



HEALTHY IT'S A LIFESTYLE

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



3,00€

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.

VERY BERRY Blueberries, Blackberries, Chia Seeds, Lucuma, Banana, and vegetable milk.

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

TRIZI Mango, Banana, Mint, Coconut Meat, Camu Camu and Vegetable Milk.

COCO-NANA Organic Coconut Meat, Banana, Mesquite, Cinnamon, agave, Coconut chips and coconut milk.

• **PEANUTBUTTER FIX** Homemade Peanut Cream, Banana, Cocoa Nibs, Organic coconut Meat, Seeds Chia and Vegetable Milk.

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

ORGANIC AÇAÍ Organic Açai, banana, apple juice cold press

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

Create your smoothie BOWL

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€



WINES

All our wines are organic,
gluten free and vegans.

WHITE

MENADE VERDEJO ORGÁNICO

Dry, tasty and balanced.

Aromas of white fruit, fennel and plants.

4,00€
22,00€

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

Presence of black fruit, blackberry.

Mineral wine, harmonious and fresh.

4,50€
24,00€

CAVA

MIMOSA

Cava with orange juice squeezed at the time.

7,00€

SANGRÍA DE CAVA Y BERRIES

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

8,00€

SUPERFOOD LATTES


4.00€ / XL: 5,95€ V GF RF


GINGER, LEMON AND HONEY 4,95€

MATCHA LATTE Choose your favorite milk. 

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€

COFFEE WITH MILK 2,20€

CAPPUCCINO 2,20€

COFFEE WITH A DASH OF MILK 2,00€

AMERICANO 2,20€

Choose your milk:

Soy • - Oats - Coconut - Rice - Almond - Cow •

TEAS AND INFUSIONS

2,95€

Vanilla green / green tea

Digestive

Rooibos / vanilla rooibos

Rooibos with chocolate and coconut

Black tea

Chamomile

Chai infusion

• YOU CAN ADD YOUR FAVORITE MILK •

BOWLS & WARM BREAKFAST ALL DAY

• Cold •

RIO AÇAÍ BOWL

8,95€ · V GF SF

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

RAINBOW AÇAÍ BOWL

10,95€ · V SF GF

Orgánic açai, 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 nutella 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€

TOASTS

· 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

Rye 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 SF NF

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

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

SNACKS

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, guacamole, 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.

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

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 quinoa, caramelized onion, soft vegan wasabi and canons.

VEGAN BEETROOT BURGER

11,95€ · V SF NF

Gluten-free beet and brown rice burger, guacamole, 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

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.

SALADS

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.

VEGAN SWEETS

CARROT CAKE, CASHEWS CREAM 5,95€ · V

RED VELVET CAKE, CASHEWS CREAM 5,95€ · V

AZUKI BROWNIE 5,95€ · V GF

SWEET POTATO BROWNIE 4,95€ · V GF

BANANA BREAD 5,95€ · V

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
- Kale basil pesto
- 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 Alioli
- Brava sauce
- Dill yogurt •
- 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 •



