



OLA VERDE

COFFEE & BRUNCH

MENU

ENGLISH



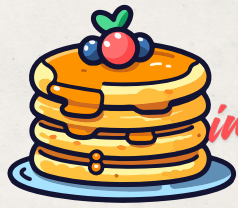
BRUNCH &
HEALTHY FOOD

Havana Avenue 14
38650 Los Cristianos, South Tenerife

AVAILABLE FROM 8:00-15:30



 vegetarian
 protein



*Maple
including*

OLA VERDE COFFEE & BRUNCH BREAKFASTS



Pancakes & Co

Pancakes USA

Made with wheat flour, accompanied by maple syrup, a touch of cream cheese, fresh fruit

€ 8.50

Pancakes Fit

Made from whole wheat flour and protein (vegan). Accompanied by fresh fruit and peanut butter

€ 8.95

Pancakes Salmón

Made with wheat flour and accompanied by smoked salmon, cream cheese, arugula and avocado

€ 12.90

French toast

Brioche bread soaked in cinnamon and vanilla, fresh fruit, mascarpone and agave syrup

€ 7.50

Tartine de la abuela

Sourdough bread or brioche with butter and homemade jam or organic honey

€ 4.50

Tartine Superfood

Sourdough bread or brioche with peanut butter, fresh fruit, walnuts, almonds, hemp seeds and cocoa nibs

€ 5.80

Oats & Chia

Porridge Me cuido

Cooked oatmeal with milk, chia, cinnamon, Greek yogurt, accompanied by fresh fruit, cinnamon, almonds and organic honey

€ 6.95

Chia verde

Chia pudding with coconut milk and organic matcha, decorated with Greek yogurt, fresh fruit and hemp seeds

€ 4.50

Eggs

Add 1 egg (+1€) or bacon (+1€)

Avocado Sunrise

Sunny side up eggs (2) on toast (2) and a bed of avocado, accompanied by sautéed vegetables and turkey ham (2 slices)

€ 8.95

Change it to:

- Smoked salmon (+2€)
- Serrano ham (+2€)

Revuelto Surf's Up (Scramble)

Scrambled eggs (3) with cheese, accompanied by mixed lettuce, avocado and sourdough bread

€ 8.20

Add to it:

- 2 slices of turkey ham (+1.50€) or Serrano ham (+ 2€) or chicken breast (+2€)

Omelette del Océano

Omelette (3) with shrimp (8) and melted cheese, accompanied by roasted asparagus, cherry tomatoes

€ 9.50

Add bread (+ 1€) or gluten-free bread (1.50€) or avocado (+2€)

Omelette del campo

Omelette (3) with vegetables and cheese, accompanied by potatoes and avocado

€ 8.95

Add bread (+1€) or gluten-free bread (1.50€)

Gran Slam

Scrambled or sunny side up eggs (2), bacon, turkey sausage (1), accompanied by classic pancakes (2) and maple syrup

€ 12.50

Fruit bowls

Querido Acai

Add peanut butter topping (+1.50 €)

Acai, banana, strawberry, almond and coconut milk base, accompanied by fresh fruit, granola, shredded coconut, chia and cocoa nibs

€ 7.95

Zen Matcha

Matcha base, banana, mango, spinach, almond milk, agave, accompanied by fresh fruit, puffed millet, hemp seeds, goji and almonds

€ 7.95

Super Yogurt

Natural yogurt accompanied by fresh fruit, puffed spelt, almonds, walnuts, sunflower seeds, goji, chia and organic honey

€ 5.95





OLA VERDE
COFFEE & BRUNCH

BRUNCH LUNCH



Salads

Todo queso

€11.50

Mix cheese on a bed of lettuce, cherry tomatoes, cucumber, green apple, pumpkin seeds and pesto dressing

Los Andes

€12.00

Marinated tuna in chia crust, quinoa, fresh mango (depending on season), lettuce, cucumber, cherry tomatoes, cilantro, balsamic dressing

La Nórdica

€12.00

Marinated salmon on a bed of spinach and lettuce, goat cheese, strawberries, walnuts, cherry tomatoes, balsamic dressing and honey

→ Add to all salads:

- avocado (+ 2€)
- bread (+1€)
- gluten-free bread (+1.50€)

Wraps

Los Cabos

€8.95

Wheat tortilla, grilled shrimp, avocado, lettuce, tomato mayonnaise and with mango chutney sauce

Imperial Beach

€8.50

Wheat tortilla, grilled chicken, spinach, avocado, grated carrot, cucumber, hummus and with mango chutney sauce

Budha bowls

Thai

€11.50

Diced chicken breast, brown rice, edamame, red cabbage salad, sweet potato, home made dressing

Falafel

€10.50

Chickpea falafel, sautéed vegetables, sweet potato, dressing, yogurt/tahini sauce

→ Add to all bowls:

- 1 egg (+1€)
- bread (+ 1€) or gluten-free bread (+ 1.50€)
- avocado (+ 2€)

Sandwiches

Change bread to gluten-free (+1.50€)

Mozza Crunch

€6.95

Ciabatta bread, mozzarella cheese, tomato, arugula, avocado

→ Add turkey ham (+1.50€) or Serrano ham (+ 2€)

Mexico

€7.95

Ciabatta bread, chicken, gouda cheese, mixed lettuce, tomato, avocado and pesto sauce

El Deportista

€8.20

Whole wheat bread, turkey ham (2 slices), gouda cheese (2), spinach, scrambled egg (1)

→ Make it more protein-rich with double ham and cheese: + 2€

Toasts

Add 1 egg (+ €1)

Cabo Norte

€8.95

Sourdough bread (2), smoked salmon, cream cheese, sliced avocado, fresh dill, capers, thin slices of cucumber, lemon

Tenerife

€8.50

Sourdough bread (2), sliced Serrano ham, goat cheese, grated tomato, fresh arugula, basil, extra virgin olive oil

Istanbul

€7.10

Sourdough bread (2), hummus, sliced tomato, cucumber, fresh basil, chia seeds, lemon

Something sweet

Cake of the day

€4.60

Ask for the cake of the day

Cookie

€2.95

Ask for the cookie of the day

AVAILABLE FROM 8:00-16:00



SPECIALTY COFFEE

Coffee & Latte

Espresso	€ 1.70
Double Espresso	€ 2.80

Americano	€ 2.00
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Cortado	€ 1.90
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Café con leche coffee with milk	€ 2.20
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Flat White	€ 3.20
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Cappuccino	€ 3.30
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Latte	€ 2.90
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Flavored Latte Flavors: caramel, vanilla, hazelnut, lavender	€ 3.30
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Mocha	€ 3.50
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Matcha latte	€ 4.20
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Chai latte (Turmeric or India)	€ 3.80
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Dirty Chai latte Chai latte with a shot of espresso	€ 4.60
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Pink Latte	€ 3.80
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Iced Lattes

Iced Latte Double espresso, served on the rocks with milk	€ 4.90
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With flavors: caramel, vanilla, hazelnut, lavender + €0.50

Iced Chai Chai latte, served on the rocks with milk	€ 4.90
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Iced Matcha Matcha latte, served on the rocks with milk	€ 4.90
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Organic Teas and Herbal Teas

(Loose tea served in a teapot)

Forest fruits	€ 3.50
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Frutos del bosque Forest fruits	
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Manzanilla ecológica Organic chamomile	
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Menta Mint	
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Relax Digest (rooibos)	
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Jengibre Regaliz Ginger Licorice	
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Té verde jengibre y limón Green tea with ginger and lemon	
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Té moruno Moroccan tea (green tea with mint)	
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English Breakfast Luxe Black Tea	
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Indian Chai Masala Black Tea	
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Pu Erh de Jianmei "I'm a big fan of Jianmei" (red tea)	
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Rooibos Manzana Rooibos Apple	
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Sueños de los mares del sur Dreams of the South Seas with flowers from the Islands (fruits tea)	
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- MILK
- whole, skimmed
 - Oats, soy, coconut (+ € 0.60)





OLA VERDE
COFFEE & BRUNCH

DRINKS WITH FRUIT



Frappuccinos

Lotus

Neutral powder, lotus syrup, milk (choice),
ground ice
With coffee: + € 1.20

€5.95

Chocolate

Chocolate powder, chocolate syrup, milk (choice),
crushed ice
With coffee: + € 1.20

€5.95

Vanilla

Vanilla powder, vanilla syrup, milk (choice),
crushed ice
With coffee: + € 1.20

€5.95

→ Add chantilly cream (+1€)

Smoothies

Very Berry

Red fruits, milk (choice), neutral frappé
powder, blueberry syrup and crushed ice

€5.50

Passion

Passion fruit, milk (choice), neutral frappé
powder, passion fruit syrup and crushed ice

€5.50

Lemonades & Iced Tea

Kiwi Limón

Iced green tea, sparkling water, kiwi syrup and
lemon juice

€4.90

Mora Albahaca

Sparkling water, tonic water, basil syrup and
blueberry puree

€4.30

Pepino Menta

Sparkling water, tonic water, cucumber syrup,
mint syrup and lime juice

€4.30

Maté Mango

Yerba mate infusion with mango syrup,
served cold

€4.90

Natural juices

Green Boost

Orange juice, spinach, cucumber, celery,
pineapple, ginger

€5.50

Despiértame

Orange juice, carrot, ginger, turmeric, pepper,
agave

€5.50

Vampiro

Orange juice, carrot, beet, ginger.

€5.50

Frescor Carmesí

Watermelon and mint

€5.50

Rayo Rosado

Grapefruit, orange, celery, strawberry, chia
and agave juice.

€5.50

Milkshakes & Shakes

Aloha

Papaya, mango, passion fruit, coconut milk,
amaranth, chia.

€5.95

Post Waves (Protein)

Spinach, banana, strawberries, oat/almond
milk and protein powder (vegan), peanut
butter (+ optional oats)

€6.95

Cacao Lover

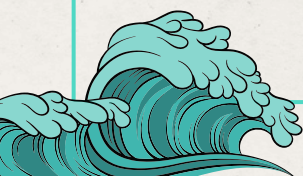
Organic cocoa, banana, flaxseed, oat milk,
cocoa nibs, dates, agave, cinnamon powder

€6.20

Matcha Fever

Organic matcha powder, banana, almond
milk, hemp seed, chia, peanut butter and
cocoa nibs

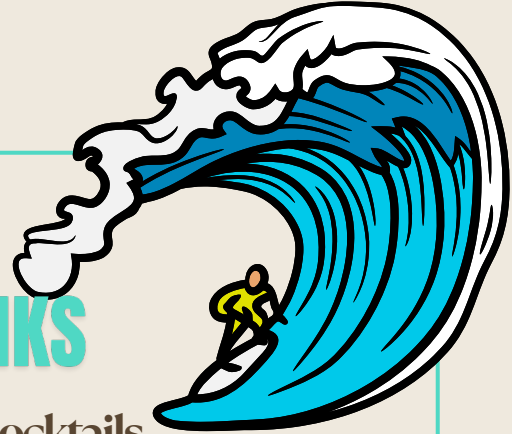
€6.95





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MIXOLOGY & SOFT DRINKS



Mimosas

Ola Naranja

€5.20

Cava, orange juice, a dash of elderflower syrup, orange slice.

Ola Rosada

€5.20

Cava, grapefruit juice, lavender syrup, red fruits

Beer & Wine

Draft beer (cane/jug)

€2.00

- Estrella Damm
- Estrella Damm lemon

€3.00

Bottled beer

€3.00

- Gluten-free
- Craft beer from the Canary Islands (Tocoa)

House white wine

€4.50

- Dry
- Fruity

House red wine

€4.50

Cocktails

Aperol Spritz

€6.20

Aperol, cava, soda, orange slice.

Hugo Spritz

€6.20

Cava, sparkling water, elderflower syrup, fresh mint, lemon

Classic/Passion Fruit Mojito

€6.00

White rum, lemon juice, mint leaves, brown sugar, soda, slice of lime (passion fruit)

€6.50

Classic Margarita/Passion Fruit

€6.00

Tequila, lemon juice, agave syrup, ice (passion fruit)

€6.50

Gin Pepino

€6.20

Gin, tonic water, cucumber slice, cilantro leaf

Kir Claudio

€5.20

Cava, blackcurrant cream

Fernet Ola Verde

€6.20

Fernet, grapefruit juice, sparkling water, mint, grapefruit slice

Cinar Pomelo

€6.20

Cinar, grapefruit juice, mango syrup, sparkling water

Mezcalito

€6.80

Mezcal, strawberry syrup, lemon juice, brown sugar, fresh mint, garnished with fruit

Soft drinks

Sparkling water

€2.20

Still water

€2.20

Coca-cola

€2.50

Coca-Cola zero

€2.50

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