

MENU

100% GLUTEN FREE

BREAD

Our Bread is Made with Oats, Tapioca and Pumpkin Seeds. 100% Organic

Bread "Despensa" w/ · Butter · Cheese	2.30€
Bread "Despensa" w/ · Almond Butter · Apricot Paste · Date Paste · Hazelnut · Hazelnut w/ Cocoa Butter · Humus · Fresh Cheese (+0.20€)	2.50€
Bread "Despensa" w/ · Cottage Cheese and Pumpkin w/ Walnuts Jam	3.20€
Sweet Winter Bread*	2.50€
Organic Bread "Despensa" (800g)	9.90€

*Upon Availability

CREPES, YOGURTS & EGGS

Crepe "Despensa" w/ Fruit and 1 Paste · Almond Butter · Apricot Paste · Date Paste · Hazelnut · Hazelnut w/ Cocoa Butter · Honey	5.50€
Parfait w/ Greek Yogurt or Quark Cheese, Granola and Fruit · Seeds Granola · Cocoa Granola (We produce our Granola)	3.50€
Pizzalet Bio Eggs, Chicken, Cheese, Spinach, Cherry Tomato, Onion, Parsley, Oregano and Pepper	7.50€
Omelet* w/ Cheese, Onion and Parsley	3.50€
BIO Scrambled Eggs* w/ Ghee	3.00€
Salted Snack	2.00€

*W/ a Slice of Bread +1€, Salad +2€

PASTRY

Almond and Salty Cacao Tartlet	3.00€
Brownie	2.50€
Muffin	2.10€
Lime Pie	3.00€
Almond Pie	3.00€
Apple Pie	2.50€
Cheesecake	3.00€
Pumpkin Roll w/ Spices	3.00€
Cacao Salami	2.50€
Truffle	1.50€
Carrot and Nuts Bar	2.50€
Fresh Fruit	3.20€
Chia Pudding	3.50€

BRUNCH

Bread "Despensa" w/ 2 Options
+ Scrambled Eggs + Muffin + Drink
+ Espresso

9.00€

Choose two Options for the Bread:

- Butter · Cheese · Fresh Cheese · Apricot Paste
- Almond Butter · Hazelnut Butter · Hazelnut w/ Cocoa Butter
- Date Paste · Humus

Choose your Drink:

- Juice of the Day · Orange Juice · Tea · Kombucha¹ · Cappuccino²

Crepe / Salty Crepe* + Yogurt +
+ Truffle + Drink + Espresso

11.00€

Choose the Paste, Fruit and Topping for your Crepe:

- Apricot Paste · Almond Butter · Hazelnut Butter
- Hazelnut w/ Cocoa Butter · Date Paste · Honey
- Banana · Kiwi · Apple · Papaya · Mango · Pear (1)
- Coconut Caramel · Honey

Choose the Yogurt, Granola and two Fruits for your Yogurt:

- Greek Yogurt · Quark Cheese
- Seeds Granola · Cocoa Granola
- Banana · Kiwi · Apple · Papaya · Mango · Pear (1)

Choose your Drink:

- Juice of the Day · Orange Juice · Tea · Kombucha¹ · Cappuccino²

*Salty Crepe w/ Humus or w/ Mozzarella

1- Upon Availability

2- No Espresso Included

LUNCH

Soup of the Day 2.20€

Meal of the Day 7.00€

Poke Bowl 10.90€

Sushi Rice, Shrimps, Avocado, Mango, Cashewnuts,
Sprouts, Black Sesame Seeds and Paleo Asiatic Sauce

Mediterranean Tapa 5.50€

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

Salty Crepes: 7.50€

Chicken and Avocado

Lettuce, Arugula, Tomato, Chicken, Avocado, Walnuts, Lime
and Vinaigrette Sauce

Humus

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

Mozzarella

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

Salads: 7.50€

Chicken and Egg

Lettuce, Arugula, Spinach, Sauerkraut, Chicken, Avocado,
Pomegranate, Fried Egg w/ Vinaigrette Sauce

Humus

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

Cheese and Walnuts

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

DRINKS

Juice of the day (33cl) 2.50€

Orange Juice (25cl) 2.50€

Water (50cl) 1.20€

Sparkling Water (25cl) 1.20€

Kombucha (25cl) 2.10€

Our Kombucha is Homemade, its Flavour can be Stronger

Milkshakes (40cl): 3.90€

Detox

Spinach, Banana, Mango, Lemon, Ginger and Cinnamon

Cocoa

Almond Milk, Cocoa, Banana, Date and Almond Butter

Protein - Hemp

Almond Milk, Hemp Protein, Banana, Almond Butter, Date and Cinnamon

Protein - Whey

Lactose-Free Milk, Natural Whey, Banana, Oats and Hazelnut Butter

Avocado w/ Coconut Milk

Coconut Milk, Avocado, Date and Chia Seeds

Probiotic w/ Kefir

Kefir and Fruit (to choose)

Almond Drink is Homemade

CAFETARIA

Espresso	0.80€
Bio Espresso	0.90€
Garoto (Espresso w/ a dash of Milk)	0.90€
Double Espresso	1.50€
American Coffee	1.30€
Coffee "Despensa" w/ · Bio Coconut Oil · Ghee · Bio Coconut Oil and Ghee +0,10€	1.50€
Cappuccino*	2.10€
Latte Macchiato*	2.10€
Mocha Latte* Lactose-Free Milk, Coffee and Cacao	2.10€
Salty Caramel Latte Almond Milk, Coffee, Coconut Caramel, Vanilla and Himalayan Salt	3.00€
Chai Latte Almond Milk, Chai, Honey and Spices	3.00€
Golden Milk Almond Milk, Honey, Fresh Ginger, Turmeric and other Spices	3.00€

*W/ Almond Milk or Coconut Milk +0.90€
Almond Milk is Homemade

TEAS AND INFUSIONS

Tea

2.50€

- For 1
- For 2 +1.50€

Melissa

Chamomile

Nana Mint

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 Fruit Peels, Chopped Almonds, Clove, Vanilla, Rose Petals and Cardamom

Christmas Fruits

Rooibos, Apple, Raisins, Carrot, Orange Peels, Beet, Cinnamon, Almonds Flakes and Rose Leafs

Apple and 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

Immune Booster

Lapacho, Pepper Mint, Lemongrass, Lemon and Ginger

Add 0.20€ for each Additional Cup