

STARTERS AND SALADS

CLASSIC TORTILLA 2 4,00€

Potatoes and onion (add sauce +1€)

TORTILLA DE CHORIZO V 1|2 4,50€

Potatoes, our homemade Chorizo V and onion (add sauce +1€)

GRILLED CHORIZO WITH CHIMICHURRI 1|2 3,50€

Homemade wheat protein based Chorizo V, with lentils and spices, sauteed with chimichurri sauce (add bread +1€)

TERIYAKI SKEWERS 3 5,95€

Two vegetable chicken skewers (Heüra), red bell pepper, onion and our homemade Teriyaki sauce

PAPAS BRAVAS 4,75€

Natural fries with our homemade Brava Sauce (spicy)

HOMEMADE CROQUETTES (6 PIECES) 1|3 6,95€

Spinach, Mushrooms or Chorizo V croquettes accompanied with homemade vegan mayonaisse

FRUIT GAZPACHO 3,50€

Tomato, seasonal fruit, red bell pepper, cucumber, extra virgin olive oil, garlic y marine salt. Finished with fresh apple little dices

BLACK GARLIC HUMMUS 4,95€

Chickpeas, extra virgin olive oil, black garlic, cumin, lemon, marine salt and tahini (add bread +1€)

CLEOPATRA SALAD 1|3|4|5 8,95€

Lettuce, tomato, nuts, veggie chicken, brown bread croutons and our sauce 'Cleopatra' with agave and mustard

MEDITERRANEAN SALAD 3|6 8,95€

Lettuce, tomato, chickpeas, red bell pepper, grated carrots, red onion, grated lupinsvegan cheese and mixed seeds. **The dressing:** extra virgin olive oil, apple vinegar, gluten free soy sauce and oregano

OUR DISHES

100%
Vegan

THAI STEW 3|5 8,95€

Green pea protein, coconut milk, red bell pepper, green pepper, leek, garlic, ginger, peanuts, peanut butter, curry, lime juice and a touch of agave syrup

MUSHROOMS' ROPA VIEJA 2|3 8,95€

Red and green peppers, onion, garlic, tomato, fried diced potatoes, mushrooms, chickpeas and spices

MEAT'LESS' BALLS WITH RAGOUT 1|2|3 7,95€

Oats, tofu, dried tomato, onion, garlic, marine salt and tapioca. **Ragout:** textured soy, aubergine, zucchini, onion, garlic, tomato y fine herbs

LENTILS CURRY 2|3 7,95€

Lentils, tomato, coconut milk, vegetable broth, red bell pepper, onion, garlic, ginger and spices

TEX-MEX GRILLED RED BEANS 2|3|6 7,95€

Red beans, red bell pepper, green pepper, onion, tomato, spices, a touch of dark chocolate, lime juice, vegetable broth, homemade lupinsvegan cheese and rice

ASIAN RICE 'VEGETOPIA' 3|5 8,95€

Rice, vegetables, mushrooms, tofu, edamame, coriander, peanuts, sesame seeds, gluten free soy sauce and agave syrup

BOLOGNESE LASAGNA 1|2|3 9,95€

Soy milk bechamel, tomato, onion, aubergine, zucchini, celery, garlic, homemade lupinsvegan cheese, textured soy and pasta

SIDES

Bread, Sauce +1,00€ - Arepa +1,5€ - Lebanese bread +1,25€

ALLERGENS

Gluten 1 | Celery 2 | Soya 3 | Mustard 4
Nuts 5 | Lupins 6 | Sulfits 7

VURGERS AND SANDWICHES

CLASSIC TORTILLA SANDWICH 1|2|3 3,50€

Artisan bread, classic tortilla and homemade vegan mayonaisse
***Make it special with lettuce, tomato and vegan cheese +1,75€**

TORTILLA WITH CHORIZO V SANDWICH 1|2|3 3,95€

Artisan bread, tortilla with chorizo V and homemade vegan mayonaisse
***Make it special with lettuce, tomato and vegan cheese +1,75€**

CHORIPÁN 1|2|3 3,50€

Artisan bread, Chorizo V and chimichurri sauce
***Make it special with lettuce, tomato and vegan cheese +1,75€**

AREPA REINA PEPIADA V 3|4 6,75€

Corn flour, pulled jackfruit, mayonaisse and guacamole
***Make it special with lettuce, tomato and vegan cheese +1,75€**

VURGER VEGETOPIA 1|3 8,95€

Artisan bread, vegan* vurger, lettuce, tomato, red onion, pickles, vegan cheese, caramelized onion and homemade vegan mayonaisse
***options: falafel, jackfruit or baked beans patty / *Beyond Meat +2,75€**

MEXICAN WRAP 1|2|3 7,95€

Wheat tortilla, homemade vegan mayonaisse, rice, sauteed red beans with peppers, onions, a touch of dark chocolate and grated homemade lupinsvegan cheese

FALAFEL DURUM 1|3 8,95€

Wheat tortilla, lettuce, red cabbage chucrut, grated carrot, red onion, fresh tomato, falafel, homemade vegan mayonaisse and ketchup curry

Add homemade fries with one sauce included +2,50€

100%
Vegan

Ask our staff about
our desserts
out of the menu!

DESSERTS

APPLE CRUMBLE (PORTION) 1|3|5

Soft cake with fresh apple and a crispy almondscrumble on top

3,75€

CAKE OF THE DAY (PORTION) 1|3

Banana bread / Carrot Cake

1,25€

ALMOND MILK CUSTARD 5

Homemade custard with almond milk and cane sugar

2,95€

OAT COOKIE 1

Wheat flour, oats, sunflower oil and cane sugar

1,00€

JUICES

3,95€

GREEN DETOX 350ML

Apple, cucumber, lemon, celery and ginger

RED BOOST 350ML

Beetroot, orange, apple and ginger

ALOE AND INDIAN PRICKLY PEAR 350ML

ECOLOGIC JUICE. Aloe Costa Canaria

SMOOTHIES

3,95€

TROPICAL FRESH 350ML

Mango, strawberry, banana and vegetal drink base*

BEETTY BERRY STRAWBERRY 350ML

Strawberry, berries, beetroot and vegetal drink base*

*almond, soy or oat milk. Orange or apple juice

DRINKS

'ORIGEN DE CABREIROÁ' STILL WATER 500ML

1,50€

'MAGMA DE CABREIROÁ' SPARKLING WATER 500ML

1,50€

COCA-COLA 330ML

1,50€

COCA-COLA ZERO 330ML

1,50€

FANTA ORANGE 330ML

1,50€

FANTA LEMON 330ML

1,50€

NESTEA LEMON 330ML

1,75€

NESTEA MANGO-PINEAPPLE 330MLV

1,75€

ESTRELLA GALICIA BEER 250ML

1,75€

ESTRELLA GALICIA GLUTEN FREE BEER 250ML

1,75€

ESTRELLA GALICIA 0,0 BEER 250ML

1,75€

ESTRELLA GALICIA 0,0 TOASTED BEER 250ML

1,75€

RADLER BEER 330ML

2,25€

'THE ANIMAL BEER' ARTISAN GLUTEN FREE BEER 330ML

3,50€

VEGAN RED WINE BOTTLE 'LE NATUREL'

12,95€

VEGAN WHITE WINE BOTTLE 'LIBALIS'

11,95€

This establishment uses

Agua KANGEN®
KANGEN® Water

"Cambia tu agua, cambia tu vida"



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