

TOASTS

With freshly baked sourdough bread

Peanut butter , banana, almond, chia & agave	5.80
NEW Red Berry Coulis , cream cheese, almond, shredded coconut & agave	5.65
NEW Pastrami , grated tomato, avocado, mustard-mayo, seed mix & mery sauce <i>add: +poched egg 1.5</i>	8.90
NEW Smoked salmon , cream cheese, cherry tomato, seed mix & mery sauce <i>add: +avocado 2; +poached egg 1.5; +feta 1.5</i>	9.10
* Poached eggs , avocado mash, homemade hollandaise sauce, seed mix & mery sauce <i>add: +smoked salmon 2.5; +pastrami 2;</i>	8.40
Beetroot hummus , avocado, arugula, & seed mix <i>add: +smoked salmon 2.5; +pastrami 2; +poached egg 1.5</i>	6.80
Grated tomato , avocado & seed mix <i>add: +smoked salmon 2.5; +pastrami 2; +poached egg 1.5; +feta 1.5</i>	5.50
NEW Poached onion , avocado mash, mery sauce, cherry tomato & arugula <i>add: +smoked salmon 2.5; +pastrami 2; +poached egg 1.5; +feta 1.5</i>	5.90
Avocado , himalayan black salt, seed mix & mery sauce <i>add: +smoked salmon 2.5; +pastrami 2; +poached egg 1.5; +feta 1.5</i>	5.50
Classic hummus , mediterranean salad (tomato, cucumber, red onion), arugula, seed mix & mery sauce <i>add: +smoked salmon 2.5; +pastrami 2; +poached egg 1.5; +feta 1.5</i>	5.50
*check availability	

BRUNCH

FROM 10:00 TO 14:00

Choose your main:
<ul style="list-style-type: none">Waffle with Poached Egg, avocado mash, homemade hollandaise & mery sauceWaffle with Classic Hummus, roasted sweet potato, seed mix & mery sauceBrioche bun with Pastrami, avocado mash, poached egg, homemade hollandaise sauceBrioche bun with Smoked Salmon, avocado, coconut & herbs sauceShakshuka with feta cheese, coriander, seed mix & sourdough breadWaffle with Red Berry Coulis & coconut yogurt
<div>+smoked salmon 2.5; +pastrami 2; +poached egg 1.5; +feta 1.5</div>
Choose your energy ball: coconut / peanut / truffle
Choose your coffee or tea
Your brunch also comes with: Chia pudding Fresh Orange Juice
12.90

NEW

MORNING BOWLS

Salad Bowl Crispy vegan pops, canons, mediterranean salad w/ mery sauce, cherry tomato, roasted sweet potato & parsley and lime sauce	6.65
Cardinal Bowl Red Berry Coulis, almonds, homemade granola, mango, w/ greek yogurt <i>(or vegan coconut yogurt +1€)</i>	4.85
Camel Bowl Banana, peanut butter, homemade granola, agave syrup, w/ greek yogurt <i>(or vegan coconut yogurt +1€)</i>	4.90

FROM 13:00 TO 16:00

SAVORY DELIGHTS

HOMEMADE HUMMUS		
Homemade hummus with mediterranean salad (tomato, cucumber, red onion) & sourdough bread		5.45
ROASTED SWEET POTATO		
Roasted sweet potato with peanut sauce and coconut & herbs sauce		5.65
HOMEMADE GUACAMOLE NEW		
Homemade guacamole with mediterranean salad and wheat nachos		6.85
VEGAN POPS NEW		
Crispy vegan pea pops with parsley & lime sauce 12 U		5.65

HARVARD PLATES NEW

Mongolian Beef		
Marinated Beef Sauté, Tri-colour rice and Vegetable Stir-fry with Ponzu [bell pepper, onion, carrot & leek]		14.85
Pollo della nonna		
Lemon & Rosemary marinated Sous Vide Chicken Thighs, sourdough bread with roasted vegetables [carrot, sweet potato, leek, cauliflower & broccoli]		10.95
Vegan Tenders		
Crispy Vegan Tenders [Pea Protein], Tri-colour Quinoa, fresh salad with canons, cherry tomatoes, carrot, raisins, walnuts & mustard vinaigrette		12.85
Albóndigas del Norte		
Hake & Parsley Meatballs, Tri-colour rice, with roasted vegetables [carrot, sweet potato, leek, cauliflower and broccoli]		12.85

WRAPS

SALMON WRAP NEW		
Smoked salmon, mango, tomato, Maybean sauce, mixed greens & wheat tortilla. Comes with roasted sweet potato, seasonal dip & salad		11.35
CHICKEN WRAP		
Pulled chicken, avocado mash, feta cheese, sun-dried tomatoes, mixed greens & wheat tortilla. Comes with roasted sweet potato, seasonal dip & salad		8.95
VEGAN WRAP		
Tofu & Heura stir-fry, mango, tomato, mixed greens, coconut sauce & wheat tortilla. Comes with roasted sweet potato, seasonal dip & salad		9.65

BOWLS

All of our bowls are served with a base of green leaves and seeds.

HEURA BOWL		
Curry sautéed Heura, tri-colour rice, roasted sweet potato, avocado, cherry tomato, cashew nuts & Maybean Sauce		11.45
CHICKEN BOWL		
Pulled Chicken, roasted vegetables, avocado, cherry tomato, feta cheese, peanut sauce & walnuts		10.35
SALMON POKE		
Ponzu Marinated Salmon, with mango, tomato and avocado mix, tri-colour organic quinoa, cherry tomato, wakame & roasted peanuts		13.65
TOFU BOWL		
Teriyaki Tofu and Tomato Stir-fry, tri-colour organic quinoa, roasted sweet potato, crunchy broccoli, cherry tomato, walnuts & Maybean sauce		9.90
HUMMUS BOWL		
Beetroot & Classic Hummus, tri-colour rice, roasted vegetables, mediterranean salad, cherry tomato & coconut sauce		10.25

Monday to Friday
FROM 13:00 TO 16:00

BOWL COMBO 14.9

WRAP COMBO 13.9

MAIN

<div>HEURA BOWL +1. 5€</div> <div>Curry sautéed Heura, tri-colour rice, roasted sweet potato, avocado, cherry tomato, cashew nuts & Maybean Sauce</div> <div>CHICKEN BOWL</div> <div>Pulled Chicken, roasted vegetables, avocado, cherry tomato, feta cheese, peanut sauce, walnuts & mery sauce</div> <div>SALMON BOWL +2€</div> <div>Ponzu Marinated Salmon, with mango, tomato and avocado mix, tri-colour organic quinoa, cherry tomato, wakame & roasted peanuts</div> <div>TOFU BOWL</div> <div>Teriyaki Tofu and Tomato Stir-fry, tri-colour organic quinoa, roasted sweet potato, crunchy broccoli, cherry tomato, walnuts, Maybean & mery sauce</div> <div>HUMMUS BOWL</div> <div>Beetroot & Classic Hummus, tri-colour rice, roasted vegetables, mediterranean saladw with mery sauce cherry tomato & coconut sauce</div>			
<div>TEA</div> <div>Black Green Red Berries Peppermint</div>	<div>or</div>	<div>COFFEE</div> <div>Espresso Cortado Americano Latte Cappuccino Iced latte</div>	<div>or</div> <div>CHAI LATTE +1€</div> <div>Matcha latte Pink Golden Dirty</div>
<div>Chia pudding</div> <div>Peanut Butter Tart</div> <div>Energy ball (coconut/peanut/truffle)</div> <div>Carrot Cake +1€</div> <div>Red Velvet Cheesecake +1€</div>			

DRINK

DESSERT

STARTER

MAIN

DRINK

<div>HUMMUS CASERO</div> <div>Homemade hummus with mediterranean salad (tomato, cucumber, red onion) & sourdough bread</div> <div>VEGAN POPS</div> <div>Crispy vegan pea pops with parsley & lime sauce 8 U</div>			
<div>SALMON WRAP +1.5€</div> <div>Smoked salmon, mango, tomato, Maybean sauce, mixed greens & wheat tortilla. Comes with roasted sweet potato, seasonal dip & salad</div> <div>CHICKEN WRAP</div> <div>Pulled chicken, avocado mash, feta cheese, sun-dried tomatoes, mixed greens & wheat tortilla. Comes with roasted sweet potato, seasonal dip & salad</div> <div>VEGAN WRAP</div> <div>Tofu & Heura stir-fry, mango, tomato, mixed greens, coconut sauce & wheat tortilla. Comes with roasted sweet potato, seasonal dip & salad</div>			
<div>TEA</div> <div>Black Green Red Berries Peppermint</div>	<div>or</div>	<div>CAFÉ</div> <div>Espresso Cortado Americano Latte Cappuccino Iced latte</div>	<div>or</div> <div>CHAI LATTE +1€</div> <div>Matcha latte Pink Golden Dirty</div>

All of our dishes are prepared
on a daily basis by us.
We offer fresh food prepared with 100% natural
ingredients.
Refined-Sugar FREE, additive FREE,
preservative FREE.

All of our beverages are made with 100% natural ingredients and no added sugars.
Our specialty coffee is freshly roasted by the best Spanish micro roasters.

COFFEE

+0.30 double shot

Espresso	1.40
Cortado	1.60
Americano	1.50
Latte / XL	2 / 3.50
Cappuccino	2
Coco Latte (make it iced +0.5)	3.70
Flat white	2.30
Iced latte	2.60
Cold Brew (summer only)	3.50
Freshpresso (orange juice & espresso)	3.50

CHAI LATTE

(make it iced +0.5)

Golden (turmeric, ginger & cinnamon)	3
Dirty (golden chai + espresso)	3.30
Pink (cinnamon, cardamom & beetroot)	3
Matcha latte	3

TEA

English Breakfast black tea	2
Japanese Lime green tea	2
Red Berries Tea	2
Pennyroyal Mint Tea	2

VEGAN SMOOTHIES

YELLOW

Banana, orange juice, ginger, cinnamon, turmeric & oat milk 4.80

RED

Red berries, banana, almond, chia seeds & oat milk 4.80

BLACK

Double espresso, pure cocoa, banana, dates & oat milk 4.80

SOFT DRINKS

Still water	1.60
Sparkling water	1.60
Orange juice	2.95
Organic soda (Cola, Bitter Lemon, Orange)	2.60
Organic Kombucha (Ginger, Lemon, Pineapple)	3.50

BEER

Turia 1/3	2.40
Local Craft Tyris 1/3	3.60
ORIGINAL blond	
AU YEAH! ipa	
MÄRZEN gluten-free	

LOCAL ORGANIC WINE

Red or white

Glass	3.20
Bottle	9

SWEET DELIGHTS

Chia pudding with homemade granola, banana, cinnamon & agave syrup 2.90

Energy ball

- 1.50
- **Coconut:** coconut milk & flour, agave syrup
 - **Peanut:** 100% peanut butter & dates
 - **Truffle:** cocoa butter, almond, coconut, pure cocoa & agave syrup

Carrot Cake 4.50

Red Velvet Cheesecake 4.50

Peanut butter tart 3.50

All of our deserts are vegan,
homemade and refined-sugar free.