### SALADS

#### Chicken Parmesan

romaine lettuce, quinoa (gf) or bread croutons, roasted chicken, asparagus, parmesan cheese, tomatoes, anchovies, boiled egg

Caesar sauce (d)(n)(e)

17,-€

#### The Falafel Bowl:

(3) homemade falafel, quinoa, curry cauliflower, spinach, pickled cucumber, pickled red cabbage and roasted red pepper.

Vegan tzatziki sauce(gf)

16,-€

### **Cheesy Goat**

rocket and spinach, buckwheat, roasted goat's cheese, roasted red pepper, pickled cucumber, pickled red onion, walnuts, strawberry and pumpkin seeds.

Served with a balsamic vinegar sauce (d)(n)(m)(gf)

16,5€

#### **Power Protein**

spinach and rocket, rice, broccoli, pickled onions, chickpeas, edamame, smoky flavoured toasted almonds.

Avocado based sauce (t)(gf)

17,-€

#### **Greek Salad**

mixed colors tomatoes, raw cucumber, red onion, Kalamata olives, feta and a little bit of oregano.

Served with two slices of bread and a honey mustard vinaigrette (d)(m)

16,5€

#### **Poke Bowl**

white rice or black rice, vegan tuna (marinated watermelon),
marinated tempeh, edamame,
pickled onions, avocado and radishes, garnished with sesame seeds.

Soy sauce (s)(so)(m)(gf)

18,-€

## SANDWICHES AND WRAPS

(Wraps are served with a side salad) Prices followed by an asterisk (\*) refer to sandwiches

Falafel:       falafel, pickled red cabbage, rocket, tomato,         vegan tzatziki and sriracha sauce	12 £ */10 £
Roasted chicken: roasted chicken, mayonnaise, avocado,	12,-€ ~/10,-€
tomato and romaine lettuce (e)	13,-€ */11,-€
Goat cheese: roasted goats cheese, roasted red pepper, pickled cucumber,	
rocket and balsamic syrup (d)	12,-€ */10,-€
Smoky rustic: baba ganoush, rocket, grilled courgettes,	
smoky cheese "provola affumicata", york ham	
<b>Pollo Manchego:</b> roasted chicken, spinach, queso manchego, chimichurri (d) <b>Italian (only sandwich):</b> burrata, tomatoes, basil, oil and lemon zest (d)	
BURGERS	
(All burgers are served with french fries)	
Traditional: 200g burger, ketchup, lettuce, tomato, pickles	17 -€
Smashed burger: 2x100g burger, bacon, black pepper and lime mayo,lettuce,cl	
Chicken: fried chicken burger, mayonnaise, lettuce, tomato (e)	16,-€
Beyond Burger: beyond burger, ketchup, lettuce, tomato, pickles	16,-€
HOT DISHES	
Thai curry choose spicy or not spicy, bimi, carrots, champiñones,	
homemade thai curry paste infused in coconut milk (add chicken for 3,-€)	
Served with fragrant black rice (s)(gf)	18,-€
<b>Pad Thai:</b> stir-fried rice noodles, crisp vegetables and crushed peanuts in a rich tamarind sauce (add chicken for 3,-€).	
Served with fresh lime(gf)(p)	18,-€
FOR THE LITTLE DOES	APPFT17FR°

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Roasted chicken, broccoli, fries 10,-€ Handmade gnocchi with tomato sauce(e) 10,-€ Mini beef burger, fries 10,-€

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French fries: 5,-€

Sweet potato fries: 7,-€

Hummus/Baba ganoush with bread (s): 7,-€

Sun-dried tomatoes or black olives

tapenade with bread (n): 8,-€

Burrata with cherry tomatoes and basil (d): 10,-€



Avocado 2,-€ Cheese 1,-€ Mushrooms 2€ Goat cheese 1,5€

Feta 2,-€ (1)Hard egg 2,-€ Bacon 2,-€ Change french fries for Roasted chicken 3,-€ Peanut butter 1,-€ Extra sauce 2,-€ sweet potatoes fries: 2,-€