

CHIRINGUITO

PUENTE ROMANO



CREATED BY SAM CHASAN

Welcome to our Plant-Focused, Health Conscious, Heart Nourishing Kitchen

PURE FRESH JUICES

Vitamin - Charged

FRESH ORANGE JUICE

9

CITRUS START

Fresh pink grapefruit juice

10

SUN SALUTATION

Bee pollen & orange juice

10

MORNING BEATS

Beetroot, carrot & apple

10

TROPICAL SUNRISE

Mango, pineapple, apple & passion fruit

10

FRESH FACED GLOW

Spinach, wheatgrass, celery, cucumber, apple & lime

10

ENERGY SHOOTERS

GET GOING SHOT

Fresh pure ginger shot

6

PH BALANCING SHOT

Organic raw apple cider vinegar

6

SUNRISE SHOT

Fresh ginger, lemon, bee pollen

6

TURMERIC KICKSTART TONIC

Turmeric, raw apple cider vinegar, ginger & apple

6

FRESH FRUIT & SUPERFOODS

TROPICAL RAINBOW FRUIT PLATTER ^{V-GF}

Variety of tropical fruits.

Bursting with essential health boosting vitamins!

15

PINEAPPLE CARPACCIO ^{V-GF}

Served with toasted coconut shavings, superfood crunch & creamy coconut yogurt

Packed with immune boosting & digesting enzymes!

9.5

WILD MAQUI BERRY SMOOTHIE BOWL ^{V-GF}

Served with sprinkles of homemade granola & red berries

Loaded with inflammation-fighting antioxidants and macronutrients!

12

CHIA, MANGO & PASSION FRUIT PARFAIT ^{V-GF}

Layers of chia, mango & passion fruit purée, coconut yogurt, topped with fresh mango

Heart-healthy omega - 3s & high quality protein!

9

CREAMY BLUEBERRY - PECAN OVERNIGHT OATS ^{V-GF}

Containing beta-glucan soluble fibres & helps to lower Cholesterol!

8.5

TOAST & BREADS

Choose from a wide selection of organic, artisan rye, protein & sourdough breads, as well as a variety of gluten free breads made from buckwheat, corn, millet & manioc stone milled organic flours.

BREAD ROLLS & PASTRIES

Served with butter

8

SOURDOUGH SELECTION

Served with seasonal jam or homemade Raw-Tella

7.5

CREAMY TOASTED ALMOND BUTTER

Served with figs & walnuts on gluten free raisin & nut toast

7.5

CRUNCHY ROASTED CHICKPEAS & SMASHED AVOCADO ^{DF}

On protein bread - add poached egg for extra protein!

10 + 2 /egg

WILD SMOKED SALMON

& Herb Cream Cheese

12.5

SELECTION OF COLD CUTS AND MANCHEGO CHEESE

8.5

NUTRITIOUS SMOOTHIES

MORNING MANTRA

Wheatgrass, cucumber, apple, avocado & lemon
12

BREAKFAST DATE

Dates, cashew nuts, avocado, banana, cinnamon & almond milk
12

PINK POSITIVITY

Chia, raspberries, blueberries, strawberries, banana & coconut milk
12

ADD EXTRA SUPERFOODS

Vegan protein powder 2
Collagen 2
Maca 2

PANCAKES & SWEET TREATS

CARAMELISED BANANA & OAT PANCAKES ^{V-GF}

Served with organic maple syrup and creamy coconut yogurt
11

BANANA & WALNUT BREAD ^{V-GF}

Served with creamy almond butter or Raw-Tella
7

VEGAN QUINOA & SPELT CROISSANT ^V

Served with seasonal jam
4.5

CLASSIC FRENCH BUTTERY CROISSANT

Served with butter & jam
4.5

ORGANIC EGGS

CLASSIC EGG BENEDICT

Served with wild Norwegian in-house smoked salmon or bacon and poached egg, topped with creamy Hollandaise sauce and finished with chives
15 +2/extra ham

MATSUHISA BENEDICT

Asian style crispy tofu stacked with sautéed spinach and shiitake mushrooms, poached eggs, topped with Hollandaise sauce, finished with ikura, Japanese spices & chives
16

EGGS DRY MISO

Jidori eggs served with spinach, dry miso and yuzu sauce
16

BIG BEN BREAKFAST ^{DF}

Fried egg, Cumberland sausage, Irish bacon, grilled portobello & shitake mushrooms on a bed of wilted spinach, served with gluten free bread
18

THE PERFECT GARDEN FRY-UP ^{V-GF}

Grilled portobello, shiitake mushrooms, wilted spinach & tofu with cherry tomatoes, plant based sausage & Jospur avocado + add poached egg
16+2 /egg

EGGS YOUR WAY

Poached, scrambled, fried, omelette. Served with toast
10

BREAKFAST SIDES

Avocado 3 | Guacamole 2.5 | Wilted Spinach 3 | Sautéed Mushrooms 2.5 | Red Peppers 1.5 | Cheddar Cheese 1.5 | Feta Cheese 1.5 | Vegan Cheese 1.5 | Wild Norwegian in House Smoked Salmon 4.5 | Tomato rallado 2.5 | Bacon 3 | Selection of Yoghurts 3.5

COFFEES, TEAS & HERBAL INFUSIONS

RISTRETTO 6
ESPRESSO 6
AMERICANO 6
LATTE MACCHIATO 6
CAPPUCCINO 6
MACCHIATO 6
MATCHA LATTE 10

ENGLISH BREAKFAST 6
EARL GREY 6
GUNPOWDER GREEN TEA 6
PEPPERMINT TEA 6
GINGER & LEMON 6
CAMOMILE 6
LIME BLOSSOM 6

Basic allergens: **V:** vegan **GF:** Gluten Free **DF:** Dairy Free

Allergen information available upon request. Please inform your waiter of any food allergies or intolerances.

All our fish served raw have followed the freezing process at -20 oC.