



## SAVORY CREPES > BUCKWHEAT, RICE AND MILLET - GLUTEN FREE

- Cooked ham, cheese and mozzarella - 8,90 €
- Goat cheese, Roquefort, spinach and honey vinaigrette - 9,90 €
- Green leaves, sprouts, caramelized onion, apple and carrot with basil oil - 9,50 € ✓
- Free-range chicken strips with baked vegetables, avocado and oregano - 10,90 €



## GRILLED SANDWICH > BIO SPELLED BREAD

- Bacon and cheese - 8,90 €
- Iberian ham with Brie cheese and tartufata - 9,90 €
- Iberian sobrasada, melted Idiazábal cheese, honey and walnuts - 9,80 €
- Baked vegetables with Brie cheese, caramelized onions and olive tapenade - 9,70 €



## BRUNCH TOASTS > BIO SEED BREAD

- Salmon, fresh cheese, arugula and avocado - 10,80 €
- Smoked turkey with tomato, mozzarella, raw spinach, capers, and parmesan - 9,90 €
- Hard-boiled egg, lettuce, fresh tomato and avocado - 9,50 €



## BAGELS > BIO SEED BREAD ✓

- Chicken strips, Brie cheese, green leaves, apple and seeds - 11,20 €
- Fresh cream cheese, tomato, avocado and fresh mint - 10,50 €
- Pastrami with caramelized onion, lettuce, Taleggio cheese, and our tartar sauce - 11,40 €



## BOWLS FOR LUNCH

- Vegetable soup with Parmesan cheese and croutons - 8,90 €
- Baked vegetables, free-range chicken and soy vinaigrette - 11,90 €
- Basmati poke with vegetables and free-range chicken / or Egg / or Tofu (your choice) with Dijon mustard vinaigrette - 12,60 €
- Quinoa poke, avocado, cherry tomatoes, salmon and teriyaki sauce - 12,60 €
- Salad with free-range marinated chicken, parmesan cheese, croutons, nuts, avocado with César sauce - 11,40 €
- Pasta with our carbonara - 10,70 €



## TO SHARE

- Iberian cold cuts and bread with tomato - 14,50 €
- Artisanal Garrotxa goat cheese - 10,90 €
- Artisan hummus with crudités - 9,40 €
- Artisan fuet and bread with tomato - 7,90 €



## SANDWICHES > (GLUTEN-FREE +1€)

- Fuet - 4,80 €
- Iberian ham - 5,40 €
- Ham and cheese - 4,60 €
- Vegetable - 4,70 € ✓



## SWEET CREPES > BUCKWHEAT, RICE AND MILLET - GLUTEN FREE

- 🍷 · Nutella - 6,90€ (dark chocolate + 1€)
- 🍷 · Nutella with banana - 7,90€ (dark chocolate + 1€)
- 🌱 · Strawberry jam - 6,80€ ✓
- 🌱 · Baked apple with cinnamon and agave - 7,50€ ✓
- 🌱 · Brown sugar with lemon and mint - 6,20€ ✓



## GRILLED CROISSANT ✓

- 🍷🍷 · Nutella - 4,40€
- 🍷🍷 · Fresh cheese and jam - 4,90€
- 🍷🍷 · Ham and cheese - 4,70€
- 🍷 · Iberian ham - 5,60€



## HOMEMADE PASTRY

- 🍷 · Cookies - 3,20€
- 🍷🍷 · Muffins - 2,90€
- Daily cake - 4,80€
- 🍷🍷 · Chocolate cake - 5,50€
- 🍷🍷🍷 · Banana bread with mascarpone - 4,80€
- 🍷🍷🍷 · Lemon cake - 4,80€
- 🍷🍷 · Carrot cake - 4,80€
- 🍷🍷 · Cheesecake - 4,90€
- 🍷🍷🍷 · "Xuixo" artisanal cream - 3,50€
- 🍷 · Croissant - 2,90€ ✓
- 🍷🍷 · "Melindros" - 2,30€



## YOGURT BOWL with fruit and granola - 6,60€\*

\*Extra topping +1,00€  
Chocolate, Grated coconut, Mixed seeds, Red fruits



## NATURAL JUICES > WITH CRUSHED ICE

- Orange - 4,20€
- Detox green juice - 4,90€
- Fruit of the day - 4,90€
- Lemonade - 3,60€



## COFFEE > BIO FRESH MILK, (COCONUT OR OAT +0,15€)

- Espresso - 2,10€
- Americano - 2,50€
- 🍷 · Macchiato - 2,30€
- 🍷 · With milk - 2,90€
- 🍷 · Mocaccino - 3,60€
- 🍷 · Capuccino - 3,60€ / XL 4,80€
- 🍷 · Latte - 3,50€ / XL 4,90€
- 🍷 · Flat White - 3,70€



## HOT DRINKS

- Infusions / Teas - 3,30€
- 🍷 · Chai latte - 3,80€
- 🍷 · Matcha latte - 3,80€
- 🍷 · Turmeric Latte - 3,80€
- 🍷 · Dirty Chai - 4,20€
- 🍷 · Hot Chocolate - 4,70€
- 🍷 · Swiss chocolate (with cream) - 4,80€



## COLD DRINKS

- Water - 2,40€
- Vichy Catalan - 3,00€
- Coca-Cola / Coca-Cola 0 - 2,90€
- Whole Earth - 2,90€
- Cacaolat - 2,90€
- Kombucha - 4,20€
- Beer s/g BdeBeer - 4,60€
- Beer no alcohol - 4,30€
- Artisan beer - 3,90€
- Glass of Empordà red wine - 4,90€
- Glass of Rioja red wine - 5,60€
- Glass of Empordà white wine - 4,90€
- Vermouth - 4,20€
- Ratafia - 4,20€