
| Banana, spinach, mango and spirulina | |
| ASANA | €7,00 |
| Mango, pineapple, banana, coconut yogurt and chia seeds | |
| BIKRAM | €7,00 |
| Banana, beetroot, strawberries, blueberry and coconut yogurt | |

HEMP PROTEIN €1,00

TAKE AWAY €0,40