

## SALTY CREPES > BUCKWHEAT, RICE AND CORN

- Ham and cheese - 6,80 €
- Goat cheese, roquefort, spinach and honey vinaigrette - 7,50 €
- Green leaves, sprouts, caramelized onion, apple and carrot with basil oil - 8,20 € ✓
- Free-range chicken strips with baked vegetables, avocado and oregano - 8,50 €

## GRILLED > BIO SPELLED BREAD

- Bacon and cheese - 6,50 €
- Iberian ham with Brie cheese and tartufata - 7,50 €
- Iberian sobrasada, melted Idiazábal cheese, honey and walnuts - 7,30 €
- Baked vegetables with Brie cheese, caramelized onions and olive tapenade - 7,20 €

## TOASTS > BIO SEED BREAD

- Artisan hummus with crudités of vegetables, arugula and red pepper - 7,80 € ✓
- Salmon, fresh cheese, avocado with cherries tomatoes and arugula - 9,40 €

## BAGGELS > BIO SEED BREAD ✓

- Lettuce, chicken strips, Brie cheese, apple and seeds - 8,80 €
- Fresh cream cheese, tomato, avocado and fresh mint - 8,60 €

## BOWLS FOR LUNCH

- Pasta salad with cherries tomatoes, feta and basil oil - 9,80 € ✓
- Poke of quinoa, avocado, cherries tomatoes, salmon and teryiaki sauce - 11,40 €
- Wok of baked vegetables, free-range chicken and soy vinaigrette - 11,40 €
- Summer fruit salad with lemon vinaigrette - 8,90 € ✓

## SANDWICHES > CIABATTA BIO, CORN BIO, SPELLED BIO, GLUTEN FREE BREAD BIO

- Fuet - 3,90 €
- Iberian ham - 4,20 €
- Ham and cheese - 3,70 €
- Vegetarian - 3,50 € ✓

## SWEET CREPES > BUCKWHEAT, RICE AND CORN

- Nutella - 5,90 €
- Strawberry jam - 5,20 € ✓
- Baked apple with cinnamon and honey - 5,30 €
- Brown sugar with lemon and mint - 4,90 € ✓

## GRILLED CROISSANT ✓

- Nutella - 3,70 €
- Fresh cheese and jam - 4,60 €
- Ham and cheese - 3,90 €
- Iberian ham - 4,90 €

## HOME MADE PASTRY

- Cookies - 2,50 €
- Muffins - 2,80 € ✓
- Sugar Sponge cake - 3,20 € ✓
- Cake of the day - 3,90 €
- Chocolate mousse - 4,20 €
- Carrot cake - 4,20 €
- Cheesecake - 4,40 €
- Tiramisu - 4,40 €
- "Xuixo" artisanal cream - 2,70 €
- Croissant - 2,50 €

## AÇAÍ BOWLS

- With fruit and granola - 8,80 €
- Extra topping +1,00 €  
Chocolate, Grated coconut, Mixed seeds, Red fruits

## ICE CREAM > LOW SUGARS AND VEGAN OPTIONS

- Cone - 3,90 €
- Small bowl - 3,60 €
- Large bowl - 4,90 €
- Bowl extra topping +0,50 €
- Glass of ice cream - 7,50 €
- 1/2 Kg to take away - 12,90 €

## COFFEE > BIO FRESH MILK, LACTOSE FREE, COCONUT OR OAT

- Espresso - 1,60 €
- Americano - 1,90 €
- Macchiato - 1,80 €
- With milk - 2,40 €
- Capuccino - 2,90 €
- Latte - 2,90 €
- Flat White - 3,20 €

## REFRESHING

- Ice Latte - 3,90 €
- Ice Capuccino - 3,90 €
- Ice Americano - 3,90 €
- Horchata - 3,90 €

## HOT DRINKS

- Infusions / Teas - 2,60 €
- Chai latte - 2,90 €
- Matcha latte - 2,90 €

## NATURAL JUICES > WITH CRUSHED ICE

- Orange - 3,50 €
- Green of the day - 4,20 €
- Fruit of the day - 4,20 €
- Lemonade - 2,80 €

## COLD DRINKS

- Mineral water - 1,90 €
- Vichy Catalan - 2,70 €
- Coca-Cola / Coca-Cola 0 - 2,60 €
- Cacaolat - 2,90 €
- Kombucha - 4,20 €
- Beer s/g BdeGust - 4,20 €
- Pils artisan beer - 3,70 €
- Glass of Emporda red wine - 3,90 €
- Glass of Ribera del Duero red wine - 4,50 €
- Glass of Empordà white wine - 3,90 €
- Glass of sweet wine - 5,40 €
- Vermouth - 4,80 €
- Ratafia - 4,90 €