



Breakfast

Tostada €8.00

Sweet potato tortilla, spiced black beans, avocado, tomato salsa, jalapenos, 2 eggs (gluten, egg)

Salmon €8.50

Smoked salmon, spinach, hollandaise sauce, fresh salad, 2 eggs, homemade bread (gluten, egg, dairy, fish)

Bacon €8.00

Bacon, avocado, cherry tomatoes, fresh salad, 2 eggs, homemade bread (gluten, egg)

The serving size
of avocado
will depend
on market price

Shakshouka €8.50

Spiced rich tomato sauce, 3 eggs, pita bread (gluten, egg, dairy)

Pancakes €7.50

Banana and oat meal pancakes, peanut butter, greek yoghurt, honey or fruit coulis (gluten, eggs, dairy, nuts)

Smashed avocado €8.50

Smashed avocado on toast with cottage cheese, cucumber, tomato, radish and chilli flakes (gluten, dairy)

Bagel €8.00

Cream cheese & smoked salmon + salad, or bacon & avocado + salad (gluten, eggs, dairy, fish)

Smoothie bowl €7.50

Oats, nuts, topped with fresh fruits (gluten, nuts)

Lunch/Salads

●Superfood Salad €9.50

quinoa, charred broccoli, cherry tomatoes, cucumber, canarian goat cheese, goji berries, seeds (dairy, nuts)

●Mexican Salad €9.50 or Bean chilli €10.50

mixed beans, roasted sweet potato, baby corn, avocado, peppers, jalapenos, coriander, leaves

●Wholemeal pasta €9.50

roasted vegetables, green pesto, parmesan, fresh basil, chilli (gluten, eggs, dairy, nuts)

●Make it hot €10.50

fried rice or quinoa, mixed vegetables, radish, cucumber, and spring onion salad

●Poke bowl of the week €11.00

(soya, fish, sesame)

●Satay pumpkin stuffed

with chickpeas and coconut (nuts) €10.50

●Meat balls – Italian or Mexican €5.00

●Chicken – lightly seasoned or spicy €5.00

●Salmon – lemon & pepper (fish) €6.50

●Chorizo sausage - grilled sausage €4.00

●Tofu – oriental/satay (soya/nuts) €4.00

●Zucchini – parmesan & chilli
roasted zucchini sticks (dairy) €4.00

●Taquitos – mexican chicken, pineapple
slaw, jalapenos (gluten) €6.00

●Sweet potato wedges €4.00

Want extra
protein?

Smoothies

only €5.00 (400 ml)



Peanut paradise

banana, peanut butter, almond milk,
cinnamon and Greek yoghurt (dairy, nuts)

Green dream

banana, spinach, kiwi, matcha*, mango, lime

Sunrise

banana, strawberry, orange juice, chia seeds

Energizer

banana, mix berries, mango, pear

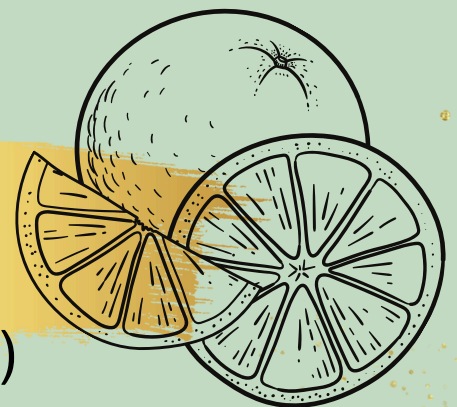
Fancy a different flavour?

Create your own!

*matcha - powdered green tea leaves
with a huge amount of health-promoting antioxidants!

Fresh juice

(400 ml)



Choose from fruits and vegetables, squeezed straight
to your glass for perfect energy and vitamin boost

•Orange juice €4.50

•Mixed juice €5.00



Hot drinks

- Espresso €1.50
- Double Espresso €2.00
- Cortado €2.00
- White coffee €2.20
- Americano €2.00
- Cappuccino €2.50
- Latte €2.50
- Tea €1.50
- Matcha* €2.50
- Liqueur coffee €6.00
- Barraquito €4.50
- Carajillo €3.80

Canarian
specialty

Draft beer

- Victoria - large €2.50
- Victoria - small €1.50

Bottled beer

- Corona €3.00
- Strongbow €3.00
- Victoria 0,0 % €3.00
- Victoria limon €3.00

Wines

- Sangria - 1l €14.00
- Sangria - 0.5l €7.00
- House wine - glass €3.50
- Other wines? Ask for wine list



Soft

- Sprite €2.50
- Pepsi / Pepsi Zero €2.50
- Fanta Orange / Lemon €2.50
- Sparkling Water €2.00
- Still Water €2.00