

Bio

BYCKO

km0

feeding your world



"FROM THE FIELD TO THE TABLE" IS THIS:

Most of our vegetables and fruits come from Malaga, they ripen naturally, optimising their flavours and properties.

THERE IS AN **ALLERGEN MENU** AVAILABLE. ASK YOUR WAITER

APPETIZERS

SHARING IS CARING

CHARCOAL ROASTED EGGPLANTE — 9,9 v

It's organic and from Málaga, roasted in our charcoal oven with a tahin sauce, blueberries, mix of seeds, mint, mixed leaves salad with cherry tomatos and crackers made with rye sourdough, spelled flour, sprouted whole wheat, durum whole wheat, rosemary, mix of flax & pumpkin seeds

SEASONAL HUMUS — 7,9 v

Made with chickpeas, served with seasonal crudity and raisins & nuts organic bread

**You can change the bread for organic buckwheat blinis*

GUACAMOLE & PICO DE GALLO — 7,1 v

Served with seasonal fruits, pico de gallo (mix of tomato, onions, coriander, lime and garlic) and nachos

CHARCOAL ROASTED CAMEMBERT — 13,7

Charcoal roasted camembert with fig marmalade, apple, raisins & nuts organic bread

SALMON TARTAR “NEW RECIPE” — 13,5

Fresh salmon marinated with soy sauce, ginger and lime, avocado, seasonal fruit, coriander, black and white sesame seeds

DID YOU KNOW?

OUR FRENCH CAMEMBERT

Artisanal specialty of aged camembert, made exclusively from the best raw milk from Normandy



APPETIZERS TO SHARE

COLD SOUP

HOMEMADE SOUPS TO COMFORT AND INSPIRE

SEASONAL GAZPACHO “NEW” — 6,8 v

Our gazpacho is made with local tomatoes and seasonal fruit such as mango, watermelon, or cherry. Ask your waiter which recipe is on the menu today



DISHES

HOMEMADE DISHES PREPARED WITHOUT
ULTRA-PROCESSED OR REFINED INGREDIENTS

MANGO GLACED SALMON — 18,9

Roasted and glazed salmon with mango, served with a pico de gallo & mango fruit, mixed leaves salad, roasted vegetables & mojo picón sauce

KINGSOTTO — 12,5

White, red and black quinoa risotto, mix of shitakes & mushrooms and Grana Padano cheese

GRILLED TOURNEDO TATAKI

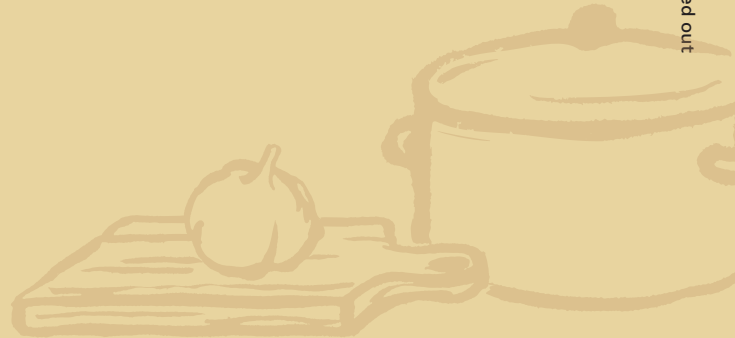
& VEGETABLE RATATOUILLE “NEW RECIPE” — 17,5

Tournedó tataki roasted in a charcoal oven accompanied by ratatouille and baby potatoes roasted with rosemary

DID YOU KNOW?

KINGSOTTO BASED ON ORGANIC QUINOA

Our Kingsotto is a superfood with an excellent source of protein, fiber, vitamins and minerals. It is the healthy option of a traditional risotto.



COLD SOUP & DISHES

#BYOKORITUALS

SMALL ACTIONS THAT FEED YOUR WORLD.
WHAT WILL BE YOUR #BYOKORITUAL TODAY?
GALETTE PLATE OR BUDDHA BOWL?



BUDDHA BOWL

GENEROUS BOWL FULL OF DELICIOUS,
HEALTHY AND SATIATING INGREDIENTS

STEP 1 - CHOOSE YOUR SALAD

- SEASON BUDDHA SALAD "THE PRETTIEST" — 11,8 €

Baby spinach with Asian vinaigrette, avocado, seasonal humus, 3 colors quinoa, tomatoes, seasonal roasted vegetables with mojo picon sauce (Typical Canary Island spicy recipe sauce)

- CHARCOAL ROASTED PEAR & GOAT CHEESE — 11,4 €

Combination of lamb's lettuce and rocket salad, fresh pear and sweet potato roasted in our charcoal oven, raisins, goat cheese from Málaga, walnuts and almonds with shallot and oregano vinaigrette

- BURRATA PESTO CHERRY SALAD "NEW" — 18 €

Burrata, basil pesto, mix of cherry tomatoes, rocket salad, baby spinach, semi-dried red tomato, avocado, seasonal fruit gazpacho, seasonal fruit and olive oil & basil vinaigrette

- LENTILS AVOCADO SUPERFOOD — 10,4 v €

Green lentils, tomatoes, avocado, kale, roasted zucchini, guacamole, sprouts, basil & balsamic vinaigrette

DO YOU WANT MORE?

STEP 2 - ADD YOUR PROTEIN + 3,8 (80g)

- BEEF €

Charcoal roasted beef

- FREE RANGE CHICKEN €

Charcoal roasted free range chicken marinated with garlic and parsley

- SALMON TATAKI + 1,1 €

Salmon tataki with 3 sesame : roasted, black and raw

- ORGANIC FRESH TOFU v €

Our grilled fresh tofu marinated with tamari sauce & roasted sesame

- HOME MADE FALAFEL €

Red lentil and pumpkin falafel with creamy coriander sauce. We do not fry it, we bake it. It is 100% healthy and digestive

EVEN MORE?

STEP 3 - ADD YOUR SIDE DISH + From 2,9

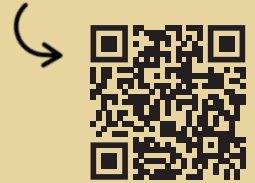
- HAVE A LOOK TO THE SIDE DISHES PAGE -



BYOKO RITUALS - BUDDHA BOWLS

#BYOKORITUALS

SMALL ACTIONS THAT FEED YOUR WORLD.
WHAT WILL BE YOUR #BYOKORITUAL TODAY?
GALETTE PLATE OR BUDDHA BOWL?



GALETTE PLATES

AUTHENTIC FRENCH RECIPE CALLED GALETTE BRETONNE,
A DELICIOUS GLUTEN-FREE BUCKWHEAT CREPE, SATISFYING
AND FILLED WITH FRESH AND DELICIOUS INGREDIENTS

STEP 1 - CHOOSE YOUR GALETTE

- PÍO PÍO "THE ONE THAT EVERYONE LOVES" — 13,1 €

Free range chicken, cheddar, free range egg and bacon

- TRUFFLE & PARMESAN CARPACCIO — 12,9 €

Truffle cream, sautéed shitake, bacon, parmesan cheese and rocket salad

- BRETONA — 10,8 €

Emmental, free range egg, roast leg cooked ham, salted mushrooms

- GALAFEL ROLL — 11,9 €

Home made falafel, free range egg, emmental cheese, red peppers, caramelized onion, baby spinach in a buckweat roll with coriander sauce

- LA MANCHEGA "NEW" — 12,4 €

Eggplant, zucchini, red pepper, green pepper, onion and tomato ratatouille with egg, baby leaf salad, cherry tomato and basil vinaigrette

- CAMPESINA — 11,7 €

Artisanal goat cheese, caramelized onion, red peppers



SAUCE + 1

- VEGAN MAYONNAISE V €

Vegan soy based mayonnaise with turmeric

- HOMEMADE MANGO KETCHUP V €

No processed, healthy and tasty

- MOJO PICÓN €

Spicy spanish sauce

- TAHINI V €

Tahini, soy and lime

EVEN MORE?

STEP 2 - ADD YOUR SIDE DISH + From 2,9

- HAVE A LOOK TO THE SIDE DISHES PAGE -



V vegan € gluten free € The presence of traces of all allergens in any dish cannot be ruled out

BYOKOBURGERS

ACCOMPANY THEM WITH POTATOES INDIAN SPICES

ROASTED BEEF BURGER WITH CAMEMBERT — 14,7

Grilled beef, camembert cheese, caramelized onion, roasted peppers, rocket salad, homemade mango ketchup on a bio brioche bread with black sesame seeds

GRILLED CHICKEN MANGO BURGER — 12,4

Free-range chicken marinated in garlic and grilled with artisan goat cheese, grilled mango, rocket salad and soy vegan mayonnais on a organic curry brioche bread with poppy seeds

SPRING VEGGIE BURGER — 10,9

Red lentil, pumpkin and quinoa burger, tomato, avocado, grated zucchini and vegan mayonnaise on an organic brioche beetroot bread with sesame seeds

SIDE DISHES

YOU CAN ORDER THE SIDE DISHES WITH YOUR
BUDDHA BOWL OR GALETTE

GRILLED AVOCADO & PICO DE GALLO — 3,1 v

Grilled avocado with pico de gallo (mix of tomato, onions, coriander, lime and garlic)

ROSEMARY POTATOES — 2,9 v

Potatoes with garlic and rosemary

TAHINI ROASTED SWEET POTATO — 2,9 v

Roasted sweet potato with Indian spices, pumpkin seeds, tahini sauce, dried raisins and granulated pepper

ROASTED SEASONAL VEGETABLES — 3,1

With homemade mojo picon spicy sauce (Typical Canary Island spicy recipe sauce)

ORGANIC SEASONAL HUMUS — 2,9 v

Made with chickpeas and tahin

DID YOU KNOW?

BIO Y KM 0

Most of our vegetables and fruits come from Malaga, they do not ripe in cameras, they are collected in your optimal ripening point improving its flavor and properties

* WE WOULD LOVE TO SEE YOU ENJOY.
SHARE WITH US YOUR #BYOKORITUALS
ON INSTAGRAM: @BYOKOMALAGA



OUR ORGANIC BREAD

THE BYOKO SOURDOUGH BREAD REST 18 TO 20 HOURS BEFORE GETTING DARK AND CRISPY IN THE WOOD OVEN

SEEDS BREAD — 1,9 v

White wheat flour (80%), whole wheat flour (10%), whole wheat rye flour (10%), seeds mix (pumpkin, sunflower, poppy, golden flax, brown flax, millet and sesame), Extra virgin olive oil, natural sourdough and yeast

BREAD WITH RAISINS AND NUTS — 2,3 v

White wheat flour (80%), whole wheat flour (10%), whole wheat rye flour (10%), raisins, nuts, extra virgin olive oil, natural sourdough and yeast

FREE GLUTEN BREAD — 2,4

Rice flour (55%), buckwheat flour (45%), mix of seeds, olive oil and yeast



v vegan g gluten free i The presence of traces of all allergens in any dish cannot be ruled out

DESSERTS

ALL OUR DESSERTS ARE HOMEMADE

CHEESE CAKE — 5,9

Homemade creamy cheesecake with biscuit and fruits coulis

MARIA PASSION PIE — 6,5 v

Raw vegan pie of cocoa, banana, coconut & chocolate granola topping

MATCHA LOVER CAKE — 7,2 v

Vegan matcha tea cake made with avocado and coconut on a chocolate cookie

CARROT CAKE — 6,9

Carrot cake made with cinnamon, creamy cheese and nuts

FRUITS & YOGURT — 5,2 ON BRIOCHE “NUEVA”

Slice of brioche bread with Greek yogurt, fruit coulis and seasonal fruit

OR SOMETHING LIGHT? :)

CHAI LATTE — 3,9

Mix of black tea with spices: cinnamon, cardamom, cloves and milk of your choice

ORGANICS TEAS — 2,1 v

You can choose from a wide variety of teas and infusions, ask your waiter and he will show you our offer

ORGANIC SPECIALITY COFFEES

Our coffees are 100% arabica and respectful with the producers, the land and everyone involved in the coffee process

ESPRESSO — 1,7

CAPPUCCINO — 2,4

CORTADO — 1,8

BATCH BREW — 2,2

WHITE — 1,9 COFFEE

DIGESTIVES DRINKS — 6,5

- **BAILEYS** the real whim for adults
- **PACHARÁN** is a liqueur made with sloe fruits. Our pacharan is made in a traditional way
- **FRANGÉLICO** sweet-tasting liqueur made from an infusion of toasted hazelnuts with a natural flavorings like cocoa and vanilla

CAVA RESERVA — 18,2 LLOPART 37,5cl

BRUT NATURE RESERVA | Wine growers since 1385 Cava is a sparkling wine of Denominación de Origen (DO) status from Spain. Organic cava with fine and cheerful bubbles with aromatic touch of apple, peach and pineapple, all of them well combined

ORGANIC BREAD & DESSERTS