

BOWLS

SALMON POKE BOWL GF*	11,95€
<i>Rice, salmon, sweetcorn, tomato, wakame seaweed, beetroot, carrot, avocado and soy sauce.</i>	
CHICKEN POKE BOWL GF*	11,95€
<i>Rice, chicken, sweetcorn, tomato, wakame seaweed, beetroot, carrot, avocado and soy sauce.</i>	
VEGAN POKE BOWL V-GF*	11,95€
<i>Rice, Heura, sweetcorn, tomato, wakame seaweed, beetroot, carrot, avocado and soy sauce.</i>	
TOMATO CARPACCIO GF*	10,90€
<i>Tomato carpaccio, burrata, tuna and pistachio vinaigrette.</i>	
CHICKEN & FETA SALAD GF*	10,90€
<i>Assorted green sprouts, carrot, beetroot, sweetcorn, feta cheese, chicken, pumpkin seeds and mustard vinaigrette.</i>	

AÇAÍ & YOGURT

SAVAGE AÇAÍ BOWL V-GF*	10,95€
<i>Acai, chopped banana and strawberries, chocolate chips, gluten-free granola and chia seeds.</i>	
BERRY TEMPTATION AÇAÍ BOWL V-GF*	10,95€
<i>Acai, berries, coconut flakes, gluten-free granola and chia seeds.</i>	
BALANCE AÇAÍ BOWL V-GF*	11,50€
<i>Acai, assorted seasonal fruits and peanut butter.</i>	
MINI GRANOLA YOGURT GF*	7,50€
<i>Natural Greek yogurt with gluten-free granola and seasonal fruit.</i>	
CHIA PUDDING GF*	7,90€
<i>Chia, natural Greek yogurt, gluten-free granola, plant-based milk and seasonal fruit.</i>	

PANCAKES & WAFFLES

NUTELLA PANCAKES V*	9,50€
<i>Pancakes with Nutella, chocolate chips and icing sugar.</i>	
LOTUS PANCAKES V*	9,50€
<i>Pancakes with Lotus cream, crumbs of cookies, chocolate chips and icing sugar.</i>	
PISTACHIO PANCAKES V*	9,90€
<i>Pancakes with homemade pistachio paste, crumbs of pistachio and icing sugar.</i>	
WHITE CHOCOLATE PANCAKES V*	9,50€
<i>Pancakes with white chocolate spread, freeze-dried strawberries and icing sugar.</i>	
AMERICAN PANCAKES V*	9,50€
<i>Pancakes with agave syrup, berries, and powdered sugar.</i>	
CRUMBLLED PANCAKES V*	9,50€
<i>Crumblled pancakes with banana, strawberries, dulce de leche, chocolate chips, and agave syrup.</i>	
NUTELLA BANG WAFFLE	7,50€
<i>Waffle with Nutella, chocolate chips and Schoko-bon.</i>	
FRUIT FLAVOR WAFFLE	7,50€
<i>Waffle with agave syrup, berries and icing sugar.</i>	

BAGELS & SANDWICHES

Gluten-free (GF) and wholemeal bread are available.*

MORNING BAGEL GF*	9,90€
<i>Artisan bagel, turkey, cheese, tomato, egg, mayonnaise, arugula and seeds.</i>	
SALMON BAGEL GF*	9,90€
<i>Artisan bagel, smoked salmon, avocado, cream cheese, arugula and lime.</i>	
TUNA BAGEL GF*	9,90€
<i>Artisan bagel, tuna, tomato, arugula, mayonnaise and seeds.</i>	
CIABATTA GF*	5,50€ (Mini: 3,90€)
<i>Ciabatta with tomato, extra virgin olive oil. Choose between: cheese – fuet – turkey – white or black boiled Catalan sausage – sobrasada.</i>	
IBERIAN CIABATTA GF*	6,90€ (Mini: 4,95€)
<i>Ciabatta with tomato, extra virgin olive oil. Choose between: iberian ham or sobrasada.</i>	
IBERIAN HAM & BRIE CIABATTA GF*	7,90€
<i>Ciabatta with tomato, extra virgin olive oil, Iberian ham and brie cheese. *You can also order it grilled.</i>	
SOBRASADA & BRIE CIABATTA GF*	7,90€
<i>Ciabatta with tomato, extra virgin olive oil, sobrasada and brie cheese. *You can also order it grilled.</i>	
CIABATTA DE PROVENCE GF*	7,90€
<i>Ciabatta with olive oil and herbes de provence, chicken and cheese. *You can also order it grilled.</i>	
OMELETTE CIABATTA GF*	6,95€
<i>Ciabatta with spread tomato, extra virgin olive oil and omelette.</i>	
BIKINI GF*	4,80€
<i>Grilled artisan white bread with turkey and cheese.</i>	
VEGGIE BURGUER V-GF*	11,50€
<i>Vegan pretzel bun, Heura burger, avocado, vegan cheese and tomato.</i>	
HEURA BRETZEL V-GF*	11,50€
<i>Vegan pretzel bun, Heura Mediterranean bites, avocado, vegan cheese and tomato.</i>	

TOASTS

Gluten-free (GF) bread is available.

SWEETY TOAST V-GF*	4,50€
<i>Artisan bread, butter and jam.</i>	
MEDITERRANEAN TOAST V-GF*	4,50€
<i>Artisan bread, spread tomato and extra virgin olive oil.</i>	
AVOCADO TOAST V-GF*	8,90€
<i>Artisan bread, avocado, lime, extra virgin olive oil and arugula.</i>	
SAVAGE BURRATA GF*	12,80€
<i>Artisan bread, burrata, tomato, arugula and Modena vinegar.</i>	
PEANUT BUTTER TOAST V-GF*	8,90€
<i>Artisan bread, peanut butter, banana and chocolate chips.</i>	
ALMOND BUTTER TOAST V-GF*	8,90€
<i>Artisan bread, almond butter, banana and chocolate chips.</i>	

SPECIALTY COFFEES

ESPRESSO	1,60€
ESPRESSO DOBLE	2,10€
AMERICANO	2,00€
<i>Espresso + hot water.</i>	
ESPRESSO MACCHIATO	1,90€
<i>Espresso + a little bit of milk.</i>	
CAFFÈ LATTE	2,20€
<i>Espresso + milk.</i>	
CAPPUCCINO	2,60€
<i>Espresso + milk + cocoa powder.</i>	
FLAT WHITE	2,70€
<i>Double espresso + milk.</i>	
FRAPPÉ	4,00€
<i>Espresso + crushed ice.</i>	
FRAPPÉ AMB LLET	4,20€
<i>Espresso + milk + crushed ice.</i>	

EXTRAS

PLANT-BASED MILK	0,20€	ICE	0,20€
LACTOSE-FREE MILK	0,20€	SYRUP	0,50€

SMOOTHIES

CARIBBEAN KISS SMOOTHIE	6,50€
<i>Melon, strawberry, mango and apple juice smoothie.</i>	

GREEN MACHINE SMOOTHIE	6,50€
<i>Kale, spinach, mango and apple juice smoothie.</i>	

MANGO PARADISE SMOOTHIE	6,50€
<i>Mango, pineapple, passion fruit and apple juice smoothie.</i>	

STRAWBERRY SPLIT SMOOTHIE	6,50€
<i>Strawberry, banana and apple juice smoothie.</i>	

PARADISE PITAYA SMOOTHIE	6,50€
<i>Pitaya, mango, açai and apple juice smoothie.</i>	

PASTRIES

BUTTER CROISSANT	2,00€
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VEGAN CROISSANT V*	2,50€
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CHOCOLATE CROISSANT	2,50€
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PISTACHIO CROISSANT	4,80€
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NUTELLA CROISSANT V*	4,20€
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CROISSANT WITH BUTTER AND JAM V*	4,20€
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CROISSANT WITH TURKEY AND CHEESE	4,80€
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TEAS AND HOT DRINKS

CHAI LATTE	3,80€
<i>Chai tea + milk.</i>	

MATCHA LATTE	3,80€
<i>Ceremonial grade organic matcha tea + milk.</i>	

GOLDEN MILK	3,80€
<i>Matcha tea with turmeric, ginger and pepper + milk.</i>	

INFUSIONS	2,00€
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MATCHA FRAPPÉ LATTE	4,40€
<i>Matcha tea + milk + crushed ice.</i>	

HOT CHOCOLATE	3,70€
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MILK WITH COLACAO	2,80€
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COLD DRINKS

WATER (330ML)	1,80€
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WATER (500ML)	2,60€
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SPARKLING WATER	2,90€
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TÓNICA	2,90€
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NATURAL ORANGE JUICE	3,70€
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APPLE JUICE	2,95€
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JUICE (PEACH, PINEAPPLE)	2,60€
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CACAO LAT	2,95€
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AQUARIUS	2,95€
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NESTEA	2,95€
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COCA-COLA	2,95€
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COCA-COLA ZERO	2,95€
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FANTA (ORANGE, LEMON)	2,95€
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BEER	3,00€
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LEMON BEER	3,00€
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ALCOHOL-FREE BEER	3,00€
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EXTRAS

SMOKED SALMON	2,00€	BANANA	1,00€
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EGG	1,50€	STRAWBERRIES	1,00€
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AVOCADO	1,50€	BERRIES	1,00€
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TURKEY	1,00€	NUTELLA	1,00€
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CHEESE	1,00€	PEANUT BUTTER	1,00€
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BRIE CHEESE	1,00€	ALMOND BUTTER	1,00€
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IBERIAN HAM	2,00€	CHOCOLATE CHIPS	0,80€
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		SCHOKO-BON	1,00€
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		DULCE DE LECHE	1,00€
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