

BRUNCH

KITCHEN OPEN DAILY 09:00 - 15:00

BREAKFAST

PANCAKES · €11.00 GF

Homemade pancakes with red fruit, bacon, cremette, pomegranate, pistachio's & maple syrup

VE Vegan version available

AVOCADO TOAST · €7.50 VE

With beetroot & orange hummus, olive oil & seeds. Add a poached egg + €2

CATALAN BREAKFAST · €14.50

Scrambled eggs, Iberian ham, toast, tomato, olive oil

GRANOLA BOWL · €8.00 V

Yoghurt, figs, strawberries, kiwi, chocolate, pistachio & granola.

VE Vegan version with red fruit sorbet

EGGS BENEDICT ON WAFFLES · €8.50

Sweet waffle with poached egg, ham and hollandaise sauce

LUNCH

ESC BOWL · €14.00 GF

Rice, pomegranate, ground hazelnuts, avocado, spinach. Choose from smoked tofu, smoked salmon or chicken.

PASTA DEL DIA · €12.00

Pasta!

EAT SLEEP CYCLE

TOASTED BRIE SANDWICH · €12.00 V

French Brie cheese, mustard & sauted red fruits

SALMON WRAP · €14.00

Smoked salmon, cremette, roast leeks, black olives, spinach. With tzatziki

VE Swap salmon for mushrooms & go vegan!

ESC BURGER · €14.50

With onion, tomato & cheddar cheese. Served with bravas & sauce.

Add fried egg or bacon +€2

VE Order with vegan chicken

REUBEN'S SANDWICH · €14.50

Pastrami, sun-dried tomatoes, Swiss cheese, spinach, fermented cabbage, served with pickles on the side

VE Vegan version available!

KETO PLATE · €13.00 GF

Grilled chicken, avocado, cheddar cheese, nuts and spinach salad.

VE Vegan version available!

ROAST VEGGIE WRAP · €12.00

Peppers, aubergine, carrots, leek, spinach, olives, coriander. With tzatziki

VE Vegan version available!

SOMETHING SWEET?

Check the bar for our selection of homemade cakes, cookies & pastries!

FEELING HUNGRY?

Add Brava's to your order for €6.00 (normal price €7.50)

AFTER 15:00?

Ask the team about our Tapas menu!

TERRACE FEE

+10% for food & drinks enjoyed on the terrace



Sesame



Milk



Egg



Wheat



Nuts



Mustard



Fish



Vegetarian



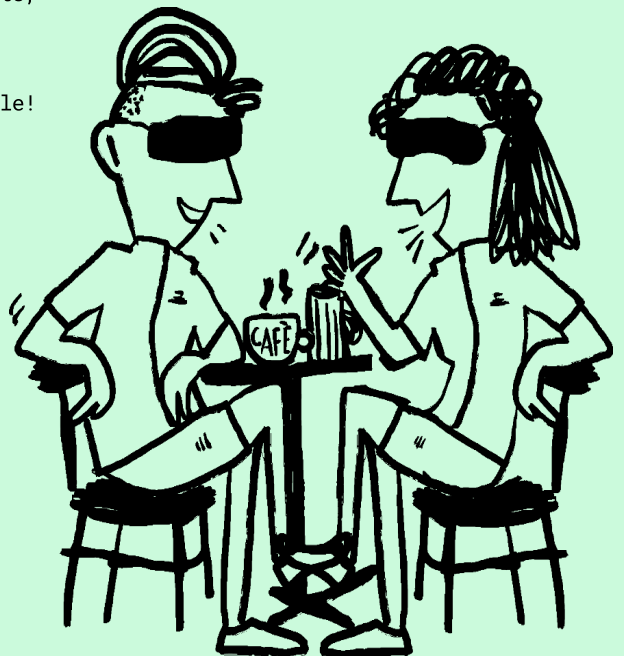
Vegan



Gluten Free

Allergy Warning: All menu items may contain or come into contact with wheat, eggs, nuts and milk. Ask our staff for more information.

All food is available to takeaway. Just ask our staff.



COFFEE



EAT SLEEP CYCLE

*ALL COFFEE'S ARE
AVAILABLE ICED

- ESPRESSO · €1.90
- DOUBLE ESPRESSO · €2.40
- LATTE · €2.30 / €2.80
- FLAT WHITE · €2.80
- CORTADO · €2.00
- MACCHIATO · € 2.40
- LATTE MACCHIATO · €2.80
- AMERICANO · €2.30
- CAPPUCCINO · €3.00
- MOCHA · €3.00
- COLD BREW · €4.00
- HOT CHOCOLATE · €3,50

SUPER FOOD LATTE'S

- CHAI LATTE · €4.00
- MATCHA LATTE · €4.00
- TUMERIC LATTE · €4 .00

TEA

ALL TEAS ARE €2.20

JUICES

- NATURAL ORANGE JUICE · €4.50

SMOOTHIES

- ALL €5.50
- CARIBBEAN-COCONUT, BANANA,
- PINEAPPLE.
- SUNRISE-STRAWBERRY, CHIA SEEDS,
- MANGO, WATERMELON.
- TROPICAL-PINEAPPLE, PAPAYA,
- MANGO.
- VITALITY- STRAWBERRY & BANANA.
- AÇAI BOOST- BANANA,
- BLUEBERRY, MANGO.

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menu!

TERRACE FEE

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enjoyed on the terrace

MILKSHAKES

- CHOCOLATE · €5.50
- ARABICA COFFEE · €5.50
- VANILLA & COOKIES · €5.50
- POST-RIDE RECOVERY - WHEY PROTEIN,
- BANANA & STRAWBERRY · €6.00

KOMBUCHA

- LEMON & GINGER · €3.50
- RED FRUIT · €3.50

SOFT DRINKS

- ORGANIC ICED TEA · €3.50
- LEMON & GINGER SODA · €3.50
- HIBISCUS SODA · €3.50
- PASSION FRUIT SODA · €3.50
- FRITZ LEMON · €3.50
- FRITZ ORANGE · €3.50
- FRITZ COLA · €3.50
- FRITZ COLA (ZERO SUGAR) · €3.50
- AQUARIUS · €3.15
- BITTER KAS · €3.00
- TONIC · €3.00
- GINGER BEER · €3.00

- SPARKLING / STILL WATER
- (UNLIMITED REFILL) · €2.00 *PER
PERSON

BEER

- FREE DAMM, FREE DAMM LEMON, €2.95
- ESTRELLA DAMM · €3.80
- DAURA (GLUTEN FREE) · €3.95
- ESTRELLA · €3.40 / €6.00
- CLARA · €3.40 / €6.00
- TURIA · €3.40 / €6.00
- COMLOT IPA · €4.50 / €7.00

CRAFT BEER SELECTION

- DOS KIWIS- RUPIÀ · €7.00
- SOMA BEER - CORNELLA DEL TERRI · €7.00

GLUTEN FREE & ALCOHOL FREE CRAFT BEERS
AVAILABLE TOO :)

WINE

FROM EMPORDÀ & PRIORAT

- JANÉ VENTURA
- (WHITE, RED OR ROSÉ) · €3.00
- FOXY LADY (LIGHT RED) · €4.00 / €20.00
- NITA PRIORAT (RED) · €4.00 / €20.00
- CAVA PERALADA · €6.00 / €20.00

COCKTAILS

- APEROL SPRITZ · €8.00
- BELLINI · €6.00
- MIMOSA · €6.00
- GIN TONIC (SEAGRAMS) · €9.50
- GIN TONIC (HENDRICKS) · €11.00



HOURS

FROM 09:00 A 19:00