

# MENU

100% GLUTEN FREE

## BREAD

Our Bread is Made with gluten free Oats, Tapioca and Pumpkin Seeds. 100% Organic

Bread "Despensa" w/ 2.90€

· Butter · Cheese

Bread "Despensa" w/ 3.20€

· Almond Butter · Apricot Paste · Date Paste  
· Hazelnut · Hazelnut w/ Cocoa Butter · Hazelnut w/ Cashew Butter  
· Hummus (+0.30€) · Fresh Cheese (+0.30€) · Vegan "Cheese" (+0.30€)

Organic Bread "Despensa" (800g) 10.90€

## CREPES, YOGURTS & EGGS

Crepe "Despensa" w/ Paste, Fruit and Topping 7.70€

· Almond Butter · Apricot Paste · Date Paste · Hazelnut  
· Hazelnut w/ Cocoa Butter · Hazelnut w/ Cashew Butter · Honey  
· Apple · Banana · Papaya · Kiwi · Mango  
· Coconut Caramel · Honey

Despensa Pancakes 8.50€

W/ Banana, Raspberry, Hazelnut w/ Cocoa Butter, Coconut,  
Maple Syrup and Almonds

Smoothie Bowl 6.40€

W/ Greek Yoghurt and Banana

Bowl w/ Greek Yogurt, Granola and Fruit 5.00€

· Cocoa Granola · Seeds Granola (Our granola is homemade)

Pizzalet (Baked Egg Dish) 8.50€

Bio Eggs, Chicken, Cheese, Spinach, Cherry Tomato, Onion, Parsley,  
Oregano and Pepper

Omelet\* w/ Cheese, Onion and Parsley 4.00€

BIO Scrambled Eggs\* w/ Ghee 3.50€

\*W/ a Slice of Bread +1.2€, Salad +2€

## PASTRY

### Pancake Cake

· Almond Paste Filling and Sweetened w/ Honey

3.80€

### Hazelnut Brownie

· Sweetened w/ Coconut Sugar

3.40€

### Almond and Salty Cacao Tartlet

· Almond Paste Filling, Sweetened w/ Honey and Cocoa Topping

3.50€

### Orange Pie

· Sweetened w/ Coconut Sugar

3.30€

### Almond Pie

· Sweetened w/ Honey and Coconut Sugar

3.30€

### Carrot and Nuts Bar

· Date and Carrot Base, w/ Nuts, Seeds and Goji Berries

3.20€

### Banana Bread

· Sweetened w/ Coconut Sugar

3.40€

### Apple Pie

· Sweetened w/ Honey and Coconut Sugar

3.00€

### Cacao Salami

· Date and Pure Cocoa Base, w/ Nuts and Goji Berries

3.00€

### Cupcake

· Check Available Options and Allergens

3.50€

### Chia Pudding

· Chia Seeds, Vegetable Drink, Fruit and Nuts

3.70€

#### ALLERGENS



VEGAN



EGGS



MILK



NUTS

## BRUNCH

Crepe / Salty Crepe<sup>1</sup> + Scrambled Eggs  
w/ "Despensa" Bread Slice + Drink +  
Espresso

15.00€

Choose the Paste, Fruit and Topping for your Crepe:

- Apricot Paste · Almond Butter · Hazelnut Butter · Hazelnut w/ Cocoa Butter
- Hazelnut w/ Cashew Butter · Date Paste · Honey
- Banana · Kiwi · Apple · Papaya · Mango
- Coconut Caramel · Honey

Choose your Drink:

- Juice of the Day · Orange Juice · Tea · Kombucha · Cappuccino · Homemade Iced Tea<sup>2</sup>

Bread "Despensa" w/ Hummus,  
Cherry Tomato, Olives and Vinaigrette +  
Bread "Despensa" w/ Almond Butter, Banana,  
Blueberries and Maple Syrup + Chia Pudding +  
Vegan Sweet + Drink + Espresso (V)

17.00€

Choose your Drink:

- Juice of the Day · Orange Juice · Tea · Kombucha · Cappuccino · Homemade Iced Tea<sup>2</sup>

Brunches are fixed menus, so it is not possible to make changes

1- Salty Crepe Margherita or w/ Mozzarella  
2- Subject to Availability

## LUNCH

Soup of the Day 3.00€

Savoury Snack 2.70€

Meal of the Day 9.50€

Poke Bowl 12.90€

Quinoa, Protein to Choose\*, Avocado, Mango, Cashews, Sprouts, Black Sesame Seeds and Coconut Amino Sauce  
\*Shrimp or Halloumi Cheese

Mediterranean Tapa 6.50€

2 Slices of Bread w/ Cherry Tomato, Olives and Feta Cheese

Savory Crepes: 9.90€

### Chicken and Avocado

Mixed Greens, Tomato, Chicken, Avocado, Walnuts, Lime and Vinaigrette Sauce

### Mozzarella

Mixed Greens, Tomato, Fresh Mozzarella, Pumpkin seeds, and Basil Sauce.

### Farm Flavors with a Hint of Mint

Mixed Greens, Roasted Vegetables, Boiled Egg, Sesame Seeds and Yogurt and Mint Sauce

### Vegetarian

Mixed Greens, Carrot, Red Onion, Mini Quinoa "Meatballs" (Sweet Potato, Quinoa, Flaxseed, Coriander, Curry, Garlic and Sesame Seeds) and Mango Vinaigrette Sauce

Salads: 9.90€

### Rustic

Spinach, Roasted Vegetables, Quinoa, Fresh Goat Cheese, Almonds and Honey and Mustard Sauce

### Halloumi

Spinach, Quinoa, Roasted Beetroot, Roasted Carrot, Purple Onion, Cherry Tomato, Halloumi and Olive Oil

### Grilled Chicken

Mixed Greens, Spinach, Cherry Tomatoes, Cucumber, Avocado, Red Onion, Chicken, Bell Peppers and Yogurt Dressing



We can make your Salad with Vegan Cheese

## DRINKS

Juice of the day (33cl) 3.20€

Orange Juice (25cl) 2.90€

Still Water (50cl) 1.60€

Sparkling Water (25cl) 1.60€

Kombucha (25cl) 3.50€

Kombucha Slightly Acidic and Has Very Light Sparkling Notes

### Milkshakes (40cl):

Summer 4.50€

Oat Drink, Strawberry, Guava, Lime, and Mint

Detox 4.50€

Spinach, Banana, Mango, Lemon, Ginger and Ceylon Cinnamon

Protein - Hemp 5.00€

Almond Milk, Hemp Protein, Banana, Almond Butter, Date and Ceylon Cinnamon

Almond Milk is Homemade

VAT included at the current rate

## CAFETARIA

Espresso	1.00€
Garoto (Espresso w/ a dash of Milk)	1.10€
Double Espresso	1.80€
American Coffee	1.50€
Chicory	1.90€
Natural Coffee Substitute	
Coffee "Despensa" w/ · Bio Coconut Oil · Ghee · Bio Coconut Oil and Ghee +0,20€	1.90€
Cappuccino*	3.00€
Mocha Latte*	3.20€
Lactose-Free Milk, Coffee and Cacao	
Cacao and Hazelnut Latte	4.00€
Oat Milk with Cacao and Hazelnut Paste	
Matcha Latte	4.00€
Oat Milk, Matcha and Cinnamon	
Salty Caramel Latte	4.00€
Almond Milk, Coffee, Coconut Caramel and Himalayan Salt	
Almond Chai	4.00€
Almond Milk, Chai, Honey and Spices	
Golden Milk	4.00€
Almond Milk, Honey, Fresh Ginger, Turmeric and other Spices	

\*W/ Almond, Coconut or Oat Milk +0.60€

# TEAS AND INFUSIONS

## Tea

3.00€

- For 1
- For 2 +2.00€

## Melissa

## Chamomile

## Gorreana Hysson Green Tea

## Green Tea w/ Jasmine Flowers

## Green Tea w/ Goji Berries and Açai

Green Tea, Hibiscus, Rosehips, Apple Pieces, Aronia Berries, Goji Berries, Raspberry Pieces, Pomegranate Flowers and Natural Açai Flavors

## 1001 Nights

Black Tea, Green Tea, Mango Pieces, Marigold Flowers, Saffower, Blue Cornflower Petals and Natural Vanilla Aroma

## Rooibos Almond and Cinnamon

Rooibos, Apple Pieces, Hibiscus, Rosehip, Almond Pieces, Cinnamon, Natural Lemon Flavor

## Apple Cinnamon Fruit Tea

Apple, Hibiscus, Orange Peels, Cinnamon Pieces, Chrysanthemums with Natural Aromas of Apple and Cinnamon

## Ayurveda

Cinnamon, Ginger, Pink Peppercorn, Cloves and Cardamom



Contains caffeine

Add 0.20€ for each Additional Cup