

BREAKFAST/SNACKS

Bread "Despensa" w/	
· Butter or Cheese	2.30€
· Apricot Paste · Almond Butter · Hazelnut Butter	2.50€
· Hazelnut w/ Cocoa Butter · Date Paste · Humus	
· Fresh Cheese	2.70€
Muffin	1.90€
Brownie	2.50€
Slice of Cake	3.00€
Dessert	2.50€
Fresh Fruit	2.30€
Truffles	1.50€
Chia Pudding	3.50€
Parfait w/ Greek Yogurt or Quark Cheese, Granola and Fruit	3.50€
<small>Seeds Granola · Cocoa Granola (We Produce our Granola)</small>	
Crepe "Despensa" w/ Fruit and 1 Paste	5.00€
· Almond Butter · Apricot Paste · Hazelnut Butter	
· Hazelnut w/ Cocoa Butter · Date Paste · Honey	
BIO Scrambled Eggs* w/ Ghee	3.00€
Omelet* w/ Cheese, Onion and Parsley	3.50€

*W/ a Slice of Bread or Salad +1€

BRUNCH

Bread "Despensa" w/ 2 Options + Scrambled Eggs + Muffin + Juice/Milk/Tea + Espresso	8.50€
Crepe or Salty Crepe* + Yogurt + Truffle + Juice/Milk/Tea + Espresso	10.50€

*Salty Crepe w/ Humus or w/ Mozzarella

LUNCH

Soup of the Day 2.20€

Meal of the Day 6.50€

Salted Snack 2.00€

Mediterranean Tapa 5.50€

2 Slices of Bread w/ Cherry Tomato, Olives and Feta Cheese

Poke Bowl 10.90€

Rice (Basmati and Wild), Shrimps, Avocado, Mango, Cashewnuts, Sprouts, Black Sesame Seeds and Paleo Asiatic Sauce

Salads: 7.50€

Humus

Lettuce, Red Cabbage, Carrot, Cucumber, Humus, Parsley and Vinaigrette Sauce

Cheese and Walnuts

Lettuce, Arugula, Apple, Cherry Tomato, Fresh Goat Cheese, Walnuts and Mustard w/ Honey Sauce

Salty Crepes: 6.50€

Humus

Lettuce, Red Cabbage, Carrot, Humus, Parsley and Vinaigrette Sauce

Flavoured Chicken

Spinach, Eggplant, Zucchini, Tomato, Chicken, Exotic Spices and Vinaigrette Sauce

Mozzarella

Lettuce, Arugula, Tomato, Pumpkin Seeds, Mozzarella and Basil Sauce

Take Away Package +0.65€

BREAD

Our bread is made with oat, tapioc and pumpkin seeds

Organic Bread "Despensa" (800g) 9.90€

½ Organic Bread "Despensa" (400g) 4.95€

Upon order or availability in store

DRINKS

Water (50cl)	1.20€
Sparkling Water (25cl)	1.20€
Almond Milk	2.30€
Milk w/ Cocoa (25cl)	1.60€
Orange Juice (25cl)	2.50€
Juice of the Day (33cl)	2.50€
Milkshakes (40cl):	
Probiotic w/ Kefir Kefir and Fruit (to choose)	3.00€
Avocado w/ Coconut Milk Coconut Milk, Avocado, Date and Chia Seeds	3.50€
Cocoa Coconut Milk, Cocoa, Banana, Date and Almond Butter	3.70€
Blueberry Lactose-Free Milk, Blueberry, Coconut Oil, Vanilla, Chia Seeds and Pumpkin Spices	3.90€
Immune Booster Lactose-Free Milk, Sweet Potato, Orange, Ginger, Chia Seeds and Pumpkin Spices	3.50€
Protein - Hemp Almond Milk, Hemp Protein, Banana, Almond Butter, Date and Cinnamon	3.90€
Protein - Whey Lactose-Free Milk, Natural Whey, Banana, Oat and Hazelnut Butter	3.90€
Kombucha (25cl)	1.80€

(We Produce our Coconut and Almond Milk)

CAFETARIA

Espresso	0.80€
Bio Espresso	0.90€
Garoto (Espresso w/ a dash of Milk)	0.90€
Double Espresso	1.30€
American Coffee	1.30€
Coffee Despensa W/	
· Bio Coconut Oil	1.50€
· Ghee and BIO Coconut Oil	1.60€
Cappuccino*	2.10€
Latte Macchiato	3.00€
Cacao Almond Latte	3.00€
Almond Milk, Almond Butter, Honey, Vanilla, Himalayan Salt and Cacao Nibs	
Mocha Latte*	2.10€
Lactose-Free Milk, Coffee and Cacao	
Chai Latte	3.00€
Almond Milk, Chai, Honey and Spices	
Golden Milk	3.00€
Almond Milk, Honey, Fresh Ginger, Turmeric and Other Spices	

*W/ Almond Milk +0.90€

TEA AND INFUSION LIST

Tea:

· For 1

2.00€

· For 2

3.00€

Melissa

Chamomile

BIO Green Tea from São Miguel Island

BIO Green Tea w/ Jasmine Flowers

BIO Black Tea from São Miguel Island

Christmas Tea

Black Tea, Citrus Peels, Chopped Almonds, Cloves, Vanilla, Rose Petals and Cardamom

Antioxidant

White Tea with Apple, Rose Hulls, Citrus Peels, Strawberry, Sunflower Petals and Bamboo Leaves

Fat Burner

Green Tea, Hibiscus and Ginger

Christmas Fruits

Rooibos, Apple, Raisins, Carrots, orange Peels, Beets, Cinnamon Almond Flakes and Roses Leaves

Winter Punch

Rooibos, Ginger, Coconuts, Cinnamon, Apple, Cardamom, Black Pepper and Almond Flakes

Apple Cinnamon

Rooibos, Honeybush, Apple, Honey and Cinnamon

Orange and Mint

Rooibos with Orange, Mint and Orange Blossoms

Romantic Fantasy

Green Rooibos, Apple, Raspberry Leaves, Peach, Verbena, Passionflower Blossoms, Pansy, Lemon Balm Leaves, Rose and Centaurea Buds

Sunset

Hibiscus, Rose Hips, Cinnamon, Blackberry Leaves, Peppermint, Lemongrass, Linden Flowers and Safflower Petals

Add 0.20€ for each additional cup

Current rate VAT is included in all prices