



*May your food be your medicine and  
your only medicine be your food.*



*Since 1994*

# Salads

€uros

**Quinoa and Blueberry Salad: Vegan**

Multicolor quinoa and wild blueberries.

**10,80**

**Avocado and Smoked Tofu Salad: Vegan**

Rucola, field salad, avocado and smoked tofu with sesame, almonds, raisins, pine nuts and pumpkin seeds.

**10,80**

**Chicory, Papaya and Chia Salad: Ask for the vegan version**

Chicory, papaya, buffalo or smokericella mozzarella cheese and chia seeds served with lime sauce.

**10,80**

**Fresh Spinach Leaves Salad: Ask for the vegan version**

Spinach, apple, kiwi, Goji berries, nuts and dried fruits, parmesan cheese or vegetarian almond cheese served with an olive oil and orange dressing.

**10,80**

**Fine Herb Salad: Ask for the vegan version**

Escarole hearts, feta cheese or vegetarian almond cheese, nuts, pumpkin seeds and raisins served with an ecological olive oil dressing, lime and herbs.

**10,80**

**Warm Salad with Goat's Cheese**

Various leafy greens, grilled goat's cheese and dates served with an ecological olive oil dressing, honey and mustard.

**10,80**

**Caprese Salad: Ask for the vegan version**

Tomatoes and fresh buffalo or smokericella cheese served with a pesto of basil, oregano and olives.

**10,80**

**Al Natural Salad: Vegan**

Avocado, pineapple, kiwi, apple and mango.

**10,80**

**Mango and Curry Tofu Salad with Sesame Seeds: Vegan**

Arugula, lamb's lettuce, mango, curry tofu, dates, sunflower and sesame seeds.

**10,80**



## *Soups*

€uros

<b>Sea and Earth Soup: Vegan</b> Spinach, hiziki, seaweed, tomato and carrots.	7,50
<b>Pumpkin, Almond and Chia Soup: Vegan</b>	7,50
<b>Carrot Soup: Vegan</b>	7,50
<b>Vegetable Soup/Legume Soup of the day: Vegan</b>	7,50
<b>Legume Stew of the day: Vegan</b>	7,50
<b>Traditional Spanish "Gazpacho" Soup: Vegan (Only in summertime)</b>	7,00
<b>Cold Water Melon Soup: Vegan (Only in summertime)</b>	7,00
<b>Traditional Spanish "Salmorejo": Vegan (Only in summertime)</b>	7,00

## *Starters*

€uros

<b>Croquettes Al Natural</b> Traditional croquettes with spinach and pear.	9,50
<b>Corn and Asparagus Croquettes</b>	9,50
<b>Nori Rolls Filled with Vegetables: Vegan</b> Nori seaweed filled with bulgur wheat, cucumber, red onion...	9,75
<b>Bean and Chickpea Falafel: Vegan</b> Homemade organic soy yogurt sauce with herbs poured over falafel balls made from beans and chickpeas.	9,75
<b>Sautéed Tofu: Vegan</b> Basil tofu sautéed with mushrooms and soybean sprouts.	9,75
<b>Layered Aubergine (eggplant): Vegan</b> Aubergine, tofu and fresh tomato served with an organic soy yogurt sauce.	9,75
<b>Oatmeal and Ricota Cheese Balls</b> With toasted sesame seeds	9,75
<b>Seitan and Wild Mushrooms: Ask for the vegan version</b> A ratatouille of seitan and wild mushrooms served with quinoa.	10,80

# Pastas and Pizzas

Euros

## **Veggie Lasagne**

Oven-baked fresh green pasta sheets layered with vegetables and soy.

11,00

## **Boletus Ravioli**

Fresh pasta filled with mushrooms served with a truffle sauce.

11,80

## **Garden Vegetable Spaghetti: Vegan**

Organic whole-wheat pasta topped with tomato sauce and mushrooms.

9,00

## **Al Natural Spaghetti: Vegan**

Organic whole-wheat pasta topped with vegetables, tofu, seitan, hiziki seaweed...

10,00

## **Three Cheese Pizza**

Whole-wheat pizza base with tree cheeses, corn and mushrooms.

10,50

## **Veggie Pizza**

Whole-wheat pizza base with fresh tomato, onion, mushroom, olives, pepper, mozzarella cheese and oregano.

10,00



# Main Courses

Euros

## AI Natural Pie

Oven-baked aubergine (eggplant) and courgette (zucchini) with manchego cheese, vegetable pate and pistachio sauce.

10,80

## Spanish "San Jacobo"

Breaded patty filled with mushroom and manchego cheese, served with a salad made of fresh spinach, apple and nuts as well as brown rice.

11,80

## Vegetable Paella: **Vegan**

Brown rice paella with vegetables and hiziki seaweed.

9,50

## Leek and Watercress Risotto

10,00

## Courgette (zucchini) Pie

Topped with cheese and served with a salad with a yogurt sauce dressing.

10,80

## Seitan with Green Pepper or

### Roquefort Sauce: **Ask for the vegan version**

Fillets of seitan served with glazed carrots, steamed broccoli and brown rice mixed with vegetables.

11,80

## Smoked Tofu with Green Pepper or

### Roquefort Sauce: **Ask for the vegan version**

Fillets of tofu with sesame and almonds served with glazed carrots, steamed broccoli and brown rice mixed with vegetables.

11,80

## Quinoa and Asparagus Burgers: **Vegan**

Mini patties made of quinoa and asparagus.

10,80

## Couscous and Seaweed Burgers: **Vegan**

Mini patties made of couscous, vegetables, wakame and hiziki seaweed.

10,80

## Leek, Mushroom and Asparagus Quiche

10,20

## Napolitan Pita

Oven-baked soft corn tortilla shell filled with seitan and cooked vegetables mixed with our delicious homemade pesto.

10,80

## Filled Aubergine (eggplant): **Ask for the vegan version**

Aubergine (eggplant) filled with quinoa, cheese or veggie cheese.

10,80

## Leek and Carrot Pie

Served with quinoa mixed with vegetables.

10,80

## Combined Dish for Tasting: **(Different each season)**

11,80



# Drinks

€uros

Draught Beer (Mahou)	2,50
Bottle of Mahou	2,50
Carlsberg	2,50
Laiker (without alcohol)	2,50
Imported Organic Beer "Müller"	3,50
Imported Organic Beer "Pinkussin" (without alcohol)	3,50
Organic Beer "Lowenbrau" (without gluten, without alcohol)	3,80
Water "Solan de Cabras" without Gas 0.5 Liter	1,80
Water "San Narciso" with Gas 0.5 Liter	1,80
Coca-cola	2,50
Nestea	2,50
Aquarius Orange or Lemon	2,50

# Natural Drinks

€uros

<b>Fresh Natural Juices</b>	<b>3,50</b>
Flavors:	
- Orange	
- Carrot	
- Apple	
- Tomato	
- Pineapple	
<b>Mixed Juice (combination of your choice)</b>	<b>3,70</b>
<b>Green Smoothies</b>	<b>4,80</b>
<b>Purifying Green Smoothie:</b> Spinach, pineapple, apple, flax seeds, lemon juice, celery and wheatgrass	
<b>Energizing Green Smoothie:</b> Banana, apple, spinach, lime, spirulina and chia seeds	
<b>Smoothies with Organic Cow Milk or Organic Soya Drink</b>	<b>4,80</b>
Flavors:	
- Mango	
- Passion Fruit	
- Strawberry	
- Papaya	
- Mandarin	
- Melon	
- Pineapple	



# Wines

€uros

## Red Wines

Organic Red from Ribera del Duero “Eremus” Joven (House wine)	12,80
Organic Red from Ribera del Duero “Eremus” Roble (Our recommendation)	13,50
Organic Red from Ribera del Duero “Eremus” Natural 100% Vegan	14,00
Organic Red from Ribera del Duero “Eremus” Crianza	16,00
Organic Red from Madrid “Corucho” Joven	12,80
Organic Red from Madrid “Corucho” Joven small bottle	8,00
Organic Red from Madrid “Viña Bosquera” Joven	12,80
Organic Red from Rioja “Melquior” Crianza	17,00

## Rose Wine

Organic Rose from Madrid “Corucho”	12,20
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## White Wines

Organic White from Madrid “Corucho”	12,20
Organic White from Madrid “Viña Bosqueda”	12,20
Organic White from Rueda “Menade” Verdejo	16,00

## Other

Organic Cava	17,00
Glass of Wine (Rose or White)	2,80
Glass of Wine from Ribera del Duero – Organic (Red)	3,50
Spanish Sangria Bio 1 Liter	14,00





## Desserts

Euros

Apple Cake with Walnuts and Cinnamon	4,80
Cottage Cheese Cake with Chocolate, Nuts and Coco	4,80
Tiramisu	5,00
Cheese Cake with Blackberry	4,80
Organic Yogurt of Animal Origin with Seasonal Fruits and Honey	4,80
Organic Soy Yogurt with Seasonal Fruits and Honey: <b>Vegan</b>	4,80
Traditional and Organic Sorbet (2 scoops): <b>Vegan</b>	4,80
Raspberry, Blueberry, Kiwi, Banana, Mandarin, Mango, Lemon or Strawberry Flavor	
Carob Brownie with Sorbet of your choice: <b>Vegan</b>	5,00

## Tea, Infusion and Coffee

Yogité Classic: Ginger, cardamom, cinnamon	1,80
Yogité Choco: Chocolate	1,80
Yogité Energy: Guarana and green tea	1,80
Yogité to Digest: Cardamom, fennel, coriander, aniseed	1,80
Yogité to Sleep: Fennel, chamomile, mint	1,80
Yogité Throat: Ginger, Lemon	1,80
Regamint: Liquorice, mint, aniseed	1,80
Camomile and Aniseed	1,80
Mint Poleo	1,80
Green Tea	1,80
Ginko Tea	1,80
White Tea	1,80
Red Tea	1,80
Black Tea	1,80
Lime Blossom Tea	1,80
Wild Fruits Tea	1,80
Espresso, Espresso with Milk	1,80
Bread	0,80

