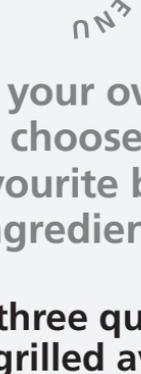


the menu



design your own meal
first choose your favourite base ingredients:

the three quinoas with grilled avocado
9,60 €

With a trio of quinoas, grilled avocado, kale, roasted carrots, currant, arugula, baby spinach and our fresh mango vinaigrette.

vegetables seasonal fresh
11,50 €

Seasonal vegetables, arugula, baby spinach, raisins and our ñoras and miso vinaigrette.

burrata with baked pear and marinated tomatoes
12,60 €

Good burrata, roasted pear, cherry tomatoes marinated with Figueres onion, arugula, baby spinach, Kalamata olives, parsley, sunflower seeds and our wild berry vinaigrette.

mix of legumes
8,90 €

Mini lentils, pedrosilla chickpeas and azuki marinated with curry, cumin, lemon juice, coriander and "pico de gallo" with arugula, pomegranate, baby spinach and our citrus vinaigrette.

mix of brown rice and lentils
11,70 €

Brown rice, "pardinas" brown lentils, kale, roasted pumpkin, beetroot, cherry tomatoes and our mango and spicy mustard dressing.

...and add any other ingredient you fancy:

+ 5,90 €

- burrata
- crispy tofu
- creole style beef
- corralero chicken

+ 6,90 €

- tuna tataki
- salmon tataki

+ 3,75 €

- hard boiled egg
- eco poached egg
- goat cheese

+ 3,75 €

- grilled avocado
- grilled eggplant
- falafel

+ 1,50 €

- 9-grain sourdough bread toast

...or let yourself be tempted by our complete dishes:

creole style beef
13,90 €

Grilled beef marinated with herbs, crispy sweet potato chips with crême cheese, fresh green sprouts, baby spinach and arugula with Creole chimichurri sauce.

grilled 'chilli style' corralero chicken
12,40 €

Free-range chicken breast marinated with secret Asian spice marinade, granalla potatoes, fresh green sprout timbale, arugula and baby spinach with spicy aioli sauce.

tuna belly with marinated tomatoes
12,90 €

White tuna belly, assorted tomatoes, Figueres onion marinated in red grape vinegar, olives from Aragon, timbale of fresh green shoots, arugula and baby spinach with 9-grain sourdough bread toast and Modena balsamic vinaigrette.

maguro tuna, quinoa and vegetables
13,80 €

Tataki sirloin of grilled red tuna, trio of quinoas, local fresh vegetable mix, guacamole, nori seaweed, Homemade teriyaki sauce and wasabi Sajalin mayonnaise.

teriyaki wild salmon
14,60 €

Wild salmon fillet tataki marinated with soy, brown rice, fresh avocado, red cabbage, mango chutney, crispy onion, fresh coriander and teriyaki sauce.

crunchy tofu teriyaki
10,40 €

Tofu with crunchy Japanese ajigonomi cocktail, based on arugula, baby spinach, pomegranate, "pico de gallo" and our teriyaki sauce.

falafel with zatar spices
9,70 €

Pedrosillano chick pea falafel with a mixture of spring onion, leek, fresh coriander, black cumin, red curry, spicy chili and parsley, arugula, baby spinach, pomegranate, "pico de gallo", 9-grain sourdough bread toast and tahini with miso.

elicoidali alla bolognese
11,95 €

Elicoidali pasta with the classic beef and fresh vegetables bolognese, cooked low temperature, seasoned with Provençal herbs and gratin with delicious burrata.

fettuccine with shiitake and mushrooms
10,90 €

Egg fettuccine pasta, with shiitake and fresh mushrooms, pecorino romano cheese and a light truffle cream sauce with onion and leek.

if you feel like it, we also have...

sweet potato chips

Crunchy sweet potato chips with Maldon salt flakes, cream cheese with herbs, beetroot and virgin olive oil.

7,10 €

potatoes "almost bravas"

Mini baked potatoes with lemon juice marinade and accompanied by homemade "all i oli" with a touch of spice.

7,50 €

homemade guacamole

Avocado, jalapeño peppers, red Figueres onions, red tomatoes, cilantro, lime juice and authentic corn nachos.

7,25 €

grilled avocado

Grilled avocado with "pico de gallo", arugula, tomatoes marinated with citrus vinaigrette.

5,95 €

grilled aubergine

Grilled aubergine on kabuli hummus, goat cheese, pomegranate, tahini and miso.

5,95 €

hummus "kabuli"

Kabuli hummus with tahini, lime juice, cumin and red curry, accompanied with veggie crudités.

6,25 €

stewed lentils

Mini lentils, homemade vegetable broth with turmeric, coriander, cumin and curry.

5,95 €

the toasts

smoked salmon & poached egg
8,50 €

Smoked salmon, poached egg, fresh dill cream with truffle aroma on sourdough cereal toast.

Iberian ham & poached egg
8,80 €

Iberian ham, poached egg with a touch of garam masala, fresh avocados and coriander on sourdough cereal toast.

mushrooms & green asparagus
7,90 €

Mushrooms, green asparagus, fresh guacamole, roasted tomato and tahini sauce on sourdough cereal toast.

eggs with toast

veggie
10,95 €

Scrambled organic eggs with mushrooms, guacamole, Figueres marinated onion and cherry tomatoes.

iberico ham
11,95 €

Scrambled organic eggs with Iberico ham, avocado, tomato and Modena balsamic oil.

nordic
11,25 €

Scrambled organic eggs with smoked salmon, cream cheese, nuts and dill oil.

healthy dessert

ginger bowl
5,50 €

Greek yoghurt, ginger, honey and pecan nuts.

chia bowl with mango and coconut
5,50 €

Coconut and oat milk, chia seeds, mango, coconut and pistachios.

chia bowl with banana and strawberry
5,50 €

Coconut and oat milk, chia seeds, banana, strawberry and almonds.

seasonal fruit bowl
4,50 €

Bowl de frutas de temporada preparadas.

If you're allergic to any ingredient please let us know.