

BREAKFAST

PANCAKES WITH SEASONAL FRUIT
€8.00 **V**

PANCAKES WITH BACON · €9.40
With mascarpone and agave syrup.

SUPER PANCAKES · €9.40 **VE**
With spirulina, coconut, chia, nuts and maple syrup.

TOAST WTH BEET HUMMUS AND AVOCADO · €7.50 **V**
Homemade beet hummus, fresh avocado and sesame seeds.

SCRAMBLED EGGS · €13.50 **V**
Two eggs, toast & avocado with a choice of smoked salmon, ham or mixed nuts.

GRANOLA BOWL · €8.75 **VE**
Homemade granola, greek yoghurt, nuts, red fruit.
Vegan option: oat milk

SWEET BREAKFAST COMBI · €12.00 **V**
Granola bowl, croissant, banana cake, orange juice & a standard size coffee.

SAVOURY BREAKFAST COMBI · €12.00
Mini (fuet or cheese), scrambled egg, granola bowl, orange juice & standard size coffee.
+ fresh orange juice €1

EAT SLEEP CYCLE



TOASTS

JAM & BUTTER · €3.85 **V**
TOMATO & OLIVE · €3.85 **VE**
NUTELLA & BANANA · €5.30 **V**
RED FRUITS & CREAM CHEESE · €5.85 **V**

PASTRIES

CROISSANT · €2,25 **V**
CINNAMON ROLL · V €2.75 **V**
PAIN AU CHOCOLAT · V €2.75 **V**
COOKIES · V €2.75 **V**
MUFFIN · V €2.75 **V**
FLAPJACK · V €3.00 **V**

MINIS & SANDWICHES

TUNA · €2.75 / €5.50
IBERIAN HAM · €3.85 / €7.70
FUET (sausage) · €2.75 / €5.50
CHEESE · €2.75 / €5.50
HUMMUS · €2.75 / €5.50
GUACAMOLE · €3.85 / €7.70

LUNCH

STARTERS

OLIVE ASSORTMENT · €2.50 **VE GF V**
Mix of local olives.

ESC BRAVAS · €7.50 **VE GF**
Oven potatoes with, rosemary, thyme and our special brava sauce.

VEGETABLE CAKE · €7.50 **VE**
With smooth tofu, tumeric and baked vegetables. With homemade guacamole on the side.

HOMEMADE HUMMUS · €8.75 **VE**
Served with cristal bread and vegetables.

ANCHOVIES FROM L'ESCALA · €8.50
Served on fresh bread (6 uds).

CATALAN CHEESE BOARD · €15.00 **V**
Assortment of local cheeses from "EcoArt" craft cheese makers.

IBERIAN HAM · €15.00
Served with pa tomàquet.

VEGAN CHARCUTERIE BOARD · €15.00 **VE**

VERMUT

PACK MINI - 2 X
€8.00
Vermuts (or beer)
Crisps
Olives

PACK MEDIUM - 2 X
€13.00
Vermuts (or beer), Crisps
Olives
Cockles

PACK LARGE - 2 X
€18.50
Vermuts (or beer),
Chips, Olives,
Cockles, Bravas

SALADS

SEASONAL SALAD · €12.00 **VE**

LENTIL SALAD · €11.70 **V GF**
With mesclum, red onion, cherry tomatoes, feta cheese, cucumber, capers, walnuts and vinaigrette.
VEGAN OPTION: vegan cheese.

BURRATA SALAD · €11.70 **V GF**
Served with lam lettuce, pesto & cherry tomatoes.

POKE BOWLS

CHOOSE FROM... · €14.00
Smoked Salmon or Chicken, with beets, corn, avocado, rice, lettuce mix, cherry tomatoes, edamame and egg.
VEG OPTION: seaplants or vegan chicken

PASTA MENU · €12.00 **VE**

Pasta of the day, choice of drink (water, wine or beer) and a one shot coffee

BURGERS

CHOOSE FROM... · €14.00
Beef, Chicken, vegan mince or Vegan chicken, with cheese, salad & bravas
VEG OPTION: vegan cheese, veganesse and vegan bread. **VE**

SANDWICHES

CURRY SANDWICH · €10.00

Chicken, curry sauce and cherry tomatoes
VEGAN OPTION: vegan chicken **VE**

IRISH STEW BAO · €10.00
Two baos filled with irish beef stew cooked with Basalt Stout, served with beet salad and baked potatoes.
VEGAN OPTION: mushroom stew **VE**

CLUB SANDWICH · €10.00
Chicken, bacon, tomato, mesclum, egg, smoked mayonaise, dijon mustard.
VEGAN OPTION: Vegan chicken, **VE** veganesse and tomato marmalade.

VEGGIE SANDWICH · €10.00 **VE**
Guacamole, cherry tomato, lambs lettuce, tabasco sauce and tofu.

PASTRAMI SANDWICH · €10.00
With smoked mayonnese, special mustard sauce, Swiss cheese and arúgula.
VEG OPTION: vegan mortadella and **VE** veganesa.

NORWEGIAN WRAP · €12.00
Smoked salmon, blue cheese, zucchini, cream cheese, tomato, capers and lemon.
VEG OPTION: seaplants and mushrooms with vegan cheese. **VE**

TERRACE FEE

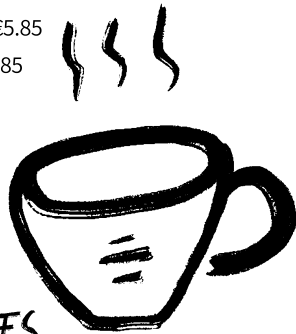
+10% for food & drinks
enjoyed on the terrace

V Vegetarian
VE Vegan
GF Gluten Free

CAFES AND NON ALCOHOLIC DRINKS

COFFEE

ESPRESSO · €1.80
DOUBLE ESPRESSO · €2.35
LATTE · €2.70
FLAT WHITE · €2.45
CORTADO · €2.00
MACCHIATO · €2.35
AMERICANO · €2.00
CAPPUCCINO · €2.30
MOCHA · €3.00
HOT CHOCOLATE · €4.00
CLEVER DRIP · €5.85
V60 FILTER · €5.85



ICE COFFEES

ICE MATCHA LATTE · €4.00
ICE TURMERIC LATTE · €4.00
ICE CAPPUCCINO · €4.00
ICE MOCHA · €4.00
ICE LATTE · €3.50

SUPER FOOD LATTE'S

CHAI LATTE · €4.00
MATCHA LATTE · €4.00
TURMERIC LATTE · €4.00

TEA

MINT · €2.20
ENGLISH BREAKFAST · €2.20
GREEN TEA · €2.20
EARL GREY · €2.20
CAMOMILE · €2.20
GREEN TEA, LEMON & GINGER · €2.20
RED PU-ERH · €2.20

JUICES

FRESH ORANGE JUICE · €5.00
JUICE - ORANGE/ PEACH/ APPLE /
PINEAPPLE · €2.50

KOMBUCHA

LEMON & GINGER · €4.50
ORIGINAL · €4.50
PIÑA COLADA · €4.50
CALIFORNIAN RASPBERRY · €4.50

MILKSHAKES

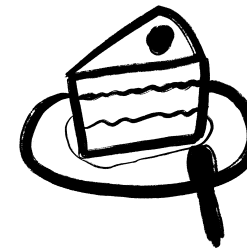
CHOCOLATE · €5.50
MOCHA · €5.50
COOKIES · €5.50

SOFT DRINKS

FANTA LEMON/ORANGE · €3.15
COCA COLA ZERO / NORMAL · €3.15
AQUARIUS · €3.15
LEMON · €3.15
NESTEA · €3.15
CACAOLAT · €3.15
TONIC LEMON · €3.00
TONIC · €3.00
STILL /SPARKING WATER
(Unlimited Refills) · €2.20 *Per Person

DESSERTS

NEW YORK CHEESECAKE · €5.50 **V**
CARROT CAKE · €5.50 **V**
BANANA CAKE · €5.50 **V**
CRANBERRY AND ELDER PIE · €5.50 **VE**
LEMON AND GINGER PIE · €5.50 **VE**
BROWNIE WITH MATCHA ICE CREAM · €5.50 **V**



RED WINE

VI DEL MAS 2020 · €4.50 / €24.00
MIMAT NEGRE · €4.00 / €19.00

WHITE WINE

LA PUA 2019 · €4.50 / €24.00
ROSÉ FOXY LADY 2020 · €4.50 / €24.00
JANÉ VENTURA · €3.75 / €17.50
PERELADA BRUT RESERVA · €3.75 / €17.50

APPETIZERS

APEROL SPRITZ · €8.80
BELLINI · €6.50
MIMOSA · €6.50
RUM & COKE · €9.4
VERMUT YZAGUIRRE BLANC · €4.00
VERMUT YZAGUIRRE NEGRE · €4.00
BAILEYS · €2.60 €3.50
ORUJO HIERBAS · €2.60 €3.50
RON PUJOL · €2.60
RATAFIA RUSSET · €2.60 €3.50

GIN & TONIC

REGULAR · €9.40
PREMIUM · €11.70



ALCOHOLIC DRINKS

CRAFT BEER SELECTION

MOSKA - GIRONA
GRO - GIRONA
POCH'S - CASTELFOLLIT DE LA ROCA
DOS KIWIS - RUPiÀ
SOMA BEER - CORNELLA DEL TERRI
GARAGE - BARCELONA
KOM - MANLLEU

BEER

BOTTLED
VOLL DAMM · €3.85
FREE DAMM, FREE DAMM LEMON,
ESTRELLA DAMM · All €3.30
DAURA · €3.45 **Gf**
DRAFT
ESTRELLA · €2.20 / €2.60 / €3.85
CLARA · €2.20 / €2.60 / €3.85
COMLOT IPA · €2.75 / €3.85 / €4.50

