



SAVORY CREPES > BUCKWHEAT, RICE AND MILLET - GLUTEN FREE

- Cooked ham, cheese and mozzarella - 9,60 €
- Goat cheese, Roquefort, spinach and honey vinaigrette - 10,80 €
- Green leaves, sprouts, caramelized onion, apple and carrot with basil oil - 9,90 € ✓
- Free-range chicken strips with baked vegetables, avocado and oregano - 11,80 €



GRILLED SANDWICH > BIO SPELLED BREAD

- Bacon and cheese - 9,60 €
- Iberian ham with Brie cheese and tartufata - 10,60 €
- Iberian sobrasada, melted Idiazábal cheese, honey and walnuts - 10,50 €
- Baked vegetables with Brie cheese, caramelized onions and olive tapenade - 10,40 €



BRUNCH TOASTS > BIO SEED BREAD

- Salmon, fresh cheese, arugula and avocado - 11,80 €
- Smoked turkey with tomato, mozzarella, raw spinach, capers, and parmesan - 10,80 €
- Hard-boiled egg, lettuce, fresh tomato and avocado - 9,90 €



BAGELS > BIO SEED BREAD ✓

- Chicken strips, Brie cheese, green leaves, apple and seeds - 11,80 €
- Fresh cream cheese, tomato, avocado and fresh mint - 10,90 €
- Pastrami with caramelized onion, lettuce, Taleggio cheese, and our tartar sauce - 11,90 €



BOWLS FOR LUNCH

- "Gazpacho" with crudités - 8,90 €
- Baked vegetables, free-range chicken and soy vinaigrette - 12,60 €
- Basmati poke with vegetables and free-range chicken / or Egg / or Tofu (your choice) with Dijon mustard vinaigrette - 12,90 €
- Quinoa poke, avocado, cherry tomatoes, salmon and teriyaki sauce - 13,50 €
- Salad with free-range marinated chicken, parmesan cheese, croutons, nuts, avocado with César sauce - 12,20 €
- Fruit salad with goat cheese, walnuts and honey vinaigrette - 11,90 €
- Pasta with our carbonara - 11,30 €



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 €
- Our Russian salad - 10,20 €



SANDWICHES > (GLUTEN-FREE +1€)

- Fuet - 4,80 €
- Iberian ham - 5,40 €
- Ham and cheese - 4,60 €
- Vegetable - 4,90 € ✓



All our flours are bio
Our workshop may contain traces of allergens
Prices with VAT included

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TAKE AWAY





SWEET CREPES > BUCKWHEAT, RICE AND MILLET - GLUTEN FREE

- Nutella - 6,90€ (dark chocolate + 1€)
- Nutella with banana - 7,90€ (dark chocolate + 1€)
- Strawberry jam - 6,90€ ✓
- Baked apple with cinnamon and agave - 7,70€ ✓
- Brown sugar with lemon and mint - 6,50€ ✓



GRILLED CROISSANT ✓

- Nutella - 4,50€
- Fresh cheese and jam - 4,90€
- Ham and cheese - 4,80€
- Iberian ham - 5,60€



HOMEMADE PASTRY

- Cookies - 3,30€
- Muffins - 2,90€
- Daily cake - 5,20€
- Pineapple cake with almond and coconut - 5,90€
- Banana bread with mascarpone - 5,50€
- Lemon cake - 4,90€
- Carrot cake - 5,20€
- Mango cheesecake - 5,50€
- "Xuixo" artisanal cream - 3,80€
- Croissant - 2,90€ ✓



AÇAÍ BOWL with fruit and granola - 9,60€*

YOGURT BOWL with fruit and granola - 6,90€*

*Extra topping +1,00€

Chocolate, Grated coconut, Mixed seeds, Red fruits



NATURAL JUICES > WITH CRUSHED ICE

- Orange - 4,40€
- Detox green juice - 5,20€
- Fruit of the day - 5,20€
- Lemonade - 3,70€

SMOOTHIES

- Mediterranean - 5,60€
- Tropical - 5,90€



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

- Espresso - 2,30€
- Americano - 2,70€
- Macchiato - 2,50€
- With milk - 3,00€
- Mocaccino - 3,70€
- Capuccino - 3,70€ / XL 4,90€
- Latte - 3,60€ / XL 4,90€
- Flat White - 3,80€



HOT DRINKS

- Infusions / Teas - 3,50€
- Chai latte - 4,20€
- Matcha latte - 4,70€
- Turmeric Latte - 4,20€
- Ditary Chai - 4,40€

REFRESHING

- Ice Latte or latte XL - 4,90€
- Ice Capuccino or XL - 5,10€
- Ice Americano - 4,40€
- Horchata - 4,40€
- Iced coffee (Frappé) - 4,90€
- Cold Brew - 5,20€
- Orange Cold Brew - 5,40€
- Espresso Tonic - 5,60€



COLD DRINKS

- Water - 2,60€
- Vichy Catalan - 3,20€
- Coca-Cola / Coca-Cola 0 - 3,10€
- Whole Earth - 3,10€
- Cacaolat - 3,00€
- Kombutxa - 4,60€
- Beer s/g BdeBeer - 4,90€
- Beer no alcohol - 4,40€
- Artisan beer - 4,20€
- 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€



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