




rachel's eco love


# ALL DAY MENU

small  
business,  
big heart 

## HEALTHY BOWLS

<b>PORRIDGE</b>	9
Whole oats, coconut milk, cinnamon, strawberries and banana	
<b>JUNGLE BREAKFAST</b>	10.5
Granola, seasonal fruit, yogurt and love	
<b>SEASONAL FRUIT SALAD</b>	8.9
Fresh fruit salad	
<b>CHIA ME UP!</b>	10.9
Chia seed pudding, coconut milk and fruits	
<b>SIGNATURE AÇAÍ BOWL</b>	13.5
Banana, strawberries, Rachel's granola, açai and grated coconut	
<b>GREEN DETOX</b>	12.9
Wake up every day with this healthy combination of spinach, ginger, banana, orange, pineapple, mango and apple	
<b>GOOD VIBES</b>	12.9
Give yourself a protein boost with this tasty bowl of banana, honey, soy milk and peanut butter	
<b>PINK EVIDENCE</b> 	13.5
Dragon fruit bowl with your favorite toppings	
<b>MARBEOFORNIA</b> 	12.5
Orange juice, banana, mango and pineapple	
<b>KETONOLA</b> 	11.9
Coconut yogurt, nut granola and blueberries	

## SUPER BOWLS

<b>BANANA, PEAR &amp; VANILLA BOWL</b> 	14.5
<b>MORNING FUEL</b>	14.5
Spinach, celery, avocado, almond milk, flax seeds and and Super Elixir	

## CON CUCHARA

<b>CARROT SOUP</b>	8.9
<b>PUMPKING SOUP</b>	8.9
<b>SILK CORN SOUP</b>	8.9
<b>GAZPACHO (IN SEASON)</b>	8.9

# TOAST

## HI! HONEY

Honey whipped mascarpone on toast, figs and crushed pistachios

8.5

## GOOD MORNING TOAST

Multigrain bread with butter and jam or turkey, olive oil and tomato

4.5

## AVOCADO TOAST

Rustic olive bread with avocado and sesame seeds

6.9

## NEW YORK AVOCADO

Toasted rye bread with avocado and chili

6.9

## SUPERMAN TOAST

Toasted rye bread, almond butter, banana, honey and cinnamon

6.9

## FETA AVO

Avocado, feta, cherry tomatoes and basil

8.5

# SWEET/SAVORY

## CARROT PANCAKES

14.9

## SWEET GRATITUDE

Pancake with caramelized banana, maple syrup and creamed coconut

14.9

## CREPES DULCES/SALADOS

12

**Choose one sweet topping:** maple syrup, agave, organic chocolate, honey or seasonal fruits

**Choose one savory topping:** seasonal veggies or ham and cheese

## THE WAFFLE

Homemade waffle served with fruits

12

## FRENCH TOAST

9

# TRADITIONAL BAKING

## PROTEIN BALLS

3.5

## COOKIES

4

Chocolate, Choco Chips, Peanut Butter, Vegan Dark Chocolate, Vegan White Chocolate

## ASK ABOUT OUR CAKES!

*every day  
on sundays  
we brunch*

# SUPER BREAKFAST

## HUEVOS DIVORCIADOS

13.9

Poached eggs, sour cream, red salsa, chimichurri, avocado, smoked paprika

## MONTERREY EGGS

14

Fried eggs, smashed avocado, market salad, toast and roasted potatoes

## DESAYUNO REVOLTOSO

9.9

Scrambled eggs and toasted olive bread

## HUEVOS BENEDICTE

(1 egg) 7.5

\* Add salmon, ham or turkey + 2,90€

(2 eggs) 13.9

## SMASHED AVOCADO TOAST BENEDICTE

14.9

2 poached eggs with curry hollandaise sauce on an avocado base

## QUINOA HEAVEN

13.9

2 poached eggs, red and white quinoa, roasted pumpkin, sauteed spinach, cherry tomatoes, feta, basil and tomato chutney

## HUEVOS VERDES

10.9

Scrambled eggs with pesto, parmesan cheese and toasted olive bread

## MARINA PUENTE ROMANO

15.9

Smoked salmon, scrambled eggs, avocado, grilled halloumi cheese and salad

## TORTILLA FRANCESA

7

\*Add onion, tomato, pepper, mushroom, spinach or cheese (+ 1 € per extra ingredient) Also available using egg whites only

## KETO AVOCADO BENEDICTE

16.5

Avocado, poached eggs, smoked salmon, hollandaise sauce, asparagus and onion

# SANDWICHES/BURGERS

## BREAKY

9.9

Toast with avocado, grilled egg and a spicy touch

## MEXICAN BURGER

14.5

Grilled spicy Mexican chicken breast, guacamole, fresh tomato, purple cabbage, jalapeño peppers, chipotle with fresh lime  
**Spicy!**

## TRUE BURGER

16.9

Beef with caramelized onions, spinach and our special relish

## VEGGIE BURGER

15.9

Delicious veggie patty with herbs and spices, cucumber, avocado, tomato chutney, lettuce and spring onion

## LYLA SANDWICH

9.9

Avocado, french omelette, muhammara and spinach

## SALADS

### RACHEL'S SALAD 13.5

Kale, chickpeas, avocado, carrot, cherry tomatoes, red radishes, red and white quinoa, and carrot falafel

### COOL SALAD 15.5

Roasted chicken, alfalfa, beetroot, carrot, spinach, basil, pumpkin, avocado, dill with our special sauce; accompanied with beetroot hummus and pita bread

### RACHEL'S GREEK SALAD 14.5

Cucumber, tomato, radishes, onion, mint and feta cheese

### LOLA SALAD 15.5

Cauliflower crumbles, pomegranate, avocado, chicken with nuts

### GREEN CLEAN SALAD 14.5

Quinoa, broccoli, cauliflower, almonds, pomegranate, goji berries

### TULUM SALAD 15.5

Bean, coriander, avocado, celery, avocado, radish, chili, chicken option

## WRAPS

### WRAP ESSAQIRA 13.9

Moroccan style chicken, curry sauce, tomato and red onion

### FALAFEL WRAP 12.9

Homemade falafel, carrot, spinach, onion, basil, purple cabbage, avocado and beetroot hummus

### LUCKY BASTARD 14.9

Grilled veal, basil, avocado, tomato, carrot, coriander, onion, alioli and homemade asian relish

### TOFU SCRAMBLE 14.5

Scrambled tofu with turmeric, spring onion, spinach, dry tomato, avocado

### BURRITO 14.9

Scrambled eggs, turkey bacon, spinach, cheese, spring onion. Served with roasted potatoes and salsa brava

### WRAP VEGGIE 13.9

Spinach, quinoa, hummus, avocado, cherry tomatoes, carrot, cucumber, sprouts, chickpeas, green tahini and olive oil

### SALMON WRAP 13.9

Smoked salmon, avocado and spinach

## RACHEL'S SPECIALS

### MI AMIGO 11.9

Quesadillas with spinach and a vegan cheese

### SPAGHETTI OF THE LAND 13.5

Spaguetti bathed in a delicious sauce of fresh tomatoes

### SPAGHETTI OF THE SEA 17.9

Spaghetti with shrimp and cherry tomatoes **SPICY!**

### VEGAN SWEET POTATO CURRY 13.5

Sweet potatoes, carrot, chickpeas, onion, ginger, kale, curry and coconut milk

### MEE GORENG 14.5

Chinese noodles with wok vegetables and chicken or tofu

**Mild spicy, moderately spicy or very spicy!**

### ONIGIRI 15.9

Shrimp  
Vegan

### BETROOT CEVICHE 15.9

## TO SHARE

### NACHOS LOLA 12.9

Nachos with sour cream and avocado

### SHARING PLATE 14.9

Babaganoush, hummus, muhammara, beetroot and carrot hummus, white cream

### AVOCADO DIP 12.9

Avocado bread with our house guacamole and chickpea hummus

### TURKISH PASSION 13.5

Hummus, avocado, halloumi cheese and pomegranate on a base of Arabic bread

