

# menu

## design your own balanced and tasty dish 70 + 30

### 70% first choose the base: vegetables, legumes, cereals and fruits

they all carry a timbale of green sprouts, arugula and baby spinach!

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| <b>greek watermelon salad</b><br>watermelon, goat cheese, red grapes, cucumber noodles, cherry tomatoes, radishes, mini-chickpeas with mint vinaigrette, walnuts and sumac.                | 11,50€ | <b>green mexican güey!</b><br>avocado tartare, black quinoa, mini chickpeas, tomato mix, marinated onion, dry cranberries, red grapes, red cabbage, tahini and Modena vinaigrette. | 10,60€ |
| <b>mediterranean grill</b><br>braised cauliflower, zucchini, pumpkin, cabbage, carrots, cherry tomatoes, onion, mushrooms and broccoli with almonds, parmesan, lime sauce and harissa oil. | 11,70€ | <b>vegan-show</b><br>avocado, tomato and mushroom mix, bean sprouts, beetroot, cucumber, red grapes and red cabbage.   | 11,50€ |
| <b>buddha plate</b><br>caviar marinated lentils, roasted pumpkin with cherry tomatoes, cilantro, red grapes, walnuts, "pico de gallo", zaatar, red curry vinaigrette soy sauce.            | 10,60€ | <b>take tomato!</b><br>seasonal tomato mix with avocado tartare, feta cheese, Kalamata olives, red onion, beetroot, mini radishes and mint vinaigrette.                            | 11,20€ |
|  |        | <b>burrata lovers</b><br>delicious burrata, roasted cherry tomatoes, beet tartare, apple, avocado, braised cabbage and pistachios with strawberry and mustard vinaigrette.         | 13,60€ |

### 30% side orders: animal or vegetable protein

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| <b>organic-chicken</b><br>seared and marinated with Asian spice marinade and chili sauce.  | 5,90€ | <b>watermelon salad</b><br>with goat cheese, cherry tomatoes, radishes, cucumber, Kalamata olives, walnuts and oriental balsamic vinaigrette.         | 4,30€ |
| <b>creole beef</b><br>grilled and marinated with fine herbs and chimichurri sauce.   | 6,50€ | <b>wok red curry vegetables</b><br>cauliflower, pumpkin, carrot, broccoli, crumbled almonds, zucchini, soy sprouts, vegan lime sauce and harissa oil. | 3,80€ |
| <b>alaskan salmon</b><br>baked with pistachio pesto, fresh basil and sesame.   | 7,90€ | <b>grilled mushrooms</b><br>mix of fine herbs mushrooms sautéed on the grill with pistachio and light lime cream.                                     | 3,60€ |
| <b>maguro tuna</b><br>tataki marinated with soy and grilled with wasabi mayonnaise.  | 6,90€ | <b>cabbage salad with roasted pear</b><br>with beetroot, apple and avocado tartare, light sauce, toasted almonds and harissa oil.                     | 3,80€ |
| <b>falafel with zaatar</b><br>chickpeas, spring onion, leek, fresh coriander, cumin and curry.   | 5,40€ | <b>grilled avocado</b><br>light lime and harissa cream with almonds.  | 3,90€ |
| <b>burrata</b><br>with black sesame.   | 5,40€ | <b>sweet potato chips</b><br>crunchy sweet potato chips with vegan beetroot sauce and pistachio.  | 3,60€ |
| <b>poached egg</b><br>from organic hen.  | 2,75€ | <b>black quinoa &amp; mini-chickpeas</b><br>quinoa with mini-chickpeas, dry cranberries, pomegranate and old-fashioned mustard vinaigrette.           | 3,50€ |
| <b>greek feta</b><br>with Kalamata olives and fine herbs macerated.  | 3,20€ | <b>"al caliu" potatoes</b><br>caleo mini potato with spicy vegan "all i oli" and harissa.   | 3,60€ |
| <b>goat cheese</b><br>with pomegranate and spice zatar.  | 3,20€ | <b>hummus "kabuli"</b><br>with Kalamata olives, pomegranate, chapati and coriander.   | 3,50€ |
| <b>kerala fried rice</b><br>basmati rice, diced carrot and onion, roasted vegetables, peas, raisins and cinnamon.                                  | 3,60€ | <b>extra sourdough cereal bread</b>   | 1,50€ |
| <b>greek potato salad</b><br>with fresh dill, cherry tomatoes, capers, feta cheese, marinated onion, Kalamata olives and harissa oil with walnuts. | 3,50€ |   |       |

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

they all have braised hearts with tomatoes with fine herbs macerated with old-fashioned mustard vinaigrette!

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| <b>mex-vegan vurger</b><br>pea, beetroot, carrot and apple vurger with our homemade guacamole, jalapeños, tomato, homemade vegan and light brix bread. | 16,90€ | <b>creole beef</b><br>beef from Girona marinated with fine herbs, grilled and with Creole chimichurri sauce. | 14,90€ |
| <b>falafel with zaatar</b><br>chickpeas with spring onion, leek, fresh coriander, cumin, curry, spicy chili and Modena tahini.                         | 12,50€ | <b>maguro tuna</b><br>soy marinated tataki, grilled and Sakhalin wasabi mayonnaise.                          | 14,50€ |
| <b>tex-gourmet vurger</b><br>pea, beetroot, carrot and apple vurger with wok-fried mushrooms, tartufada sauce and light brix bread.                    | 16,90€ | <b>alaskan salmon</b><br>with pistachio pesto, fresh basil and sesame.                                       | 15,90€ |
| <b>organic chicken</b><br>breast marinated chicken in secret Asian spice marinade, grilled and served with chili sauce.                                | 13,90€ |  |        |

## to share

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| <b>zucchini carpaccio</b><br>with parmesan and caper shavings, zumac, arugula, semi-dried tomato, basil and pistachio pesto and light beetroot cream. | 8,70€ | <b>"bravas" potatoes</b><br>baked mini potatoes with lemon juice marinade accompanied by homemade "all i oli" with a spicy touch.                | 7,90€ |
| <b>sweet potato chips</b><br>sweet potato crunchy with a light beetroot and pistachio sauce.  | 7,10€ | <b>crunchy tofu</b><br>crispy tofu steck with chili style sauce.   | 6,90€ |
| <b>beetroot tartare</b><br>with green apple, pistachio and mango vinaigrette with old-fashioned mustard.  | 5,90€ | <b>roasted pumpkin</b><br>baked with light sauce, mini-chickpeas with mint, harissa and walnuts.   | 9,30€ |
| <b>kabuli hummus</b><br>with Kalamata olives, pomegranate, Lebanese bread and coriander.  | 6,50€ | <b>homemade guacamole</b><br>Fresh avocados, jalapeño peppers, red onions from Figueres, tomatoes, cilantro, lime juice and artisan corn nachos. | 7,90€ |
| <b>braised zucchini</b><br>with light lime cream, zaatar and walnuts.   | 5,90€ | <b>watermelon "gazpacho"</b><br>with fresh watermelon, tomato, crumbled pistachio and zumac.   | 6,40€ |

## fresh pasta

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| <b>elicoidali alla bolognese</b><br>fresh elicoidali egg pasta with bolognese of fresh vegetables cooked at low temperature, soy, Provençal herbs and Grana Padano. | 12,95€ |
| <b>zucchini with pesto</b><br>fresh zucchini noodles with pistachio pesto, basil, semi-dried tomato and grana padano.   | 11,60€ |
| <b>gnocco alla napolitana</b><br>fresh pasta with "sugo di pomodoro", basil and pugliana burrata au gratin.   | 11,90€ |

## healthy desserts

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| <b>vegan brownies</b><br>with organic cacao, cane sugar, walnuts, vegan cream of truffle and natural cherry. | 5,90€ |
| <b>ginger bowl</b><br>with a base of Greek yogurt, ginger, honey and pecan nuts.                             | 5,25€ |
| <b>chia bowl with mango</b><br>coconut and oat milk, chia seeds, mango, coconut and pistachio.               | 6,25€ |
| <b>chia bowl with banana and strawberry</b><br>oat and coconut milk, chia, banana, strawberry and almond.    | 6,25€ |
| <b>fruit bowl</b><br>prepared seasonal fruit bowl.   | 5,25€ |

We only use **virgin olive oil**

If you are allergic to any food or intolerant to gluten, do not hesitate to contact us.

All prices include VAT.