

BREAKFAST/BRUNCH

SHOTS PANCAKES & BOWLS

Healthy pancakes_ 7,9 | 🌱🥚🍌🍌🍌🍌🍌🍌

Creamy yoghurt, fresh red fruits and a touch of honey.

Mouth watering pancakes_ 8,2 | 🌱🥚🍌🍌🍌🍌🍌🍌

Hazelnut and dark chocolate homemade cream and banana.

Simple Pancakes_ 6,7 | 🌱🥚🍌🍌🍌🍌🍌

Eco maple syrup, banana and cinnamon.

American Pancakes_ 10,5 | 🌱🥚🍌🍌🍌🍌🍌

Smoked "ibérico" bacon with eco maple syrup and egg.

Savoury pancakes_ 7,9 | 🌱🥚🍌🍌🍌🍌🍌

With smoked iberico turkey and melted cheddar.

Yoghurt bowl with banana,
homemade granola and dark chocolate_ 6,5 | 🍌🍌🍌🍌🍌

Yoghurt bowl with fresh red fruits, cocoa crumble and
hazelnut and dark chocolate homemade cream_ 6,5 | 🍌🍌🍌🍌🍌

Porridge with fresh fruit,
homemade granola and apple compote_ 6,9 | 🍌🍌🍌🍌🍌

Açaí bowl_ 6,9 | 🍌🍌🍌🍌🍌

Organic açaí with guaraná, fresh fruit and homemade granola.

CRÊPES

Made with buckwheat flour and oat milk.

Classic_ 5,5 | 🍌🍌🍌

Banana, brown sugar, lemon and cinnamon.

Small Paradise_ 6,5 | 🍌🍌🍌🍌🍌

Dark chocolate and fresh red fruits.

Black & White mix_ 6,9 | 🍌🍌🍌🍌🍌

Homemade dark and white chocolate creams, toasted hazelnuts.

BAGELS

Bagel with avocado, rocket,
smoked bacon and egg_ 3,9 | 🌱🥚🍌🍌🍌🍌

Bagel with creamy spread cheese,
smoked norwegian salmon and green leaves_ 3,9 | 🌱🥚🍌🍌🍌🍌🍌

Bagel with pastrami,
cheddar cheese and mustard_ 3,9 | 🌱🥚🍌🍌🍌🍌

ENGLISH SAVOURY MUFFINS

Muffin with pastrami, cheddar and mustard_ 3,9 | 🌱🥚🍌🍌🍌🍌

Muffin with smoked ibérico turkey and brie_ 3,9 | 🌱🥚🍌🍌🍌🍌

Muffin with tuna, cheddar,
spinach and cherry tomatoes_ 3,9 | 🌱🥚🍌🍌🍌🍌🍌

Muffin with hazelnut and dark
chocolate homemade cream and banana_ 3,9 | 🌱🥚🍌🍌🍌🍌

SWEET TOASTS

Tori's toast_ 6,9 | 🌱🥚🍌🍌🍌🍌

Peanut butter, banana, honey and seeds.

French Toast_ 7,9 | 🌱🥚🍌🍌🍌🍌🍌

Served with fresh fruit and maple syrup.

Sweet Heaven_ 5,9 | 🌱🥚🍌🍌🍌🍌

Hazelnut chocolate homemade cream (dark or white chocolate).

Add a banana for_ +0,5

Grandma's classics:

Catalan-style toast with:
tomato, olive oil and dark chocolate_ 4,5 | 🌱🥚🍌🍌🍌🍌🍌

Catalan-style toast with:
olive oil, salt and dark chocolate_ 4,5 | 🌱🥚🍌🍌🍌🍌🍌

Toast with butter and apple compote_ 4,2 | 🌱🥚🍌🍌🍌🍌

SAVOURY TOASTS

There is the option of ordering half a portion (check the price with the waiter).

Toast with mascarpone cheese, avocado,
baby tomatoes, rocket, toasted seeds and basil oil_ 9,5 | 🌱🥚🍌🍌🍌🍌🍌

Toast with Ibérico, avocado, rocket and toasted seeds_ 9,5 | 🌱🥚🍌🍌🍌

Toast with baby tomatoes, avocado,
rocket, sprouts, toasted seeds and basil oil_ 8,5 | 🌱🥚🍌🍌🍌🍌

Toast with baby tomatoes, black olives,
goat's cheese, rocket, toasted seeds and basil oil_ 8,5 | 🌱🥚🍌🍌🍌🍌

Toast with norwegian smoked salmon, avocado,
rocket, toasted seeds and hollandaise sauce_ 10,2 | 🌱🥚🍌🍌🍌🍌🍌

Toast with smoked bacon, spinach,
egg, toasted seeds and hollandaise sauce_ 10,5 | 🌱🥚🍌🍌🍌🍌

Toast with brie, spinach,
fried egg and hollandaise sauce_ 8,5 | 🌱🥚🍌🍌🍌🍌

Toast with avocado, green leaves,
fried egg, hollandaise sauce, nuts and seeds_ 7,9 | 🌱🥚🍌🍌🍌🍌

EXTRAS FOR TOASTS:

Egg (+1) / Hollandaise sauce (+1,5) / Smoked salmon (+1,6) / Avocado (+1,6)

* All the bread from our toasts is made with organic flours from the "La Puntual" Bakery in Girona, which serve us fresh and totally handmade bread every day. We have cereal bread (Gluten and Nuts). For gluten-free bread options, consult room staff. The bread may contain traces of nuts and seeds.

* Orders with special options may have an extra cost.

* Gluten-free sandwiches and toast have an extra 1€ cost.

SANDWICHES | 🌱🥚🍌🍌

Small_ 2,5 / Gran_ 3,9

Cured ham / Smoked turkey / Cheese / "Fuet".

Small ibérico_ 4,2 / Big ibérico_ 6,5

Ibérico ham.

Small calent_ 3,5 / Big calent_ 4,5

Omelette / Smoked bacon.

Small vegetal_ 3,2 / Big vegetal_ 4,7

With salad leaves and baby tomatoes and choose between:

cheese, tuna or smoked turkey.

Shots specials:

Exquisit (small)_ 4,9 / Exquisit (big)_ 6,9 | 🌱🥚🍌🍌🍌🍌

With brie, rocket and smoked salmon or "ibérico".

The Vegan (small)_ 3,5 / The Vegan (big)_ 4,7 | 🌱🥚🍌🍌🍌🍌

With peanut butter, avocado, salad leaves and baby tomatoes.

All our sausages are gluten free. The bread may contain traces of nuts and seeds. Consult us for allergies and/or intolerances.

SWEET SHOTS



HOMEMADE
sweets

Every day we make a wide variety of homemade sweet products: muffins, cakes, cookies...

Check the counter for the sweets we have prepared today!

AND ALSO...

Breakfast and Brunch gift boxes and **take-away available!** We do **caterings** and all sorts of **cakes** for special events.

Talk to our team for more details.

enjoy
SHOTS
COFFEE · BRUNCH

COFFEE

Espresso_ 1,4	Big Latte_ 2,1
Double Espresso_ 1,5	Cigaló_ 2,2
Cortado_ 1,5	Flat White_ 1,8
Espresso Macchiato_ 1,5	Capuccino_ 2
Latte macchiato_ 1,7	Big capuccino_ 2,6
Americano_ 1,9	Glass of milk_ 1,5
Latte_ 1,7	

TEA/INFUSION

Tea_ 2
English Breakfast / Black tea with cinnamon / Red tea / Green Mint Tea / White Chinese Tea

Infusion_ 2,2
Liquorice / Red fruits / Passion fruits / Chamomile / Mint tea / Rooibos / Rooibos with cinnamon and vanilla / Balanced Ayurveda (coriander, cinnamon, fennel, ginger, liquorice, cardamom).

Fresh Ginger_ 2,2

Fresh Ginger and lemon_ 2,2
If available

+ Extra ice_0,10.
* We have full fat milk, skinny milk, lactose free milk, soya and oats drinks.

COLD DRINKS

Mineral water or sparkling mineral water 500 ml_ 1,7

Vichy Catalán water 250 ml_ 1,6

Refreshment_ 2
(Coke, Coke Zero, Aquarius and Nestea)

Kombutxa_ 3,2
(Fermented iced tea. Check in our front fridge!)

Cacaolat_ 2,1

SPECIAL DRINKS

Hot chocolate_ 2,4	Chai Espresso Latte_ 3,2
Babyccino_ 1,5	Chai Latte_ 2,9
Turmenic Latte_ 2,1	Iced Chai latte_ 2,9
Matcha tea (menu a part)_ 2,9	ChaichocoLatte_ 3,2

*Recommended with soya or oats milk.

OUR FRESHLY MADE JUICES

- Freshly squeezed orange juice (250ml)_ 3,3
- Orange, lemon, carrot, ginger and turmenic juice_ 3,5
- Red fruits, beetrot and banana juice_ 3,5
- Detox Juice (celery, pinneapple, ginger, apple, lemon, spinach)_ 4
- Vitaminic Juice (orange, kiwi, apple, banana)_ 4

MILKSHAKES

- Strawberry and banana milkshake_ 4
- Cocoa and banana milkshake_ 4
- Spinach, avocado, date and apple milkshake_ 4

We can prepare the milkshakes with full fat milk, skinny milk, lactose free milk, soya and oats drinks.

BEERS

- Estrella Damm bottle_ 2,3
- Free Damm bottle_ 2,6
- Damm Lemon bottle_ 2,4

CRAFT BEERS

We have a few to choose! Check our fridge or ask the staff!

WINES

Check our board or the wine menu!
Our house wine can be served by glass or we have bottles to share!

ALLERGIES

 CONTAIN GLUTEN	 EGGS	 NUTS Includes sesame, peanuts, various nuts
 LACTOSE	 SOYA	 VEGETARIAN
 FISH OR SHELLFISH	 CELERY	 VEGAN

*We offer a range of vegetarian and vegan dishes. We can also adapt some of the dishes to your dietary needs!

*A lot of our dishes don't contain gluten but they are made in a kitchen with other gluten products. Due to possible cross-contamination we do not serve food to celíacs. **If you're gluten intolerant, speak to us before ordering.**

* For any allergies advice or special requests please speak to our team, we'll be more than happy to assist you!

COFFEE *Culture* *homemade* *experience*
FOOD WINE

Our providers are all local, so that makes our product really fresh and just chosen for you every day. We wanna offer you the best our land gives us with 100% quality.

We want to make a special mention to la Família Roura (El cafetí), La Puntual, Granja Armengol, Peixos Puignau, Can Kiku Artesans de la Carn, Can Prats Bons Queviures, Selecció Regisa.

enjoy
SHOTS
COFFEE · BRUNCH