

BREAKFAST UNTIL 12.00

Croissant	2.5€
Tostada with tomato	5€
Tostada with tomato & avocado	6.5€
Tostada with tomato, serrano ham & cheese	6.5€
Tostada with smashed avocado & feta	8.5€
Fresh fruit & (soy) yoghurt (+ granola 1€ extra)	8€
Acai bowl	10€

(Frozen organic acai, coconut rice milk, banana, granola, coconut, chia seeds, apple, strawberry)

ON THE SIDE

Olives	3€
French fries	4.5€
Sweet potato fries	6€
Hummus & bread	6.5€
Homemade cauliflower wings (vegan)	8.5€
Croquettes (spinach & pine nuts)	8.5€

SOUPS

8€

Brocoli leek soup (vegan)

Delicious and filling homemade soup with broccoli, leek & chickpeas. Served with a slice of sourdough bread

Thai pumpkin soup (vegan)

A delicious, creamy soup infused with coconut milk, pumpkin, carrot and lime. Served with a slice of sourdough bread

sandwiches / wraps

(All sandwiches are served on 2 slices of delicious rustic sourdough bread)

Falafel (vegan) 9€
Falafel, pickled red cabbage, rocket, tomato & vegan sriracha yogurt

Roasted chicken 9€
Chicken, mayonnaise, avocado, tomato & romain lettuce

Hummus (vegan) 9€
Hummus, pickled red cabbage, avocado, roasted red pepper & romain lettuce

Goats cheese 9€
Goats cheese, roasted red pepper, pickled cucumber, rocket & balsamic syrup

SWEETS

Banana bread 4€

Homemade brownie (vegan) 5€

SALADS AND BOWLS

Curry Cauliflower (vegan option available) 12.5€

Beauty in a bowl: roasted chicken or homemade hummus served with spinach, quinoa, roasted sweet potato, roasted cauliflower, pickled red cabbage & chive. Served with a Ras el Hanout dressing

Greek Goodness 12.5€

The Moos version of a fresh & light Greek salad; Romain lettuce, rocket, cucumber, red pepper, tomato, red onion, feta, olives, walnuts, pomegranate & oregano. Served with a balsamic dressing

The Falafel Bowl (vegan) 14.5€

Our famous crunchy homemade falafel on a bed of quinoa, with roasted cauliflower, spinach, pickled cucumber, pickled red cabbage & roasted red pepper. Served with a homemade tzatziki dressing

Cheesy Goat 14.5€

A Moos classic! Creamy goats cheese on a bed of rocket and spinach with quinoa, tomatoes, roasted red pepper, pickled cucumber, pickled red onion, walnuts, strawberry, pumpkin seeds & parsley. Served with a balsamic dressing

Power Protein (vegan) 14.5€

Vegan power! A Moos classic: 'Spinach, rocket, quinoa, chickpeas, azuki beans, edamamepeas, roasted chili almonds, red onion, roasted broccoli, avocado & sesame seeds.

Served with an orange – harissa dressing

Chicken Parmesan 14.5€

The winner of 2021! Filling bowl with quinoa, roasted chicken, asparagus, parmesan, tomatoes, roasted cashew nuts, boiled egg & poppy seeds on a bed of kale and romain lettuce. Served with a homemade pesto dressing

Add roasted chicken in any salad for 2€



Thai red curry (vegan or add chicken for 2€)

Spicy red curry with broccoli, green beans & red pepper, infused with coconut milk & spices.

Served with basmati rice 14€

Yellow chickpea curry (vegan or add chicken for 2€)

Delicious yellow curry with chickpeas broccoli and peas, infused with coconut milk and spices.

Served with basmati rice 14€

burgers

Homemade beef burger

Served with fries and a side salad 15€

The beyond burger (vegan)

Served with fries and a side salad 15€

Chicken burger

Served with fries and a side salad 15€

juices

Carrot Llonga (Carrot, celery, apple)	6.5€
The Moos (Apple, carrot, pineapple, beetroot)	6.5€
Green Detox (Spinach, celery, cucumber, apple & ginger)	6.5€

SMOOTHIES

Banana cacao.....	6.5€
<i>(Banana, cacao, agave syrup & coconut milk)</i>	
Green Detox	8.5€
<i>(Banana, spinach, avocado, ginger, pineapple, coconut milk)</i>	
Very Berry	8.5€
<i>(Banana, mixed berries, agave syrup & coconut milk)</i>	



COLD DRINKS

Water	3€
Sparkling water	3.5€
Various soda's	3€
Coco Cola / Light	3€
Fanta Lemon / Orange	3€
Coconut water	4.5€
Kombucha tea of life	4.5€

Beer (bottle)

Heineken	3€
Estrella Galicia	3€
Shandy	3€
Alhambra reserva 1925	4€
Corona	4€
Special beer	4.5€
<i>(Pale ale, blonde, White)</i>	

Coffee

Espresso	2€
Americano	2.75€
Cappuccino	2.75€
Café con leche/ Latté	3€
Iced coffee	5.5€

Tea

Try one of our many flavours....	2€
Fresh mint tea	3€
Fresh ginger tea	3€

Decaf / Vegetable milk + 0.25€
Extra shot + 1€

wines

White	5 glass / 22€ bottle
Red	5 glass / 22€ bottle
Rose	6.5 glass / 25€ bottle
Cava	Bottle 22€

DESAYUNO HASTA 12.00

Croissant	2.5€
Tostada con tomate	5€
Tostada con tomate & aguacate	6.5€
Tostada con tomate, jamon serrano & queso	6.5€
Tostada con aguacate y feta	8.5€
Frutas frescas & (soy) yogurt (+ granola 1€ extra)	8€
Acai bowl (<i>Acai organico, leche de arroz y coco, banana, granola, coco, chia, fresa, manzana</i>)	10€

SNACKS

Olivas	3€
Patatas fritas	4.5€
Patatas fritas de boniato	6€
Hummus casero con pan	6.5€
Alitas de coliflor (veganas)	8.5€
Croquetas (espinaca y piñonas)	8.5€

SOUPS

8€

Sopa de brócoli y puerro (vegano)

Deliciosa y completa sopa con brócoli, puerro y garbanzos, servida con una rebanada de pan de masa madre

Sopa de calabaza de curry amarillo (vegano)

Deliciosa sopa cremosa con leche de coco, calabaza, zanahoria y lima. Servida con una rebanada de pan de masa madre

sándwich / wraps

(Todos los sándwich estan servido con 2 rebanadas de pan masa madre rustico)

Falafel (vegano)	9€
<i>Falafel, col rojo encurtido, tomate, rucola y yogurt vegano con sriracha</i>	
Pollo asado	9€
<i>Pechuga de pollo, mayonesa, aguacate, tomate y lechuga.</i>	

Humus (vegano)	9€
<i>Humus, col lambarda encurtida, aguacate, pimiento rojo asado, lechuga</i>	
Queso de cabra	9€
<i>Queso de cabra sin corteza, pimiento rojo asado, pepino encurtido, rucola, sirope de balsamico</i>	

DULCES

Pan de banana 4€

Brownie casera (vegano) 5€

ENSALADAS Y BOWLS

Curry Cauliflower (opcion vegano disponible) 12.5€

Humus casero o muslo de pollo asado con espinaca, quinoa, boniato asado, coliflor asada, col Lombarda & cilantro. Servido con un dressing de naranja - harissa

Greek Goodness Bowl 12.5€

Ensalada Griega con lechuga romana, rucula, pimiento rojo, pepino, tomate, olivas, walnuts, cebolla roja, granada, feta y oregano. Servido con una salsa de balsamico.

Falafel Bowl (vegano) 14.5€

Falafel casero crocante con quinoa, coliflor asada, espinaca, pepino encurtido, col Lombarda encurtida & zanahoria asada. Servido con un dressing tzatsiki vegano

Cheesy Goat 14.5€

Queso de cabra sin corteza con rucula, espinaca, quinoa, fresas, tomate, pimiento rojo asado, pepino encurtido, cebolla roja encurtida, walnuts, semillas de calabaza & perejil. Servido con un dressing de aceite de oliva con balsamico

Power Protein (vegano) 14.5€

Un clásico de Moos: 'Espinacas, rúcula, quinoa, garbanzos, frijoles azuki, edamame, almendras con ají tostado, cebolla morada, brócoli y aguacate. Servido con un dressing de naranja - harissa

Chicken Parmesan 14.5€

Quinoa, muslo de pollo asado, esparragos, queso de parmesano, tomate, anacardos tostados, huevo cocido & semillas de amapola, sobre una base de kale & lechuga romana. Servido con un dressing de pesto casero

Añadir pollo asado 2€



Thai red curry (vegano o añadir pollo 2€)

Curry rojo picante con brocoli, judias verdes y pimiento rojo, cocinado en leche de coco & especias. Servido con arroz de basmati 14€

Yellow chickpea curry (vegano o añadir pollo 2€)

Curry amarillo con garbanzos y brocoli, cocinado en leche de coco & especias. Servido con arroz de basmati 14€

hamburguesas

Hamburguesa de ternera casera

Servido con papas fritas y ensalada 15€

Beyond Hamburguesa (vegano)

Servido con papas fritas y ensalada 15€

Hamburguesa de pollo

Servido con papas fritas y ensalada 15€

Zumos frescos

Green Detox	6.5€
<i>(espinaca, apio, pepino, manzana y jingibre)</i>	
The Moos	6.5€
<i>(manzana, zanahoria, pina, remolacha)</i>	
Carrot Llonga	6.5€
<i>(zanahoria, apio, manzana)</i>	

BATIDOS

Banana cacao	6.5€
<i>(Banana, cacao, sirope de agave & leche de coco)</i>	
Green Detox	8.5€
<i>(Banana, sspinaca, aguacate, piña, banana & leche de coco)</i>	
Very Berry	8.5€
<i>(Banana, ayas mixtas, sirope de agave & leche de coco)</i>	



BEBIDAS CALIENTE

BEBIDAS FRIAS

Agua	3€
Agua con gas	3.5€
Sodas Varios.....	3€
Coca Cola / Light	3€
Fanta Lemon / Naranja	3€
Coconut water	4.5€
Kombucha tea of life	4.5€

Cerveza (botella)

Heineken	3€
Estrella Galicia	3€
Shandy	3€
Alhambra reserva 1925	4€
Corona	4€
Special beer	4.5€
<i>(Pale ale, blonde, White)</i>	

Cafe

Espresso	2€
Americano	2.75€
Cappuccino	2.75€
Café con leche/Latté	3€
Café helado	5.5€

Té

Probar uno de nuestro muchos sabores	2€
Menta fresca	3€
Gengibre fresca	3€

Decaf / leche vegetal + 0.25€

Extra shot + 1€

Vinos

Blanco	Copa 5€ / Botella 22€
Tinto	Copa 5€ / Botella 22€
Rosa	Copa 6.5€ / Botella 25€
Cava	Botella 22€