

moos

SALADS & MORE

BREAKFAST

until 12.00

TOSTADAS

- Classic:** fresh grated tomatoes seasoned with extra virgin olive oil, salt and black pepper.....5,-€
Tomato and avocado delight: fresh grated tomatoes, avocado.....7,-€
Feta and avocado: fresh grated tomatoes, smashed avocado, feta cheese, pickled onions(d)9,-€
Supreme: fresh grated tomato, Serrano ham and cheese (d).....8,-€
Strawberry bliss: goat cheese, rocket, strawberries, balsamic vinegar cream(d).....9,-€
Bruschetta: cherry tomatoes, garlic, basil.....9,-€

STARTERS

[Choose eggs: poached, scrambled, omelette, fried, and add it to your favourite dish]

- served with bread -

- Salmon & Avocado Bagel:** chive creme cheese, avocado, smoked salmon, pickled onions(d)14,-€
Bright start: (2 eggs), smashed avocado, grill halloumi, cherry tomatoes confit, basil oil(e)16,-€
Mediterranean morning: (2 eggs), smashed avocado, roasted peppers, feta, oregano(d)(e)15,-€
Egg Benedict/Royale: (2 eggs), smoked salmon/York ham, Bearnaise sauce and chive(d)(e)17,-€

- gluten free -

- Tapioca:** Brazilian style tapioca flatbread made with cassava flour, filled with smashed avocado, cheese and your choice of scrambled eggs or roasted chicken (e)(gf)(d).....15,-€
Healthy Start: celeriac toast, (1) poached egg, broccoli, spinach, smashed avocado (gf)(e)...13,-€

KIDS' BREAKFAST

- Toastie:** with york ham and cheese (d).....6,-€
Yogurt: with granola and fresh fruit (d).....6,-€
Avocado: on sourdough.....6,-€
Scrambled eggs: on sourdough (e).....6,-€
MiniAçaí: topped with banana and strawberries (gf).....7,-€

ADDITIONS

- | | | |
|---------------------|-----------------------|-------------------|
| Raw Avocado 2,5€ | Goat cheese 3€ | Salmon 4,-€ |
| Smashed Avo 3,-€ | Roasted chicken 4,-€ | Crema Cheese 3,-€ |
| Feta 2,5€ | Granola 3,-€ | Broccoli 2,-€ |
| (1)Egg 2,-€ | Serrano/York ham 3,-€ | |
| Peanut butter: 1,5€ | Grilled halloumi 2,-€ | |

Allergen list: (d) Dairy, (e) Eggs, (so) Soy, (n) Nuts, (p) Peanuts, (t) Tree nuts, (s) Sesame, (m) Mustard, (gf) Gluten Free

DESSERT

MORNING SWEETS

Chia Pudding: made with rice and coconut milk, topped with fresh fruit and granola.....	7,-€
Greek/Soy Yogurt: topped with fresh fruits(d)(gf).....	8,-€
Pancakes: red fruits or banana, icing sugar, chocolate or maple syrup (e).....	12,-€
French Toast: caramelized sugar, strawberries, blueberries and jam (d)(e).....	11,-€

BOWLS

Açaí: açaí, banana, coconut milk topped with grated coconut, choco granola, strawberries and blueberries.....	13,-€
Green spirulina: pineapple, banana and spirulina, coconut milk topped with kiwi, granola and blueberries.....	13,-€
Choco banana: banana, cacao, oat milk, peanut butter, topped with choco granola, grated coconut, banana and peanuts (p).....	13,-€

(Granola can contain traces of nuts (n) and tree nuts (t))

CAKES & SWEETS

Croissant

plain or with strawberries, raspberries or apricot jam(d)
3,5€

Napolitana

3,5€

Cinnamon Roll

5,-€

Banana bread

chocolate, chopped walnuts topped with fresh banana and coconut (d)(n)(e)
6,-€

Gluten Free Vanilla Muffin

served hot with icing sugar and fresh strawberries(e)(gf)
6,5€

Carrot cake

almond flour, orange zest with vegan cream cheese frosting (t)(e)
5,5€

Brownie

dates, hazelnut, chocolate and agave, topped with strawberries and coconut (n)(gf)
6,-€

Chocolate Pear Almond Pie

cacao, pears and almond flour (t)(e)(d)
7,-€

Energy bites (1 piece)

dates, hazelnut, chocolate and agave, coconut covered (n)
2,-€

SALADS

Chicken Parmesan

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

Caesar sauce (d)(n)(e)

18,-€

The Falafel Bowl:

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

Tzatziki sauce(gf)

17,-€

Cheesy Goat

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

Balsamic vinegar sauce (d)(n)(m)(gf)

17,5€

Green Protein Bowl

Spinach and rocket, spelt, broccoli, pickled onions, crunchy chickpeas, edamame, avocado smoky flavoured toasted almonds.

Orange Harissa sauce (t)(gf)

17,5€

(Take Away Service for salads: +0,5€)

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SANDWICHES AND WRAPS

(Served with a side salad)

Falafel: falafel, pickled red cabbage, rocket, tomato, tzatziki and sriracha sauce.....	S W 14,-€ 12,-€
Roasted chicken: roasted chicken, mayonnaise, avocado, tomato and romaine lettuce (e).....	15,-€ 13,-€
Goat cheese: roasted goats cheese, roasted red pepper, pickled cucumber, rocket and balsamic syrup (d).....	14,-€ 12,-€
Pollo Manchego: roasted chicken, spinach, manchego cheese, chimichurri(d).....	15,-€ 13,-€
Roast Beef Deli: coleslaw salad, roast beef,.....	16,-€ 14,-€

BURGERS

(All burgers are served with french fries)

Smashed burger: 2x100g burger, bacon, black pepper and lime mayo, lettuce, cheese(e)(d)	20,-€
Chicken: fried chicken burger, mayonnaise, lettuce, tomato (e).....	17,-€
Beyond Burger: beyond burger, ketchup, lettuce, tomato, pickles.....	17,-€

MAIN DISHES

Pad Thai: stir-fried rice noodles, crisp vegetables and crushed peanuts in a rich tamarind sauce (add chicken for 3,-€), served with lime and coriander(gf)(p).....	18,-€
Pumpkin soup: creamy pumpkin soup with yellow curry paste and coconut milk, gently spiced and aromatic (gf).....	14,-€
Vitello tonnato: thinly sliced veal served with creamy tuna sauce, capers and veal jus(gf).	21,-€

FOR THE LITTLE ONES

Roasted chicken, broccoli, fries	12,-€
Pasta with cherry tomato sauce(e)	12,-€
Mini beef burger, fries	12,-€

APPETIZERS

French fries:	5,5€
Sweet potato fries:	7,-€
Hummus with bread (s):	7,-€
Black olives tapenade with bread (n):	8,-€
Burrata with cherry tomatoes, basil and bread (d):	14,-€

ADDITIONS

Raw Avocado 2,5€	Roast Beef 5,-€	Goat cheese 3,-€	Cheese 1,5€
Feta 2,5€	(1)Hard egg 2,-€	Bacon 2,5€	Change french fries for
Roasted chicken 4,-€	Peanut butter 1,5€	Extra sauce 2,-€	sweet potatoes fries: 2,-€

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DRINK SELECTION

ORIGINAL COFFEES

Espresso: 1,8€
Double espresso: 3,2€
Americano 3,-€
Cortado: 2,2€
Cappuccino: 3,5€
Flat white: 4,-€
Jaappuccino: 4,5€ (large cappuccino)
Latte: 3,8€
Matcha latte: 4,8€
Chai latte: 4,5€
Latte macchiato: 3,6€
Decaffeinated: +0,5€ - Extra shot: +1,4€
Plant based milk:
Oat, almond, soy: +0,2€

SHOTS

3,-€
Ginger

TEAS

3,5€
- **Traditional** -
Ask for our tea selection
- **Specialty** -
Fresh ginger
Fresh mint
The Moos: ginger, lemon, mint

ICED COFFEES AND FRAPPUCCINOS

Iced Coffees: 6€

Frappuccinos: 7€

Double shot espresso (substitute with matcha (+2,-€) or chai)
+ Ice (small cubes or blended)
+ Milk (normal or plant based)

FRESH JUICES

(450ml)
Carrot Ilonga: 7,5€
carrot, apple, celery
Citrus: 7,5€
orange, lemon, carrot
The Moos juice: 8,-€
pineapple, apple, carrot, beetroot
Green detox juice: 8,5€
celery, cucumber, apple, ginger
Slim fit: 8,5€
apple, fennel, kiwi, ginger, lemon
Minty Pine: 9,-€
pineapple, cucumber, mint, lime
Fresh orange juice: 6,-€
Natural apple juice: 6,-€
Add ginger: +1€
Add 1 fruit/vegetables: +2€
Take away service on drinks: 0,2€

SMOOTHIES

(450 ml)
Very strawberry: 8,-€
strawberry, banana, agave, oat milk
Green detox: 9,-€
avocado, spinach, pineapple,
coconut milk
Banana cacao: 8,-€
banana, cacao/cinnamon, dates, coconut milk
Tropical: 9,-€
mango, pineapple, banana,
coconut milk
Matcha mango: 12,-€
mango, banana, organic matcha, agave, oat milk
Purple Power: 12,-€
blueberry, banana, almond milk, collagene powder
Add superfood: spirulina, collagene, maca, matcha: +2,-€
Add proteins: whey or vegan: + 3,5€

COLD DRINKS

(Km 0) Water: 3,-€
Sparklin water: 4,-€
Coca cola: 3,5€
Coca cola zero: 3,5€
Fanta lemon: 3,5€
Fanta orange: 3,5€
Sprite: 3,5€
Nestea: 3,5€
Coconut water: 5,-€
Kombucha: 5,-€

WINES

Red: 6,-€ /30,-€
White: 7,-€ /35,-€
Rose': 6,-€ /30,-€
Cava: 30,-€ (only bottle)

Please ask about today's
wine selection our varie-
ties change regularly

BEERS

Estrella galicia: 3,5€
Estrella galicia 0%:3,5€
Mahou 5 estrellas: 3,5€
Alhambra reserva: 5,-€
Corona: 4,-€

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