

COLDPRESSED JUICES

5,95€

ALL FRUITS

CANDICE Lemon, agave, turmeric, cayenne, ginger, sea salt and alkaline water.

SKINNY Lemon, Grapefruit, Agave and Cayenne.

MORNING GLORY Carrot, Orange, Pineapple, Ginger, Turmeric and Baobab.

SUMMER WAVE Watermelon, strawberry, mint, lime and Chia seeds.

LOVE WINS Strawberry, orange and kiwi.

RISE & SHINE Orange, pineapple, apple and mint.

MELLOW YELLOW Pineapple, melon, lemon and reishi.

SWEET SUN Carrot, melon, mango and lemon.

GREENS

• **KRYPTONITE** Celery, spinach, kale, romaine lettuce, parsley, cucumber, apple and lemon.

GREEN LOVE Fennel, cucumber, apple, lemon and ginger.

 MOTHER NATURE Celery, dandelion, spinach, romaine lettuce, mint, cucumber, parsley, lemon and ginger.

KALEFORNICATION Chard, romaine lettuce, kale, Cucumber, pear, lime, ginger.

 MR GREEN Celery, spinach, cucumber, apple, lemon and ginger.

ROOTS

DR ROOTS Beet, Carrot, Apple, Lemon, Aloe Vera and Ginger.

• **DEEP CLEANSE** Celery, Spinach, Kale, Cucumber, Beet And Carrot.

MILKS

- SPICED ALMOND MILK Almond milk, dates, Vanilla Extract, Cinnamon and Cardamom.
- CHOCOLATE FIX Almond milk, Cashew nuts and Hazelnuts, Dates and Raw Cocoa, Mesquite and Agave.

PINK MILK Cashew's milk, Cold-Pressed beet, Strawberries, rose water, and agave syrup.

- GOLDEN MILK Almond milk, Coconut oil, Turmeric, Ginger, Saffron, Cinnamon, Nutmeg, Cardamom and Agave.
- NUTS FOR COFFEE Almond milk, dates and Cold Brew Coffee

HYDRATORS

BLACK LEMONADE Lemon, Charcoal, Nettle, Agave syrup, Alkaline water.

ALKALINE WATER Alkalized and purified water. 2,50€

SHOTS (

TURMERIC Curcuma, apple cider vinegar Increase Defenses, Detoxifying.

GINGER Ginger, lemon and Cayenne Natural Antibiotic, Digestive.

SUPERFOOD SMOOTHIES



6,95€

Add vegan protein

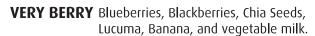
You can add 30gr of vegan protein to any of our smoothies



SUPPLEMENT OF 2.00€

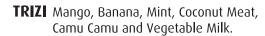
SHINE ON Banana, Mango, Chia Seeds, Fruit of the Passion, Spinach, Mesquite, Vanilla extract, vegetable milk.

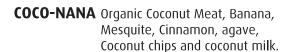
- **GREENIE** Kale, Spinach, Cucumber, Spirulina, Banana, dates and nuts.
- HULK Kale, spinach, cucumber, Banana, Nuts, Dates, spirulina, meat and coconut milk.





PASSION Fruit of the Passion, Strawberries, Bilberries, Mango, Coco Chips and Vegetable Milk.







• **CHOCO** Banana, Nuts, Dates, Hemp, Maca, Cocoa, Cinnamon, Agave and vegetable milk.

ORGANIC AÇAI Organic Açai, banana, apple juice cold press

DRAMA QUEEN Organic Pitaya, Banana, Vegetable milk, chia seeds.

Create your smoothie BOWL 11. Q

Choose one of our smoothies, and we serve it in a bowl covered with fruit Season, Coconut Chips and Gluten Free Granola

SUPPLEMENT OF 4.00€





































All our wines are organic, gluten free and vegans.

WHITE

MENADE VERDEJO ORGÁNICO	4,00€
Dry, tasty and balanced.	22,00€
Aromas of white fruit, fennel and plants.	

MENADE SAUVIGNON BLANC ORGÁNICO

Samples of various essences reminiscent of mint, cilantro and basil. Fruity with texture.

4,50€
24,00€

RED

CLANDESTINO TEMPRANILLO NATURAL	4,50€
Presence of black fruit, blackberry.	24,00€
Mineral wine, harmonious and fresh.	

CAVA T

MIMOSA

Cava with orange juice squeezed at the time. 7,00€

SANGRÍA DE CAVA Y BERRIES

Cava with orange juice squeezed at the moment, 8,00€ accompanied by different berries.

SUPERFOOD LATTES



4.00€ / XL: 5,95€ V GF RF

GINGER, LEMON AND HONEY 4,95€



MATCHA & SPIRULINA LATTE Tea matcha, spirulina, agave, almonds milk and cinnamon.

CHAI LATTE/VAINILLA Choose your favorite milk.

TURMERIC LATTE Turmeric, Ginger, Vanilla, Agave and soy milk.

BLACK LATTE Charcoal, zest of lemon, cinnamon and almond milk.

RAW CACAO LATTE • Raw cocoa, homemade peanut butter, almond milk and agave.

ORGANIC COFFEE

EXPRESSO $1,80 \in$ **COFFEE WITH MILK** $2,20 \in$ **CAPPUCCINO** $2,20 \in$ **COFFEE WITH A** $2,00 \in$ **DASH OF MILK**

Choose your milk:

Soy ● - Oats - Coconut - Rice - Almond - Cow ●

TEAS AND INFUSIONS (Teas)

2,95€

Vanilla green / green tea
Digestive
Rooibos / vanilla roibos
Rooibos with chocolate and coconut

Black tea Chamomile Chai infusion

BOWLS & 📛 WARM BREAKFAST ALL DAY

· Cold ·

RIO AÇAI BOWL

8,95€ · V GF SF

Organic Açaí, apple juice cold press, home made granola, banana, strawberry, goji berries and coconut.

RAINBOW ACAI BOWL

10,95€ · V SF GF

Orgánic açaí, apple juice cold press, home made granola, banana, strawberry, mango and kiwi.

PINK DRAGON BOWL

10,95€ · V GF RF SF

Pitaya, mango, strawberry, kiwi, coconut flakes and chia seeds.

FRUIT CHIA PUDDING

7,95€ · V GF

Traditional: Strawberry, banana, homemade granola. **Pineapple and coconut:** candied pineapple and coconut flakes. **Berries:** homemade red fruit jam and strawberry. **Chocolat:** homemade vegan nutella and cocoa.

PURE COCONUT BOWL

9,95€ · V GF SF

Organic coconut pulp and banana, granola and fruit.

BLUE MERMAID

10,95€ · V RF SF

Organic coconut and banana pulp, blue spirulina, coconut chips, blueberries and cocoa nibs.

CRUNCHY COCONUT GRANOLA •

4,95€ GF SF

Greek yogurt, homemade gluten-free granola.

BERRY JAM COCONUT GRANOLA •

5,95€ GF SF

Greek yogurt, homemade gluten-free granola, jam of red fruits or passion fruit and mango.

· Hot ·

VANILLA PORRIDGE

9,95€ · V SF

Oats, vanilla, cinnamon, vegetable milk, banana, coconut, blueberries, agave and oat crunchy.

APPLE CRUMBLE PORRIDGE

9,95€ · V SF

Oats, vanilla, cinnamon, vegetable milk, roasted apples caramelized, coconut toffee and crunchy oatmeal.

GREEN&BERRY PANCAKES

12,00€ · V GF SF

Matcha pancakes with red fruits, agave, cream of cashew nuts and coconut or vegan nutela and raspberry.

VEGAN FRITTATA

7,95€ · V GF SF

vegan tortilla of the day, baby spinach, roasted cherries tomatoes and kale and basil pesto.

HUEVOS RANCHEROS • •

8,95€ · GF SF

Black beans cream, tortillas, two eggs, avocado, pico de gallo, veganesa de chipotle and feta.

VEGAN COCONUT BANANA FRENCH TOAST 6.95€ · V GF

Gluten-free bread toasts infused with banana and coconut milk, roasted bananas, coconut toffe and coconut chips.

EXTRA PEANUT BUTTER OR JAMS Supplement of 1,50€

· YOU CAN ADD YOUR FAVORITE MILK ·



· Salted ·

AVOCADO TOAST

5,95€ · V SF NF

Bread toast with homemade avocado mash.

Choose some topping for your toast

- Shiitake mushrooms
 - Poached egg
- Crispy coconut "bacon"
- · Homemade Vegan Mozzarella
 - •Feta Cheese •
- Roasted Tomatitos and Vegan "Parmesan"
 - smoked salmon
 - Truffle oil
 - Kale pesto and basil
 - 2,00€ · c/u

GREEN & BERRY TOAST

5,95€ · V SF NF

Bread toasts with beetroot hummus and spinach hummus.

SALMON SPECIAL TOAST • • •

7,95€ · SF NF

Toast with dill yogurt, smoked salmon, poached egg, pickled red onions, fresh radishes and homemade pickles.

ANTIPASTI TOAST

5.95€ · V SF NF

Bread toast with pickled eggplant, Roasted cherries tomatoes and homemade vegan mozzarella.

·Sweets·

SWEET TOAST

5.95€ · V SF

Create your own combination: Cream: Peanut or vegan Nutella • •

Fruit: banana or strawberry

Topping: cacao nibs or almond crunchy

PEANUT & JELLY TOAST •

5,95€ · V SF

Bread toast with peanut butter and Homemade jam, choice red fruits or passion fruit and mango.

> · WE HAVE GLUTEN FREE BREAD · Supplement of 1,50€

SANDWICHES

6,00€ / half: 3,00€

CAPRESE • SF NF

Whole-grain bread bar with cereals, buffalo mozzarella or homemade vegan mozzarella, kale pesto and basil, roasted tomatoes cherries and canons.

SCRAMBLED CURRY TOFU • V SF NF

Rve bread stick, curried tofu curry, crispy coconut "Bacon". rolled tomato, eggplant chutney and green apple.

ANTIPASTI V SF NF

Rye bread stick, pickled aubergines, Roasted cherries tomatoes, homemade vegan mozzarella, or buffalo mozzarella and pesto.

VEGAN OMELETTE V SF NF

Round integral tumaca bread and vegan tortilla of the day.

SALMÓN SENE

Dutch sliced bread, dill yogurt, salmon smoked, homemade pickles, marinated red onion and arugula.

> • WE HAVE GLUTEN FREE BREAD • Supplement of 1,50€

SNACKS TPO

BONIATOS BRAVOS

5.95€ · V SF GF NF

Baked sweet potatoes with brava sauce and vegan alioli.

KALE CHIPS

3,95€ · V SF GF NF

Kale chips with nutritional yeast.

GUACAMOLE

5,95€ · V SF GF NF

Avocado mash, pico de gallo, homemade gluten-free nachos.

HEALTHY NACHOS

7,95€ · V SF GF NF

Black beans cream, quacamole, pico de gallo, salsa chipotle, melted homemade vegan mozzarella and homemade gluten-free nachos.

DUO DE HUMMUS

5.95€ · V SF GF NF

Hummus Spinach, beetroot or chickpeas, sticks of carrot and celery.

> 1,00€ · V SF GF · Integral pita bread option ·

CEVICHE NIKKEI •

9,95€ · GF SF

Fresh salmon ceviche with sweet potatoes, red onion and field.

VEGAN BURGERS



Accompanied by potatoes or sweet potatoes oven or salad.

You can change your bread for an avocado SUPPLEMENT OF 3.00 You can add vegan cheese SUPPLEMENT OF 1.50

VEGAN SHITAKE BURGER

11,95€ · V SF NF

Gluten-free burger of shiitake mushrooms and guinoa, caramelized onion, soft vegan wasabi and canons.

VEGAN BEETROOT BURGER

11,95€ · V SF NF

Gluten-free beet and brown rice burger. quacamole, macerated cucumber in soy, crispy coconut "Bacon" and canons.

VEGAN TIJUANA BURGER

11,95€ · V SF NF

Gluten-free burger of black beans, sweet potato and quinoa, alioli of chipotle, pickled red onion, avocado and canons.

> · WE HAVE GLUTEN FREE BREAD · Supplement of 1,50€

LONGEVITY BOWLS

VEGAN SWEETS

COCONUT INDIAN CURRY •

10.95€ · V GF SF

Basmati rice, vegetable curry, eggplant and green apple chutney, coconut "bacon", peanuts, lime leaves, Pickled red onion and vegan tzatziki.

ORGANIC PASTA

10,95€ · V SF NF

Organic fresh wholemeal spelled pasta with:

- ·Sauce of tomatoes and mushrooms.
- · Kale and basil pesto and cherries tomatoes.
- ·Creamy vegan sauce of mushrooms and truffles.

Accompanied with vegan parmesan of cashew nuts

MISO BOWL •

12.95€ · GF NF

Forbidden rice, glazed salmon fillet or crispy tofu with miso and ginger sauce, avocado, carrot, radishes, edamames, wakame with cucumber and mango.

MEDDLE EAST FALAFEL BOWL

10,95€ · V GF NF SF

Quinoa Tabule, hummus of chickpeas, spinach and beet, falafel, kalamata olives, whole pita bread, radishes, cucumber, cherries tomatoes, tahina sauce and vegan tzatziki.

· Option to do it in Wrap ·



VEGAN CHORIZO TACOS

10,95€ · V GF SF

"Chorizo" of almonds, avocado, black beans cream, veganesa, red oncurditas onions, tacos without gluten and candied pineapple

THAI NOODLES BOWL • •

9,95€ · V GF SF

Rice noodles, Roasted peanuts, mango, white cabbage, tender onion, red onion, carrot, radishes, with citronella thai dressing, kefir lime, ginger and soy gluten free.

VIETNAMISS SPRING ROLLS • •

8,95€ · V GF SF

Noodles of rice, mint, basil, mango, carrot, cucumber, radishes and citronella Thai dressing, kefir lime, ginger and soy without gluten.





HUMMUS SALAD

8,95€ · V GF SF NF

Hummus: chickpeas, spinach or beetroot. Quinoa, canonigos, kalamata olives, cucumber, tomatitos roasted cherries spiced pesto de kale and basil.

RAW ZUCCHINI NOODLES

7,95€ · V GF SF RF

Zucchini noodles, vegan pesto of kale and basil, dried tomatoes, edamames, pine nuts and vegan parmesan.

KALE CESAR SALAD

7.95€ · V GF SF

Kale chips, lettuce, cesar vegan sauce, crunchy chickpeas and vegan parmesan.

LENTIL SALAD •

8,95€ · V GF SF

Lentils, roasted cherry tomatoes, mustard vinaigrette, red onion pickled.

SUPREME CAPRESE

8,95€ · V GF SF

Marinated eggplant, roasted cherry tomatoes, homemade vegan mozzarella, or buffalo mozzarella, baby spinach, pesto of kale and basil and quinoa.

CARROT CAKE, CASHEWS CREAM 5,95€ · V **RED VELVET CAKE, CASHEWS CREAM** 5,95€ · V AZUKI BROWNIE 5,95€ · V GF

4,95€ · V GF **BANANA BREAD** 5,95€ · V

SWEET POTATO BROWNIE

CHOCOLATE TART 5.95€ · V GF **RAW OREO** 3.00 · V GF RF SF

RAW PROTEIN BALL 2,00€ unidad · V GF RF SF

(Cacao, frambuesa, salted caramel, avellana y chocolate)

MATCHA PROTEIN BALL 3,00€ · V SF RF GF **DONUT HOLE** 2,00€ · V SF RF GF

FERRERO RAWCHER 3,00€ · V SF RF GF **GRANOLA BAR** 3,50€ · V SF GF

COOKIES 3,00€ · V GF

(Chocolate, chocochip, arándanos rojos)

PEANUT&BERRY COOKIE • 3,50€ · V

MATCHA COOKIE 3,50€ · V GF **VEGAN WOWNUT** 3,50€· V GF

MACAROONS 3,00€ · V GF SF RF

(Cacao, cúrcuma, matcha y frambuesa)

SUPERFOOD BITE 3,50€ · V GF RF **VEGAN CUPCAKES** 3,50€ · V GF

RAINBOW COOKIE XL 4,95€ · V GF RF SF

(Spirulina, matcha, frambuesa, açai)

VEGAN CINNAMON ROLLS 4,00€·V **VEGAN CHEESECAKE** 6,95€·V APPLE CRUMBLE 4,95€ · V GF

SAUCE &



You can add them as extra to all our dishes

- Veganesa · Vegan Alioli ·Brava sauce
- · Kale basil pesto

- Dill yogurt •
- Soy ginger and lime vinaigrette
- Thai citronella sauce, kefir lime and peanuts •
- Aubergine and green apple chutney
- Jams: red fruits o maracuyá and mango
- · Home made peanut butter •
- · Vegan Nutella •

1,50 € · V GF

V - Vegan · SF - Sugar Free · RF - Raw Food · GF - Gluten free Cereals with gluten • Eggs • Fish • Peanuts •

Nuts • Celery • Mustard •

Milk and derivatives • Sesame • Soy •

