

## design your own balanced and tasty dish:

### 70% first choose the base:

vegetables, legumes, cereals and fruits

#### three quinoas and grilled avocado

8,95€ 🌱

Trio of quinoas, avocado and grilled carrots, kale, currant, arugula, baby spinach and fresh mango vinaigrette.

#### vegetable mélange

7,80€ 🌱

Lentils, Pedrosillano chickpeas and azuki macerated with curry, cumin, lemon, cilantro and pico de gallo, with arugula, pomegranate, baby spinach and citrus vinaigrette.

#### burrata and pear baked with tomatoes

11,50€ 🌱

Very good burrata, roasted pear, marinated cherry tomatoes with Figueres onion, arugula, baby spinach, Kalamata olives, sunflower seeds and red fruit vinaigrette.

#### brown rice and lentil mix

7,50€ 🌱

Brown brown rice, lentils, kale, roasted pumpkin, beets and tomatoes with dressing mango and spicy mustard.

#### fresh seasonal vegetables

7,90€ 🌱

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

### 30% side orders:

animal or vegetable protein

+ 5,95€

- tuna tataki
- salmon tataki

+ 4,95€

- creole style beef
- corralero chicken

+ 4,95€

- burrata 🌱
- crispy tofu 🌱

+ 3,75€ 🌱

- grilled avocado
- grilled eggplant
- falafel

+ 2,75€ 🌱

- hard boiled egg
- eco poached egg
- goat cheese

+ 1,50€ 🌱

- 9-grain sourdough bread toast

## or let yourself be loved by our 70/30 proposals:

NEW!

#### veggie Vurger

14,90 € 🌱

Vurger of peas, beetroot, carrot, grenade and apple with braised onion, Light briox bread, cheddar, lettuce, tomato and mustard with truffled poached egg, arugula and sweet potato chips with fine herbs sauce.

#### maguro tuna, quinoa and vegetables

13,50€

Grilled red tuna tataki, trio of quinoas, fresh vegetables, guacamole, nori seaweed, teriyaki sauce and Sajalin wasabi mayonnaise.

#### tuna belly and marinated tomatoes

12,60€

Tuna belly and tomatoes, marinated onion, Aragon olives, green shoots, arugula and baby spinach with 9-grain sourdough toast and balsamic vinaigrette from Modena.

#### wild salmon teriyaki

13,95€

Soy marinated wild salmon tataki, brown brown rice, avocado, red cabbage, mango chutney, crispy onion, fresh coriander and teriyaki sauce.

#### free range chicken braised "chilli style"

11,95€

Marinated chicken breast with a secret marinade of Asian spices, mini granal potatoes, green shoots timbale, arugula and baby spinach with spicy "all i oli".

#### falafel with spice zatar

8,60€ 🌱

Chickpea falafel with spring onion, leek, fresh coriander, cumin, curry, spicy chili, arugula, baby spinach, pomegranate and pico de gallo with 9-grain sourdough toast, tahini and miso.

#### elicoidali alla bolognese

11,95€ 🌱

Elicoidali pasta with bolognese of fresh vegetables cooked at low temperature, soy, Provençal herbs and delicious burrata gratin.

NEW!

#### vegan Vurger

13,90 € 🌱

Tasty pea, beet, carrot, grenade and apple vurger with vegan cheddar, braised onion, light briox bread, tomato, gherkin, baby spinach, pico de gallo and granalla potatoes with tartar sauce.

#### creole style beef

12,95€

Grilled beef marinated with fine herbs, crispy sweet potato chips with crème cheese, green shoots, baby spinach and arugula with chimichurri.

#### crispy teriyaki tofu

9,95€ 🌱

Tofu with crispy Japanese ajigonomi cocktail, arugula base, baby spinach, pomegranate, pico de gallo and our teriyaki sauce.

#### fettuccine, shiitake and mushrooms

10,50€ 🌱

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

#### secrets fans plan

9,20€

For those of you who are "fans" of Secrets, we propose our weekly plan. A daily dish with everything you need, balanced and tasty with fresh and seasonal products.

*Ask our Staff for today's proposal!*

## If you fancy, we also have...

all 5,95€

#### sweet potato chips 🌱

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

#### grilled eggplant 🌱

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

#### "almost bravas" potatoes 🌱

Baked mini potatoes with lemon juice marinade accompanied by homemade "all i oli" with a spicy touch.

#### kabuli hummus 🌱

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

#### braised lentils 🌱

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

#### homemade guacamole 🌱

Fresh avocados, jalapeño peppers, red onions from Figueres, tomatoes, cilantro, lime juice and artisan corn nachos.

#### grilled avocado 🌱

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

### healthy desserts

### shots

### cold pressed

NEW!

#### vegan brownies

5,50€ 🌱

With organic cocoa, cane sugar, nuts, vegan truffle cream and natural cherry.

#### gingerbread bowl 5,25€ 🌱

With a base of Greek yogurt, ginger, honey and pecan nuts.

#### chia bowl with mango

5,25€ 🌱

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

#### chia bowl with banana and strawberry

5,25€ 🌱

Oat and coconut milk, chia, banana, strawberry and almond.

#### fruit bowl

4,50€ 🌱

Seasonal fruit bowl prepared.

3,00€ / all

ginger

turmeric

3,80€ / all

#### chia & fruits

Chia, apple, mango, banana and passion fruit.

#### strawberry & soul

Strawberries, apple and banana.

#### apple & friends

Apple, mango, avocado, coconut, banana, spinach, passion fruit and lemon.

#### orange & plus

Orange and mango.

### kombuchas

3,50€ / all

açaí & red fruits

ginger & lemon

# SECRETS

Good vibes is our main course and the one who eats well is + happy.

We put the Secret on each plate, fresh and seasonal products.