



STARTERS



ORDER A LOAF OF OUR HOMEMADE SOURDOUGH BREAD

RYE BREAD 6€

BRIOCHE BREAD 4,50€



EDAMAME



4,50€

With shichimi & lemon

CEVICHE (2 pax)



17€

White fish, avocado, red & green peppers, red onion, cocunut milk, lemons juice, plantain chips

HUMMUS



6,50€

Red pepper hummus with veggie sticks

SPANISH TAPAS (2 pax)



27€

Serrano ham, fuet, grapes, cheese, olives, grated tomato, homemade bread

CARPACCIO



5€

Sliced zucchini, spinach, parmesan cheese

QUICHE OF THE DAY



5€

Ham & cheese, bacon & onion, seasonal veggies



SANDWICHES & WRAPS

Choose the protein you want in your sandwich or wraps - Chicken | Beef | Heura (+ 2€)

FRESH



6€

Homemade sandwich with tomato, feta chesse, raddish lettuce mix, protein of your choice

COME Y CALLA



6€

Homemade sandwich with spinach, roasted eggplant, piquillo pepper, kimchi, cured cheese, yoghurt sauce, protein of your choice

PURA SABROSURA



7€

Wrap with veggie mix, spinach, la oca baked sweet potato, goat cheese, honey sauce, kimchi, protein of your choice

MEXICANO



7€

Wrap with black beans, feta cheese, avocado trampò, rice, spinach, pickled onion, chipotle sauce, protein of your choice



BOWLS

Choose a base for your bowl - Couscous | Rice | Quinoa
Choose a protein for your bowl - Chicken | Pulled beef | Heura, Salmon, Prawns (+2€)



URKO



13€

Lettuce mix, corn, broccoli, cherry tomato, beetroot, radish, edamame

FLOW



13€

Lettuce mix, chickpea, avocado, sweet potato, boiled egg, cucumber, chipotle mayo

PECA



13€

Spinach, cherry tomato, black olives, feta cheese, carrot, avocado, walnut & cashew topping, teriyaki sauce



DISHES

EL MEDITERRANEO



12€

Pasta salad with cherry tomatoes, corn, red onion, feta cheese, avocado, black olives

LA KOREANA



12€

Korean curry with potatoes, carrots, ginger, rice, kimchi, protein of your choice: chicken/ prawns/heura

LA THAILANDESA



11€

Veggie mix wok with sesame, noodles of your choice: tagliatelle noodles or zucchini noodles



DESSERTS

SEASONAL FRUIT CUP



5€

HOMEMADE GRANOLA WITH YOGHURT



5,50€

VALE'S VEGAN CARAMEL BITE



4,50€

Cashews, oat, shredded coconuts, date cream, chocolate

SMOOTHIES 6€

GINGER SHOT



ORANGE POWER



Orange, ginger, carrot

GREEN LIFE



Celery, cucumber, pineapple, spinach, lemon

RED BERRY



Strawberry, coconut milk, banana, blackberry, blueberry

PIÑA COLADA



Pineapple, banana, coconut milk, agave

RAW COCOA



Banana, cocoa, almond milk, agave

WATER & SOFT DRINKS

2.50€



ESTRELLA DAMM BEER

3€



ASK FOR OUR WINE & CAVA SERVICES